

Foods That Are Easy to Chew and Swallow

Some cancers and their treatments may make it hard to chew and swallow foods normally. Finding foods that you can eat will help you stay strong and well-nourished during your treatment.

Keep these tips in mind:

- Soft and moist foods will be easier to chew and swallow. Avoid foods that are coarse, dry, or rough.
- Choose tender meats, soft vegetables, and starches. Casseroles, soups, and stews with tender meats will be easier to eat.
- Try breakfast cereals like oatmeal, grits, and cream of wheat mixed with whole milk.
- Add extra sauces, dressings, and gravies to foods to help moisten foods and make it easier to swallow.
- Use drinks like milkshakes, smoothies, and high-calorie, high-protein nutritional drinks as needed.
- Puree food if necessary. Use a blender or food processor to create a smooth texture. Add flavorful and nutritious liquids (broth, milk, fruit juice, or vegetable juice) as you blend for the right consistency. Season to taste.

Food Choices

Food group	Soft food choices	
Protein foods	Ground, chopped, or pureed tender meat, poultry, or fish Creamy peanut butter Casseroles Scrambled eggs, quiche, omelet	Chicken, egg, or tuna salad Cream soups Beans and legumes like hummus, lentils, tofu, and bean soups Yogurt, ricotta, soft cheeses, and cottage cheese
Grain foods	Breads, softened Cooked cereals like cream of wheat and oatmeal Dry cereal soaked in milk	Pasta and rice in butter, pesto, or cream sauces Macaroni and cheese
Vegetables	Soft, cooked, or canned vegetables Mashed potatoes or sweet potatoes Baked potatoes without skin	Pureed vegetable soups Creamy vegetable soups
Fruits	Cooked or canned fruit Bananas Avocados	Blended fruits Applesauce, fruit sauce blends Baby food fruit pouches
Desserts	Ice cream, frozen yogurt, sherbet	Custard, puddings made with whole milk

