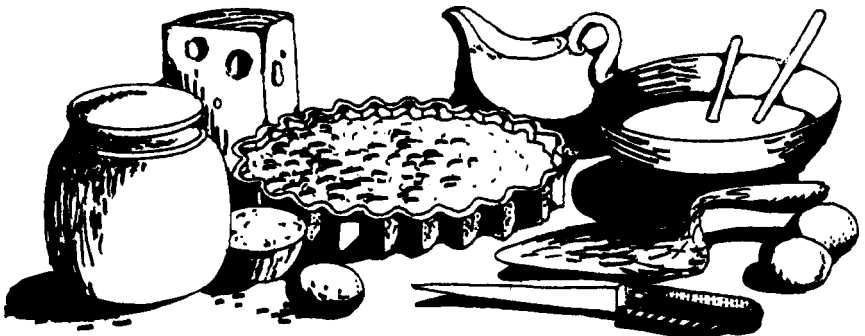


HELPFUL HINTS



GENERAL HELPFUL HINTS

1. Electric baby plate for keeping food warm.
2. Cookbooks that might be helpful:
 - Non-Chew Cookbook
by J. Randy Wilson, 1985
Wilson Publishing Company
P.O. Box 2190
Glenwood Springs, Colorado 81602
(303)945-5600
 - Blender Cookbook by Oster
 - Soufflé Spectaculars
by Irena Chalmers, 1978
Potpourri Press
P.O.Box 10129
Greensboro, North Carolina 27404-0129
3. Add high protein foods such as milk, cheese, egg, or sour cream to other dishes to increase protein and calorie intake as well as thicken to proper consistency.
4. Use thickening agents such as gelatin, pudding, custard, etc. to help thicken foods and liquids for easier swallowing.
5. Use nondairy creamer in place of milk if milk causes excessive mucous. It can be found in the frozen food section at the grocery store and can be kept frozen at home until ready for use.
6. *Strain* almost everything before attempting to eat to remove seeds, skins, etc. Purchase several strainers with a mesh size close to that of screen wire.

7. Use a blender versus a food processor to get the most acceptable consistency. Be sure to have the blender blades replaced from time to time as they can become dull with extended use. Replacement blades can be purchased at hardware and department stores.
8. Self closing freezer bags can be used to store and freeze blended and puréed foods for future use. These bags can be filled, labeled with name of item and date, and stacked in the freezer. Foods can then easily be reheated in the microwave or by putting it into boiling water. Bags can be washed and reused.
9. Straws are a useful tool in allowing the individual to maintain independence as long as possible. Varying the length of the straw and taking small sips can also be of benefit.



HOW TO INCREASE CALORIES

1. Add margarine or butter to menu items whenever possible.
2. Use sour cream in sauces and on meats, vegetables, and starches.
3. Use cream cheese in desserts, dressings, breads, and sauces.
4. Use whipped cream in puddings, pies, or gelatin desserts.
5. Use Half and Half in drinks, puddings, etc.
6. Use marshmallow cream, honey, jelly, sugar, cream of coconut, etc. whenever possible in desserts and drinks.
7. Use frozen cream pies without crust to increase calorie intake.
8. Try a favorite cola drink frozen - drink it before it melts!
9. Take various medications in pill form crushed and mixed in pudding of a favorite flavor.



HOW TO ADD FIBER

1. Use whole grain bread and whole grain cooked cereals when possible.
2. Add “well soaked” bran to cooked cereals, soups, casseroles, etc.
3. Add brown rice to casseroles, (with gravy or sauce).
4. Use oats or crushed, soaked bran in preparing meatloaf.
5. Be sure that the intake of water is adequate (6 - 8 glasses per day) when increasing the fiber content.

