

## Easy Chew Foods

**Easy chew** foods require slightly more jaw strength and tongue mobility to chew than a mechanical soft diet but are still easier to chew than general solids. This diet can also be helpful if someone has few or no teeth.

The softness of the food for an easy chew diet depends on:

- The food itself
- How the food is cooked
- How long the food is cooked
- How the food is sliced

**For example:** General consistency meat would be a pork chop or steak which is generally hard, stringy, thick and takes jaw strength to chew. However, easy chew consistency meat would be shaved or thinly sliced meats which are easier to chew but allow more variety and oral mobility than having meats pre-ground.

The person on an **Easy Chew Diet** will also have difficulty chewing raw/uncooked vegetables like a carrot.

FOOD GROUPS	FOODS ALLOWED (Easy to chew foods)	FOODS OMITTED (Hard to chew foods)
<b>Dairy</b>	All types, yogurt, ice cream without nuts, as tolerated.	Ice cream with nuts or chocolate chips.
<b>Meat &amp; Protein</b>	<i>Tender</i> deli or shaved thinly sliced meats. <i>Tender</i> soft poultry, fish, cheese, eggs, peanut butter, soft beans, peas and lentils. Soft scrambled eggs.	Any tough or chewy meats, fish, or poultry. Meats with gristle. Poultry with tough chewy skin, nuts and seeds.
<b>Fruits</b>	Soft/peeled fruits can be cooked, canned thawed, as tolerated.	Avoid fruits with skins. Chewy dried fruits.
<b>Vegetables</b>	All types, including soft potatoes, lima beans, peas, creamed corn. Cooked or canned vegetables. May have lettuce, tomatoes, vegetables like cucumbers should have rind or skin removed.	Whole corn, raw carrots, raw celery. Any hard stringy vegetables.
<b>Soups</b>	All types with soft ingredients, as tolerated.	Soups with hard meats or vegetables.
<b>Breads &amp; Cereals</b>	May have buns, rolls, bread with soft crust, as tolerated.	Hard crunchy cereals, hard pretzels, hard crusty breads or rolls, popcorn, crackers with seeds. Breads with hard pieces, seeds, or nuts.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.