

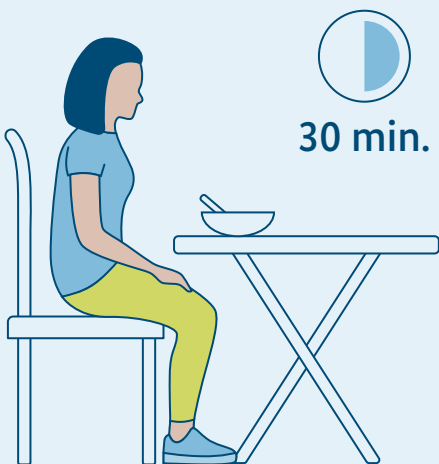
Dealing with swallowing difficulties



Sit upright when eating or drinking



Allow enough time for eating and avoid stress



Remain sitting, walking or
standing in an upright position
for 30 minutes after eating



Test food with different consistencies