

If you develop any of these problems:

Constipation

Remember to:

- Drink plenty of water
- Choose cereal with oats, wheat and bran
- Try stewed dried fruit eg. prunes, peaches
- Include fibre enriched bread
- Use legumes and barley in soups and stews
- Do regular moderate exercise

Overweight

Remember to:

- Eat plenty of fruit and vegetables
- Choose healthy protein: Lean meat, fish, egg, tofu, legumes (lentils, beans, chickpeas)
- Reduce portion sizes at meals
- Choose low fat dairy: milk, yoghurt, cheese
- Limit processed meats, sugars, and fat

Losing too much weight

Try to:

- Eat small healthy meals more often
- Include nutritious drinks like milk, milkshakes, smoothies, hot chocolate and soups
- Try a high protein, high energy drink
- Include food high in healthy fat e.g. avocado, olive oil, nut spreads and hummus

If you have a sore mouth:

Try:

- Drinking cool fluids
- Using a straw
- Avoiding acidic and spicy foods
- Avoiding hot foods

Foods you may need to avoid:

- Hard: eg. firm fruit, raw vegetables, lollies, nuts
- Dry, crunchy: eg. crisps, crusts, popcorn, seeds, crackers

- Tough and stringy: eg. vegetable skins, corn, pineapple, some meat
- Small seeds: eg. passionfruit, seeds in bread/cereals etc
- Sticky: eg. peanut butter, biscuits, toffee

Tasty nutritious meals you can look up online

[Super easy cottage pie](#)
[Zucchini slice](#)



[Impossible quiche](#)
[Lasagne](#)



[Tuna pasta bake](#)
[Easy oven baked frittata](#)



Lots of options to view here:

www.taste.com.au/quick-easy/galleries/top-100-easy-dinner-recipes/biccuul7



Soft options



Dental services in NSW

NSW Public Dental Services provide free general dental care for all children under the age of 18 with a Medicare card. NSW Public Dental Services provide free general dental care for adults holding an Australian government concession card.

To access NSW Public Dental Services call: 1800 679 336.

Some children (between 0 and 17 years) may be eligible for the Commonwealth Child Dental Benefits Schedule (CDBS). For more information visit: www.health.nsw.gov.au/cdbs

To find a private dentist go to www.ada.org.au/Find-a-Dentist

If you need an Interpreter Service call 13 14 50.

Nutritious, delicious and tasty soft food choices

Healthy soft food options

Sometimes soft, moist food is easier to eat because you have:

- Pain in the mouth
- Loose or missing teeth
- Trouble chewing or swallowing

It is important to eat a variety of healthy foods for your health and wellness.

This menu will give you some healthy easy meal ideas.

Remember to drink plenty of water throughout the day.

Breakfast choices

Cereal

- Soften with warm milk
- Choose high fibre like flakes and Weetbix

Porridge

Rolled oats, semolina, rice cereal, congee

Dairy

Plain yoghurt, cheese, milk, fruit smoothies

Egg

Soft boiled, poached, scrambled, omelette

Bread

Try avocado, cream cheese or soft yellow cheese, hummus, labneh or other preferred spreads

Hot foods

Baked beans, spaghetti, creamed corn, savoury mince, steamed/poached fish

Rice or noodles

Steamed/boiled until soft (cut noodles into smaller pieces after cooking)

Lunch/Dinner Choices

Soup

- Use a variety of vegetables
- To increase energy and nutritional value add: meat, split peas, lentils, barley, creamed corn, grated cheese, pasta, noodles

Fish

- Grilled, steamed, poached, canned, fishcakes
- Try adding a tasty sauce

Sandwich

- Remove hard crusts
- Try salmon, tuna, sardines, hummus, chopped chicken, savoury mince, ricotta cheese, baked beans and egg
- Add mayonnaise, mustard, etc to taste and moisten for easier eating

Rice, semolina or couscous

- Steamed or boiled until soft
- Add extra sauce or gravy and a variety of other ingredients
- Try a risotto recipe

Dessert

Ice cream, yoghurt (regular or frozen), soft fresh fruits, stewed or canned fruits, custard, jelly, steamed or baked puddings

Beverages

Water, milk, vegetable and fruit juices, tea, coffee

Snacks

Plain yoghurt, milk, milkshakes, fruit smoothies, soup, pikelets, soft fresh fruits, small can salmon/tuna

Easy to prepare

Choose frozen products and meals, canned and pre-made meals

Eggs

- Scrambled, poached, soft boiled, omelette
- Try adding baked beans, cheese, creamed corn, savoury mince, vegetables

Vegetables

Cooked until tender or enjoy mashed or added to favourite recipes.

Mince dishes

- Try different types of minced meat: beef, lamb, veal, pork, chicken
- Try tasty mince recipes: lasagne, moussaka, meatloaf, rissoles, shepard's pie, savoury mince with vegetables

Casseroles or stews

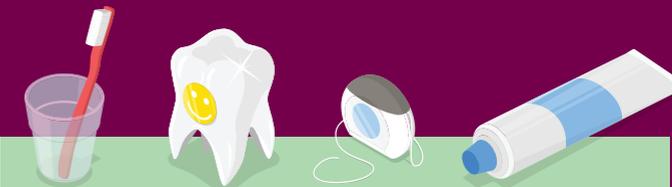
- Cook until meat is very tender
- Add lots of vegetables
- Use plenty of gravy or sauces

Noodles and pasta

Cooked until soft. Use lots of tomato-based sauce, and cut into smaller pieces

Caring for your teeth

- Brush your teeth twice a day with fluoride toothpaste
- Floss daily
- Visit your dental practitioner regularly
- Eat a well balanced diet
- Quit smoking



If you wear a plate or dentures

- Clean every day and if possible, after each meal
- Clean using a toothbrush with mild liquid soap and water
- Store in a clean, dry container overnight
- Have a dental check up every year