



# **Soft Foods for Easier Eating Cookbook: Easy-to-Follow Recipes for People Who Have Chewing and Swallowing Problems**

*Sandra Woodruff, Leah Gilbert-Henderson*

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Each year, medical treatments leave millions of patients with chewing and swallowing difficulties. Most hospitals deal with this by puréeing their food. The unfortunate result is that food becomes unappetizing, and patients fail to obtain the nutrition they need. Now, nutritionists Sandra Woodruff and Leah Gilbert-Henderson have written the *Soft Foods for Easier Eating Cookbook*, an easy-to-follow guide that offers maximum nutrition and taste with minimum discomfort.

Part One highlights simple strategies for living with chewing and swallowing difficulties, and offers guidelines for modifying recipes for soft and smooth texture, and to increase or decrease calories, fat, and carbohydrates. Part Two presents over 150 recipes for smashing smoothies, sumptuous soups, hearty entrées, and more. Information on nutrition and texture accompany each recipe, making it easy to find dishes that satisfy both your dietary needs and your love of good food.

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