Swallowing Strategies for Myasthenia Gravis (MG)

Everyday nutrition
MG can leave you feeling too tired to eat. Use these tips to get the nutrients and calories your body needs:

- Eat 6 small meals a day instead of eating 3 large meals.
- Eat when you are feeling your best. You may have more energy to eat 30 to 60 minutes after you take medicines in the morning. If it takes longer for medicines to take effect, wait to eat until you have the energy.
- Eat your largest meal early in the day when you have the most energy.
- Rest before eating, especially if you just finished a long conversation or exercise.
- When you can only eat a small amount of food, choose food that is high in protein and vitamins. Consider adding nutritional shakes, puddings or powders to foods to increase nutrients and calories.
- Talk to your dietitian if you need more help.

Tips for swallowing

- Use sauces, gravies and condiments to moisten foods and make swallowing easier.
- Avoid hard, sticky or chewy foods that need a lot of energy to chew. This includes peanut butter, steak, taffy, hard candy and bagels.
- If you get tired while eating, stop and rest. When you are weak, you are at more risk for coughing, choking or getting food stuck in your throat.
- If you are unable to chew or swallow a bite of food, spit it out.
- For more food ideas, read or ask for these handouts: Pureed Diet, Minced and Moist Diet, and Soft and Bite Sized Diet.
- Talk to your speech language pathologist (SLP) if you need more help.

Call your doctor if your swallowing worsens and you:

- Have trouble eating enough soft foods to get enough calories
- Are unable to swallow your pills
- Cannot swallow your saliva

Talk to your doctor or health care team if you have any questions about your care.
For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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