Follow the instructions checked below:

- Remain upright at 90 degrees while eating and for 30 to 45 minutes after meals.
- Take small amounts of food and liquid, no more than 1 teaspoon at a time.
- Take liquids with a cup or spoon only (no straws).
- Take liquids only by straw.
- Place food on the left / right side of the mouth.
- Tuck the chin down while swallowing.
- Turn head to the ____________ when swallowing.
- Place food to the ____________ of the mouth.
- Swallow ________ times after every bite or sip.
- Swallow before taking another bite or sip.
- Check the ____________ side of the mouth for pocketed food.
- Alternate liquids and solids.
- Clear throat after every 2 to 3 bites or sips.
- Check vocal quality before taking another bite or sip.
- Provide mouth care after each meal.
- Other: ____________________________.