



**Vegetable and Fruit Skins**  
Includes orange segments, grapes, apples, tomatoes, peppers, roast potatoes and beans.

**Stringy, Fibrous Texture**  
Includes pineapple, lettuce, onions, celery, melted cheese, runner beans, fibrous meat/fat and pickled vegetables.

**Mixed Consistency Foods**  
Includes cereal that does not blend with milk, mince with thin gravy, thin soup with added solids.



# High Risk Foods

**Husks**  
Includes sweetcorn and granary bread.

**Crumbly Foods**  
Includes bread, crusts, pie crusts, dry biscuits, crumble and cake.

**Hard Foods**  
Includes boiled/chewy sweets, toffees nuts and seeds.

**Crunchy Foods**  
Includes toast, crisps, dry biscuits, crackers

