






DENTAL





PROBLEMS

Often, natural teeth don't last a lifetime. If your teeth are cracked or missing, eating can be a frustrating chore instead of an enjoyable experience. Even if you have dentures, a sore mouth can make eating difficult. It is important to maintain a healthful diet even if you can't get your teeth or dentures repaired right away.




Meats are a real problem. What can I substitute?

-  Cook meat slowly in broth to make it tender.
-  If the meat is still too tough, cut it up finely or chop it before you cook it.
-  If meats are still difficult to chew, try softer meat substitutes. For example, eat more cheese, peanut butter, cottage cheese, and eggs.

Vegetables are a problem too. What can I substitute for them?

-  Try steaming the vegetables so they are tender.
-  Always chop vegetables so your teeth have less work to do.
-  If you must have softer vegetables, try putting them in the blender or mashing them with a potato masher.
-  As a last resort, drink vegetable juices.

I'm not eating as much and I've lost weight. What should I do?

-  Remember to follow the basic food plan even if you have to make substitutions. Each day, consume two or more servings of milk, two or more servings of fruit, three or more servings of vegetables, two or more servings of meat, and six or more servings of starches.
-  Add calories with desserts like ice cream, sherbet, or jello. And eat snacks like cheese, puddings, and soft cookies.
-  If you are on a special diet, discuss changes with your dietician or your doctor.

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3