

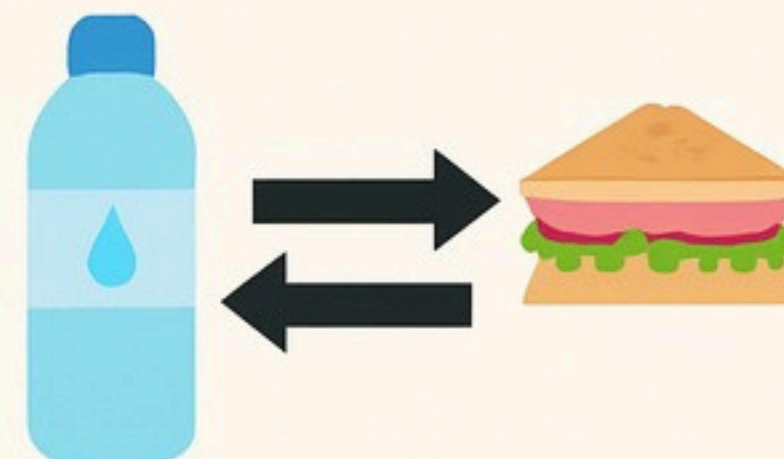


**Sit  
upright  
in bed  
or  
wheel-  
chair**

**Stay  
upright  
30  
minutes  
after  
meal**



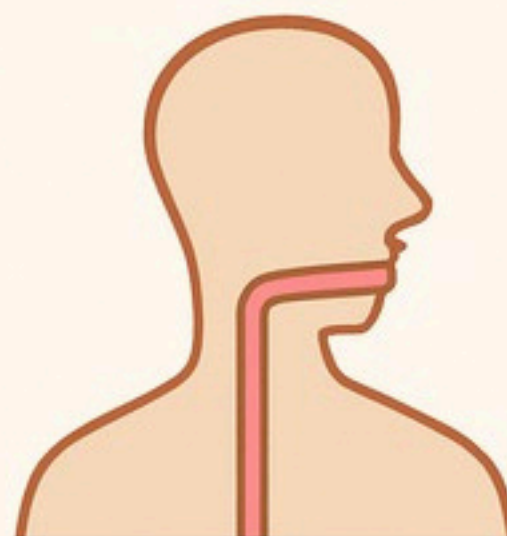
**Take  
alternating  
bites and**



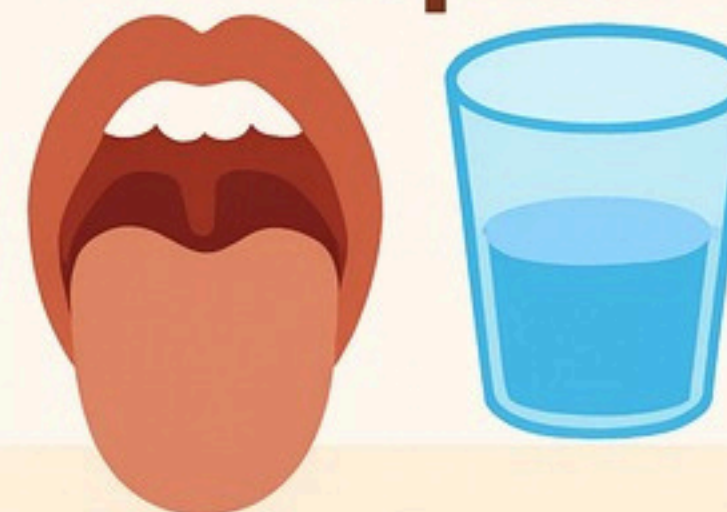
**Small bites  
and sips**



**Complete your  
swallow with  
multiple swallows**



**Clear food  
from mouth  
with drink  
of liquid**



**EJT Communication Consultant**  
Communicate with Confidence, Inspire with Impact