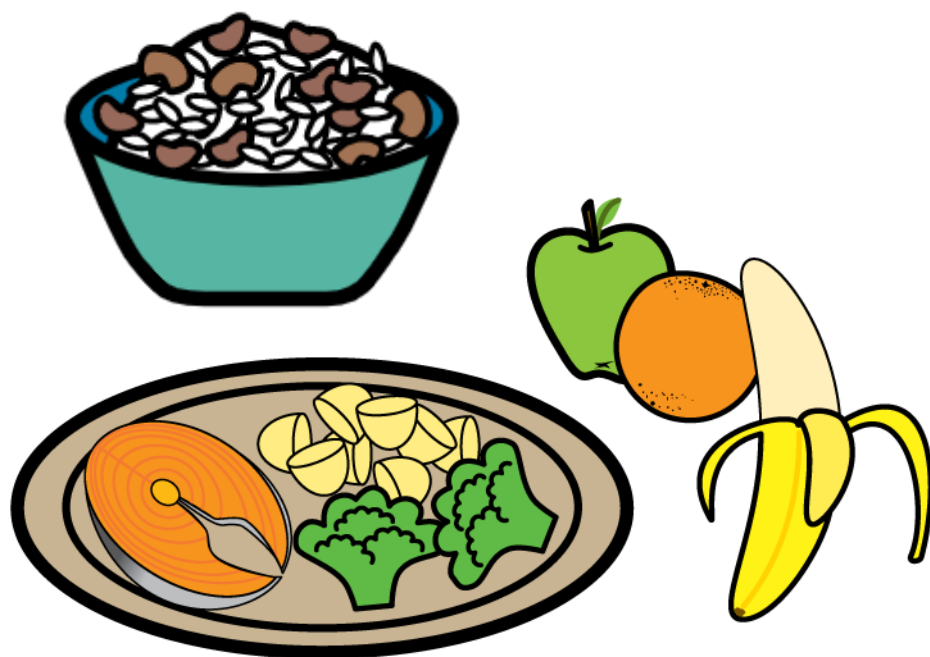




**myCP
Guide**



Your food



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

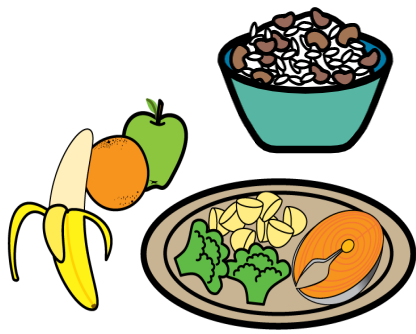
- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.



You need good food.



Good food helps you to

- feel good



- have a strong body.



It helps you

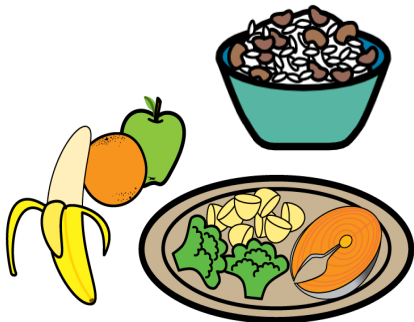
- think
- learn new things.



You get sick.

Or

You have an operation.



Good food helps you to get well.



It may be hard to

- move your mouth
- chew your food
- swallow.



You may need different food.

Like you may need soft food.



You may need people to help you.

Like a person to

- cut up your food
- put food in your mouth.

You can eat your food.



You are in a different place. Like

- at your job
- with your friends.

You may need different help.

Like more time to eat.



You may **not** want to eat.

May be your food comes back up.

It is in your mouth.

It may come out of your mouth.



You may have problems with your poo.

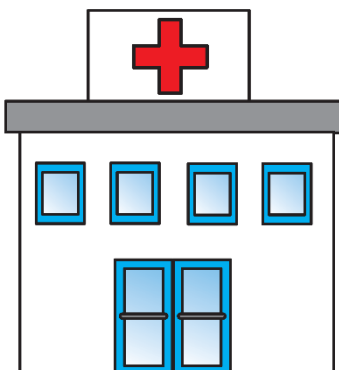
It can hurt to go to the toilet.



Your food may go down the wrong way.

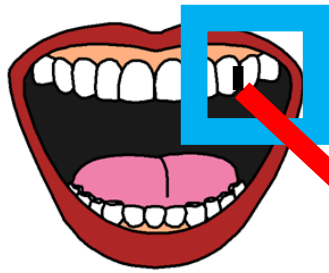
You can **not** cough up the food.

You may get sick. It is in your chest.

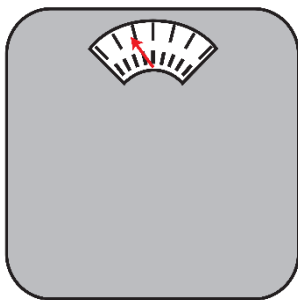
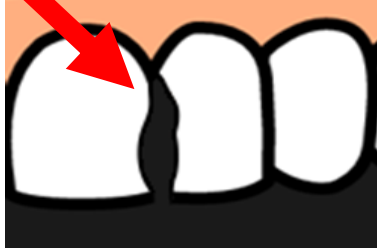


You may get sick lots of times.

You may go to hospital.

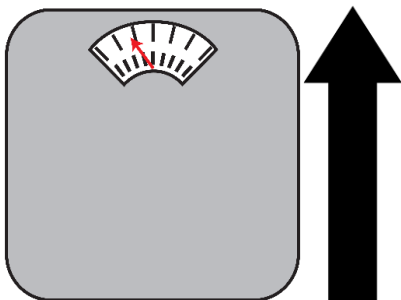


Your teeth can get holes.



Your weight may go down.

Or



Your weight may go up.

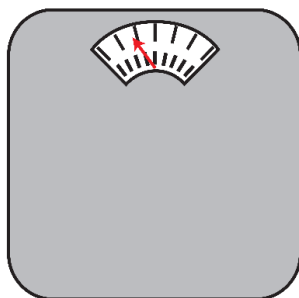


What can you do?



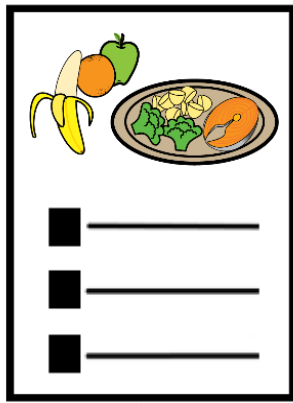
Talk to your health team. It may be your

- speechie
- dietitian.



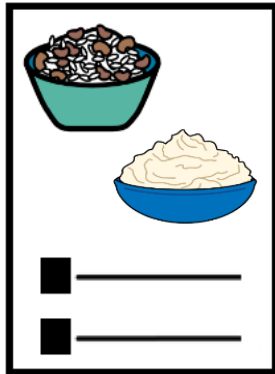
They can check

- your weight
- the food you eat.



They can help you make a plan.

The plan tells you the food you need.



Some thing changes.

Like you need soft food now.

They can make a new plan.



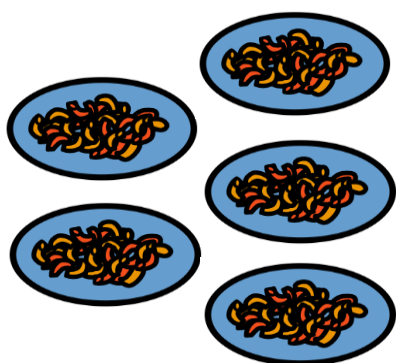
They can help you with problems.

Like it hurts to poo.

You can change your food.



You eat a big meal. You get tired.



You may need little meals.

But

You have more meals each day.



You may need

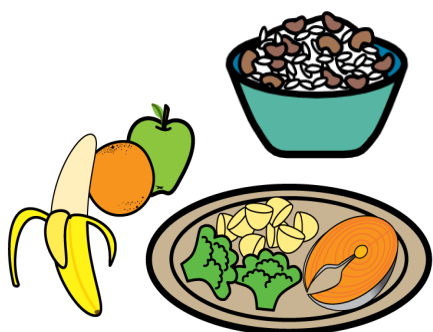
- soft food. Like mashed potato
- thick drinks.



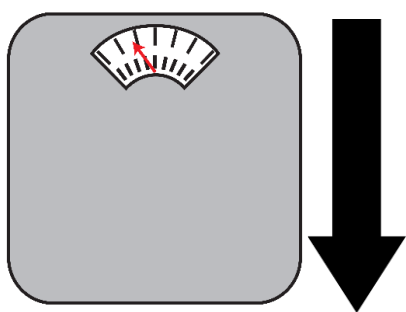
You get old. You want to stay well.

You may have little meals now.

But



You **must** have good food.



Some thing changes.

Like your weight goes down.

Or



You have problems with your

- food
- drink.

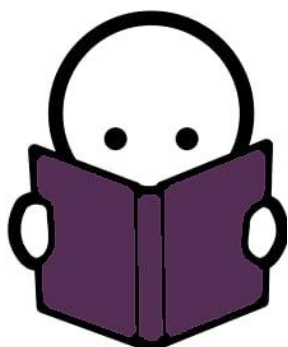
You need to cough.

It is each time you eat.

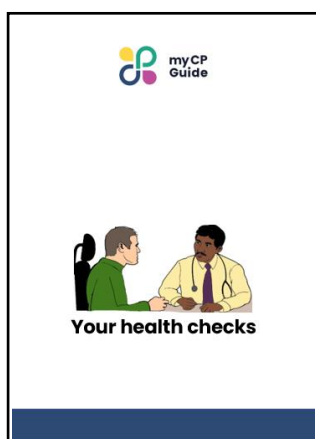


Talk to your

- speechie
- dietitian.

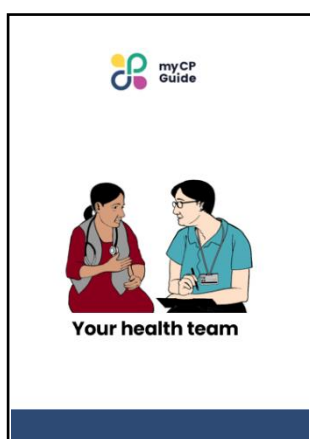


You want to know more



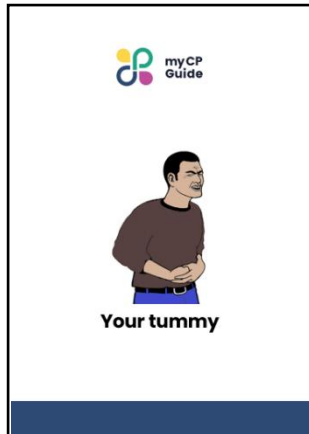
Read

Your health checks.



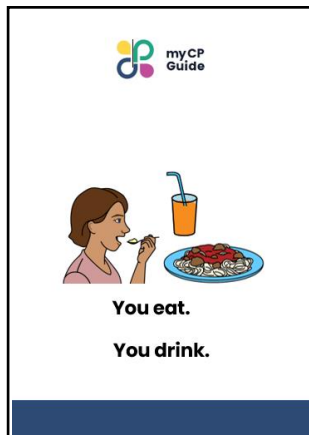
Read

Your health team.



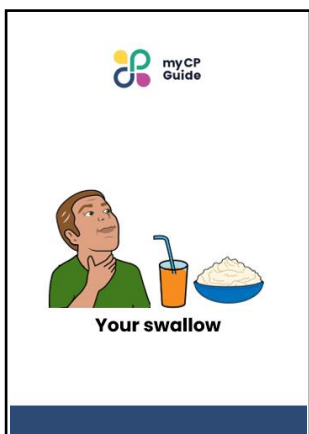
Read

Your tummy.



Read

You eat. You drink.



Read

Your swallow.