

Mealtime Supports and Special Diets Resources Page

Special Diets: <https://www.disabled-world.com/fitness/diets/special/>

Disease Specific Diets: <https://www.nutrition.gov/topics/diet-and-health-conditions>

The New Mexico SAFE (Supports and Assessment for Feeding and Eating) Pediatric Resource Team provides feeding evaluations and recommendations for children with feeding difficulties: <http://cdd.unm.edu/clinics/feeding-eating-evaluations.html>

Adaptive Eating Devices: <https://swallowingdisorderfoundation.com/adaptive-feeding-devices/>

Charts credit: <https://swallowingdisorderfoundation.com/adaptive-feeding-devices/>

Utensil	Use
Weighted Plus options: - Coated/uncoated spoon - Plain/rocker knife	4 oz. to 7.2 oz. with the added weight in the handle end. Used to stabilize hands with tremors or for weak grip strength.
Built-up handle Plus options: - contoured - soft foam-like - ribbed and firm - smooth and firm	"Fat" handles for those with a weak grip; shaft may be straight or bendable if range of motion is a concern.
Coated spoon	The plastic coating on the spoon bowl increases thickness for better detection and also protect lips and teeth. (Not recommended for heavy biters; coating needs to be inspected for punctures.)
Rocker knife Plus options: - standard handle - built-up handle - Serrated or non-serrated - "T" handle	Knife blade cuts by a rocking motion versus the typical sawing motion. Decreases wrist strain and requires minimal arm strength.
Bendable	Shaft can be bent to the right or left; eases self-feeding with limited range of motion. Or, protects someone feeding an individual from being bit.
Textured spoons	For children with oral sensory issues.
Maroon spoons	Narrow, shallow spoons for use with poor lip closure, oral hypersensitivity, or tongue thrust. Not recommended for those with a heavy bite reflex.
Utensil holder or strap/ universal cuff	Not just for the feeding utensil but also toothbrush, hair brush, pen/pencil, and razors. These Velcro hook and loop closures have a pocket and a D-ring thumb loop that allows for handling any number of items. These are used for people with limited grip strength.
Utensil tubing	Cut-to-length foam tubing enables building up handles on any number of items in addition to feeding utensils. The tubing material can be smooth or textured.

Cup Type	Use
Nosey cup/glass	Reduced neck motion; inability to tip head/neck back
Wide base	Easier to set down; helps prevent tipping
Weighted base	Helps prevent tipping, added weight steadies hands with a tremor (i.e. Parkinson's)
Wedge	Limits flow of liquids. Used for dysphagia and other neurogenic diseases, impaired tongue function, decreased range of motion, at-risk for aspiration, oral motor weakness
Closed handle	One or two handles; for weak grasp or tremors
Open two-handle	For weak grasp; supports hands keeping them tight around cup/mug
Oralflo	Designed to combine water and medication pills for easier swallowing
Infa-trainer	Encourages chin-tuck and prevents neck hyperextension during drinking