

# Do you use work-arounds or food hacks to help you swallow?



## If you:

- Only eat small meals
- Avoid foods that are hard, lumpy, or tough to swallow
- Chew and chew and chew
- Eat very slowly
- Cut your food into very small pieces
- Don't like to try new foods
- Drown your food in sauce to help it slide down
- Drink a lot of water with each bite
- Eat a lot of blended or pureed foods
- Avoid social settings where food is served
- Eat before going to social meals or events so you don't feel awkward eating

## If you have a child who:

- Needs to be reminded to chew more
- Would rather drink than eat solid foods
- Is a picky eater
- Keeps food in his or her mouth for a long time
- Spits food out
- Frequently leaves the table and then comes back
- Has a tough time going from baby food to solid food

## You or your child might have eosinophilic esophagitis

[EE-oh-sin-uh-fill-ic ee-SOF-uh-jie-tis] or EoE.

## When children and adults have EoE, they find clever ways to eat.

**But these hacks won't fix the problem.** They only help cover it up. Most children and adults with EoE have trouble swallowing. While you're eating you might:

- |                     |                                      |                             |
|---------------------|--------------------------------------|-----------------------------|
| ○ Cough a lot       | ○ Have food "go down the wrong pipe" | ○ Feel that food gets stuck |
| ○ Choke or throw up | ○ Have extra saliva or drooling      | ○ Feel anxious or scared    |

**If this sounds like you or your child, tell your health care provider.**

**There are diets and medicines that can help.**

**Enjoy eating. Enjoy food.**  
**Enjoy being with family and friends.**