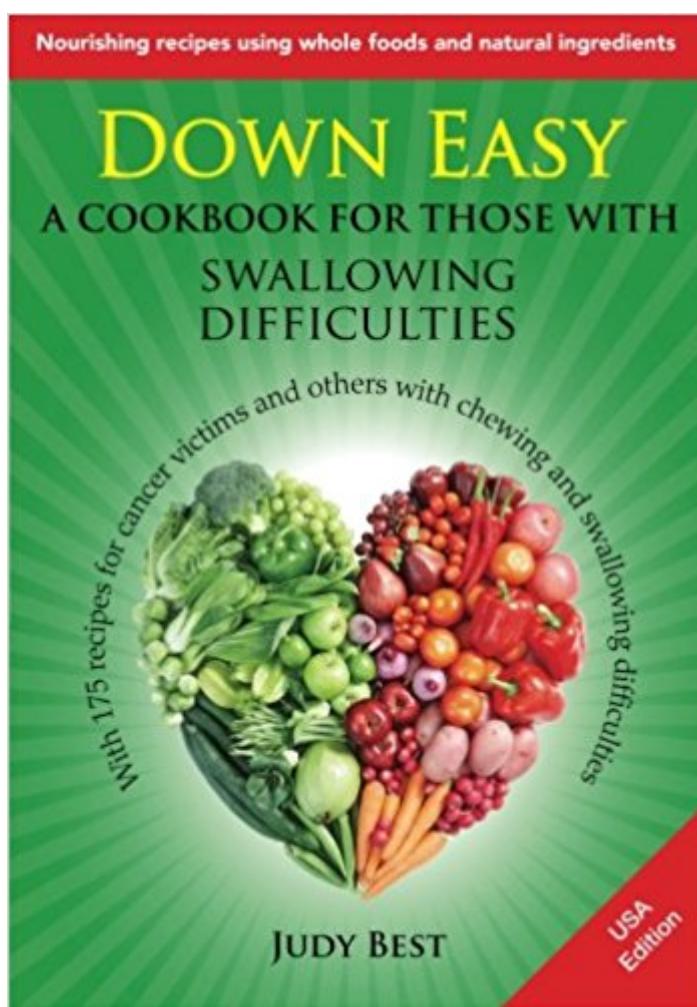


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# Down Easy: A Cookbook For Those With Swallowing Difficulties



## Synopsis

This cookbook has been created for people with swallowing problems resulting from surgery, radiation, chemotherapy, diminished saliva or other conditions. It is not a medical book. It was created by the author to help her husband during and following his throat cancer treatments. It has 175 step-by-step recipes with detailed instructions for preparing them. The soft, easy-to-swallow foods are presented using phased recipes that include more solid foods as swallowing capability improves. They have been carefully crafted from organic and whole foods with eye appeal and great flavor. The recipes can be used in reverse order for those suffering from degenerative disease swallowing problems. In Down Easy you will find: Recipes that use whole foods and natural ingredients. Tasty recipes that the whole family can enjoy. Recipes graded for ease of swallowing. Recipes for increasing body weight following chemotherapy and radiation. Gluten-free recipes. A detailed list of special ingredients and where to find them. Nutrition facts for each recipe. Air travel food recommendations. The entire family and friends can enjoy these interesting appetizers, scrumptious desserts, luscious sauces and mouthwatering main courses.

## Book Information

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Average Customer Review: 3.8 out of 5 stars 17 customer reviews

Best Sellers Rank: #314,812 in Books (See Top 100 in Books) #65 in Books > Cookbooks, Food & Wine > Special Diet > Cancer

## Customer Reviews

Have been struggling for 2 years to feed my husband post-radiation therapy for throat cancer. The forward of this book taught me two important words before I ever got to the recipes: "Internal moisture." In order for him to be able to eat something, it has to have internal moisture. Not gravy on top of meat...not at this stage, anyway; but chicken salad in tiny shreds with mayo all through it. The book has revolutionized the way I think about cooking for him. So grateful!!

Getting healing nutrition into swallowing-impaired patients has heretofore been about bland smoothies. Judy Best has filled this book with mouth-watering alternatives, carefully chosen and marked for different swallowing levels, allergies and equipment needed. Judy's knowledge of food and ingredient mixing is apparent here and it shows; one doesn't need to be swallowing-impaired to enjoy these tasty recipes! I've passed the book or recommendations for this book along to several, especially those caring for stroke victims and the elderly who might have swallowing difficulties. Congratulations to Judy for a treasure, lovingly written and a much-needed alternative to Ensure!

A well presented, all-around good cookbook, with a nice selection of recipes, useful suggestions and product information. Recommend as a go-to addition for a special needs kitchen. I did not give it 5-stars because I like color pictures - lots of them, and this book does not have any.

The cookbook served as a lifeline to me as caregiver. The recipes are so delicious and I appreciate the stages of swallowing difficulty on each recipe as well as nutrition. Our only issue is that my husband may never get beyond a "2" - not enough recipes that he can actual handle with absolutely no saliva, but definitely gave me ideas to try....and HOPE!

Okay book.

A friend of mine is suffering from throat cancer. This book has been a great help in finding things he can swallow as he undergoes treatment.

Not really very many recipes we would be interested in.

Has some good receipts

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