

EATING WITH YOUR NEW DENTURES

One of the things you probably look forward to the most about getting dentures is enjoying foods you love.

New denture wearers can find the journey back to eating steak frustrating. Biting and chewing often feels different than before and the fear of having your dentures slip during a meal can be enough to keep you away from restaurants altogether.

Before you turn down that invitation to all-you-can-eat-ribs night, try these tips for eating with full or partial dentures. With a little practice and with patience, you should be able to enjoy almost any food you like.

Don't panic if you feel that food has "lost its flavor." Right now, your brain is receiving strong signals from your mouth about your dentures, which overpower the messages from your taste buds. After you get accustomed to dentures, your mind will find a better balance and your sense of taste will improve.

As you adjust to new dentures, you might have trouble sensing hot foods and drinks. This is common. But be careful; you don't want to burn your mouth.

Start with soft foods (list below) and as you gain more experience and confidence with your dentures, try eating chewier foods, such as steak or celery.

Ease back into eating the foods you love with small quantities cut into smaller pieces.

If you're planning to enjoy foods such as corn on the cob, which require more biting force, consider using a bit of denture adhesive to help your dentures feel more secure.

When you put food in your mouth, chew half of it on the back-left side of your mouth and the other half on the back-right side. This will even out the pressure on your dentures.

Over.....

List of “starter foods”:

- All liquids
- Yogurt
- Cereal without nuts or dried fruits (serve with milk or soy milk)
- Cream of wheat
- Oatmeal
- Cottage cheese
- Scrambled eggs
- White bread with butter, margarine, cream cheese, soft cheese, smooth peanut butter, jam, jelly, thinly shaved deli meats
- Tuna, egg or chicken salad (shredded or chopped into small pieces) without any added raw vegetables
- Soft cooked vegetables (without seeds or skins, and chopped into small pieces)
- Soft fruits like bananas and ripe peaches
- Applesauce or other cooked fruits
- Clear and creamed soups
- Mashed potatoes or sweet potatoes (without the skins)
- Pastas, spaghetti, Kraft Dinner
- Tofu
- Ground cooked chicken, turkey, beef or pork
- Gravies and sauces
- Ice cream, sherbet, sorbet or frozen yogurt (without nuts or flavored chips)
- Pudding, custard and jello

***** You can supplement your diet with a high calorie / protein drink such as Ensure (until you are able to eat more balanced meals)**