



Supporting People with Swallowing Difficulties

ENGLISH

I suffer from swallowing difficulties. As a result of this, it can be difficult for me to eat and drink.

To make my meal with you easier and more enjoyable, the following simple adjustments would help me.

After I have chosen a meal from your menu, I may ask:

For a smaller portion
For a jug of extra sauce or gravy to make the meal less dry
For some parts of the meal to be omitted or changed
For a child's meal or to share a meal
For there to be a large jug of tap water on the table and for it to be refilled as requested
For my food to be cooked for longer so that it is softer
For my food to be blended

I do hope that you will be able to make the adjustments I need to help me to enjoy my meal. Thank you!

Note to holder: If you require more personalised detail to show to a restaurant, please use this sheet as an introduction. A basic translation of your more detailed needs can be made using 'Google Translate'.

Many thanks to our wonderful volunteers across the world for giving their time to translate this document to help dysphagia sufferers.

Produced by The Swallows Head & Neck Cancer Charity, Blackpool, UK – www.theswallows.org.uk



帮助吞嚥障碍的人

中文 (CHINESE)

我患有吞嚥障碍。因此，我吃喝都困难

為了讓我和您一起用餐變得更輕鬆、更愉快，以下簡單的調整對我有幫助

從您的菜單中選擇餐点后，我可能會要求：

減少份量
一壺額外的醬汁或肉汁，讓飯菜不那么干
膳食的某些部分被省略或更改
兒童份量的餐飲或與同桌共享一份餐食
桌上放一大壺自來水，並可以根據需求重新加水
讓我的食物煮得更久，使其更軟
攪拌我的食物

我確實希望您能夠做出我需要的調整，以幫助我享受美食。謝謝您！

對持卡人備註：如果您需要向餐廳展示更多個人的詳細需求，請使用此表作為介紹。可以使用“谷歌翻譯”對您更詳細的需求進行基本翻譯