



What I shouldn't eat or what I am allergic to



What support I need to eat and drink... can I feed myself, if I need extra time or help from someone and how can they help me.



Things to look out for... Do certain foods make me cough, or gurgle, or does being tired or upset affect my eating



Environment ... Where I like to eat, if I need it to be quiet, if I sit in a special chair sat upright



Drinks... what I like to drink, do I take sugar, what cup I use, if I use thickener



Food... What I like to eat

What I don't like to eat



How I eat



What equipment I use to eat



Do I need soft, mashed or a special diet?

if I am taking medication, I must check with my pharmacist to see if I can drink alcohol as well.