

EAT WELL WITH DENTURES



TIPS



Suggestions from denture wearers to
help you enjoy eating with dentures

6 I am having problems with biting and chewing foods...



TIPS



In the beginning, you may find a difficulty in biting or chewing hard or tough foods; for example, meat, vegetables and fruits, so when you eat such foods, eat them in different way (eg slice them, peel them or use in a smoothie etc). Care should be taken not to chop the foods into very tiny pieces in order to avoid the possibility of choking.



To make it easier to eat meat, try stewing or slow cooking it so it is more tender and soft.



Try adding lots of vegetables to your stew as this will make them softer to eat.



If you have soup, try dipping wholemeal bread in it to soften the bread.



You could also try replacing tougher red meats with other protein sources such as fish, chicken, eggs and legumes (pea, beans and lentils).



If you are having problems eating hard cheese, you could try grating it or swapping it with a soft cheese.



6 I am finding that foods stick to my dentures...



TIPS



Try eating wholegrain bread instead of white bread because it is less sticky.



Prepare your favourite sticky foods in a different way (eg put dates in a smoothie).



Try toasting and baking bread slightly before eating or making a sandwich as it will be less likely to stick to pallets.



Toast toppings such as scrambled eggs may help to make the bread softer and easy to chew.



If you have problems eating lettuce and leaves as these tend to stick to your palates, try shredded carrot or cabbage or sliced peppers, cucumbers and tomatoes (with pulp and seeds removed).



I have got quite used to chewing sticky foods, so long as I take a small mouthful I manage.



6 My dentures move when I bite foods...



TIPS



Try to balance the food evenly in your mouth when you chew so your dentures are more secure when you are eating.



Try taking small mouthfuls, chewing more slowly on back teeth and try to avoid biting down with your front teeth.



Try using denture fixatives before eating.



Below are some practical tips from denture wearers on using denture fixative:

- 1. Before using fixative, ensure your mouth is dry by using a clean towel, so it is completely dry or as dry as possible.*
- 2. Put a small amount of fixative on your dentures.*
- 3. Take the towel out and straight away wear your dentures.*
- 4. Wait for 5 to 10 minutes for them to settle down, then brush your teeth to remove excess materials.*

...you've got to be aware of what you can and cannot eat.



6 It is painful when I eat with my dentures...



TIPS



Try to persevere as things should settle down in a couple of weeks.



If they do not settle down or you have sore patches, visit your dentist to get your denture adjusted.



In the meantime, try to eat softer foods (eg soup, stewed meat, pureed veg, porridge, milk puddings, milky drinks, smoothies, minced meat, and stewed fruits).



6 I find foods get trapped underneath my dentures...



TIPS



Try removing seeds from foods before eating them (eg buy seedless grapes, remove pulp from tomatoes, and avoid seeded breads).



Some patients find using denture fixatives before eating helps to avoid foods getting trapped.



Version 1, prior to face validity

Bron: Al-Sultani, HFF, Breckons, M, Field, J, Thomason, JM, Moynihan, P. Development of patient-centric eating advice for complete denture wearers. *Gerodontology*. 2022; 00: 1– 18. doi:[10.1111/ger.12618](https://doi.org/10.1111/ger.12618)

[CC BY-NC-ND 4.0](https://creativecommons.org/licenses/by-nc-nd/4.0/)