

My Dining Profile

This tool can be distributed to direct support professionals (DSPs) to help them work together with the individuals they support to prevent choking. This tool also has examples of the types of food and eating habits that can lead to choking.

This profile is for: _____

This person's information was obtained from (select all that apply):

- Personal Care Physician
- Nutritionist/Dietician
- Vendor/DSP
- Family
- Other



Has this person experienced a choking incident in the past year?
Yes / No

If yes, describe the circumstances:

Healthiest Sitting Position for this Individual:

Favorite Foods:

Appropriate Bite Size:

Favorite Drinks:

Appropriate Drink Thickness:

Eating Habits:

What to Watch For:



Things to Know While Filling Out the Profile:

This individual's profile should include their likes, dislikes, and eating habits. It will help you understand what to watch for to prevent choking incidents.

The Healthiest Sitting Position:

For many people, the healthiest position for eating is sitting upright at a 90-degree angle. However, everyone is different. Ask a medical professional what the ideal sitting position for the person supported should be.

Foods that Often Lead to Choking:

- Hot dogs
- Meat
- Pizza
- Spaghetti
- Melon
- Sandwiches
- Cake
- Doughnuts
- Nuts
- Raw vegetables
- Hard candies
- Corn
- Popcorn
- Grapes
- Beans
- Crackers
- Peanut butter
- French fries

Eating Habits that Often Lead to Choking:

- Eating while not sitting upright
- Eating fast
- Bites that are too large
- Having too much in the mouth at one time
- Pica (putting other things in their mouth or eating items other than food)