

EATING ASSESSMENT TOOL (EAT-10)

Date: _____

Name: _____ MR#: _____

Height: _____ Weight: _____

Please briefly describe your swallowing problem.

Please list any swallowing tests you have had, including where, when, and the results.

To what extent are the following scenarios problematic for you?

Check the appropriate response	0 = No problem 4 = Severe problem				
	0	1	2	3	4
1. My swallowing problem has caused me to lose weight.	0	1	2	3	4
2. My swallowing problem interferes with my ability to go out for meals.	0	1	2	3	4
3. Swallowing liquids takes extra effort.	0	1	2	3	4
4. Swallowing solids takes extra effort.	0	1	2	3	4
5. Swallowing pills takes extra effort.	0	1	2	3	4
6. Swallowing is painful.	0	1	2	3	4
7. The pleasure of eating is affected by my swallowing.	0	1	2	3	4
8. When I swallow food sticks in my throat.	0	1	2	3	4
9. I cough when I eat.	0	1	2	3	4
10. Swallowing is stressful.	0	1	2	3	4
Total EAT-10:					