

EAT-10:

Eating Assessment Tool

For the screening of swallowing disorders

LAST NAME	FIRST NAME	GENDER	AGE	DATE
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OBJECTIVE:

EAT-10 helps to measure swallowing difficulties.
It may be important for you to talk with your physician about treatment options for symptoms.

A. INSTRUCTIONS:

Respond to each statement by putting a number from 0 to 4 in the box.
To what extent do you experience the following problems?

1 My swallowing problem has caused me to lose weight.

0 = no problem

1

2

3

4 = severe problem

6 Swallowing is painful.

0 = no problem

1

2

3

4 = severe problem

2 My swallowing problem interferes with my ability to go out for meals.

0 = no problem

1

2

3

4 = severe problem

7 The pleasure of eating is affected by my swallowing.

0 = no problem

1

2

3

4 = severe problem

3 Swallowing liquids takes extra effort.

0 = no problem

1

2

3

4 = severe problem

8 When I swallow, food sticks in my throat.

0 = no problem

1

2

3

4 = severe problem

4 Swallowing solids takes extra effort.

0 = no problem

1

2

3

4 = severe problem

9 I cough when I eat.

0 = no problem

1

2

3

4 = severe problem

5 Swallowing pills takes extra effort.

0 = no problem

1

2

3

4 = severe problem

10 Swallowing is stressful.

0 = no problem

1

2

3

4 = severe problem

B. TOTAL:

Add up the number of points and write your total in the boxes here.
Total (maximum 40 points)

C. WHAT TO DO NEXT:

If your EAT-10 total is 3 or higher, you may have problems swallowing efficiently and safely. We recommend discussing the EAT-10 results with a physician.

Reference: The validity and reliability of EAT-10 has been determined. Belafsky PC, Mouadeb DA, Rees CJ, Pryor JC, Postma GN, Allen J, Leonard RJ. Validity and Reliability of the Eating Assessment Tool (EAT-10). Annals of Otolaryngology & Laryngology 2008;117(12):919-924.

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