

Swippability Score

category	Swip Food	Swipabble Food		Unswip Food
	A	B	C	
	easily swippable	swippable with skill or skewering	swippable with skill, skewering, and a knife	sharp knife & fork required
food type	<i>julienned, spirallized, square-cut or chunked food; salads; rice dishes; small pasta</i>	<i>slippery food; long pasta; triangular-cut or heavy food that needs piercing or adept manipulation</i>	<i>prepared foods that don't require serious de-boning or slicing</i>	<i>whole, heavy, hard, or very slippery foods</i>
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
VEGETABLES	steamed or pureed veggies, tofu, beans, sushi, guacamole, edamame, fries, corn niblets, asparagus, mashed potatoes	crudités, dim sum, tapas	egg rolls, spring rolls, tacos, pizza, whole tomato	
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
SALADS	leafy greens, mixed salads, coleslaw, egg salad, sprouts, bean salad, olives,	beet salad, pickled veggies		
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
NOODLES	shaped pasta, angel hair, Asian rice noodles, egg noodles, macaroni & cheese	ribbon pasta, spaghetti with sauce, gnocci, tortellini, Pho	canelloni, lasagna, big dumplings	

	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
DAIRY	cottage cheese, sliced or cubed cheese, fondue, Greek yogurt			
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
EGGS	scrambled, coddled, omelets, quiche	sunnyside-up, poached; hard-boiled shelled	hard boiled unshelled	
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
SEAFOOD	half-shelled oysters, chowder, mussels, clams, shrimp, lobster pieces	deep-fried; baked; barbequed	unflaky, bone-in filets or steaks	unshelled lobster or crab
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
MEATS	bacon, thin-sliced or chunked meat; tartare, fall-off-the-bone, Shepherd's Pie, hamburger stew; cocktail sausage	casseroles, small-chunk stew; nuggets; diced sausage	steaks, chops, med to large meatballs; whole sausage	thick slices of steak; true finger food like chicken wings or burritos
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
GRAINS	rice; couscous, lentils; rough-textured grains with sauce, oatmeal	breakfast cereal	pancakes, waffles	sandwiches
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
FRUIT	most berries, cooked fruit, dried fruit, condiments, pomegranate seeds	diced pineapple, baked apple, watermelon,	pineapple rounds or slices	whole, large fruit like apples

	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
SWEETS	cobblers, custards, sliced cheesecake, nut cakes, butter cakes...	ice cream, brownies, tarts, pies	flaky pastries, strudel	
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
SNACKS	shelled nuts, seeds; chips, cheesies, popcorn			
	<i>easy to swip</i>	<i>swip with skill</i>	<i>needs knife</i>	<i>Unswip</i>
	Vegetables are swip; grains are swip; salads are swip; fruit is swip; even sweets and snacks can be swip.	Swipping becomes automatic; you will use the SwipStix unconsciously like a knife, fork, and spoon.	Knives and forks were the culinary and technological advances of their times. And still can come in handy.	Meat and seafood can be prepared in a swip way. And some foods, like soups, you simply sip.
<i>Looking forward to hearing about your swip experiences and recipes.</i>				