

MODIFIED DYSPHAGIA DIET

Your doctor has prescribed a MODIFIED DYSPHAGIA DIET for you during your stay, which provides foods that are very easy to chew and swallow. This diet is intended for people with an impaired ability to swallow. It helps prevent choking or ingesting food into the lungs.

Our suggestions when ordering your meals from the At Your Request® menu for your special diet are listed below. ****Multiple diet restrictions may limit the foods allowed****

Breakfast:

Entrees

Scrambled Eggs/Low Cholesterol Eggs
Cheese Omelet



Yogurt/Fruit

Applesauce
Peach Slices
Yogurt: Vanilla, Strawberry, Plain Greek

Banana
Pear Halves



Cereals

Cream of Wheat
Grits
Oatmeal

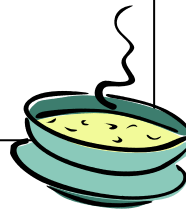
On the Side

Sausage
Turkey Sausage

Lunch/Dinner:

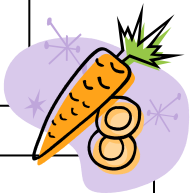
Entrees

Hamburger (no bun)	BBQ Chicken Breast
Veggie Burger (no bun)	Egg/Tuna/Chicken Salad (no lettuce/bun)
Roast Turkey Breast	Spaghetti with Marinara or Meat Sauce
Pot Roast	Chicken Tenders
Glazed Pork Loin	Meatloaf
Baked Tilapia	Glazed Chicken Breast
Ground Deli Meats: Turkey/Ham/Roast Beef	



Soup/Salad

Chicken Noodle Soup
Cream of Potato
Cream of Chicken
Tomato
Beef Broth
Chicken Broth
Vegetable Broth



Beverages

Juices: Apple/Orange/Grape/Cranberry
Milk: Skim/2%/Whole/Lactaid
Coffee/Decaf
Tea: Hot/Decaf
Iced Tea
Sodas: Cola/ Diet Cola/Diet Caffeine-free Cola/Ginger ale/Lemon-lime/
Diet Lemon-lime
Lemonade
Crystal Light®
Sports Drink



Desserts

Lemon Fruit Ice
Ice Cream: Vanilla/Chocolate
Sherbet: Lime/Orange
Popsicles
Gelatin
Pudding

On the Side

Whipped Potatoes
Bread Dressing
Green Beans
Sliced Carrots
Macaroni & Cheese
Yellow Squash
Zucchini
Cottage Cheese

