

NDD1 Pureed/Dysphagia Menu

Your healthcare providers have ordered a **Pureed Consistency Diet** for you. Chewing is not required on a Pureed Diet. Our pureed foods consist of special recipes that are food-shaped and flavorful.

Some Pureed Diets may also include a **Dysphagia Restriction**. This restriction is used when disordered swallowing is occurring in any phase of the swallowing process, to limit risk of aspiration.

If you have additional special diet needs for diabetes, heart health, kidney function, etc, the Room Service Representatives will assist you with selections that also meet these needs for your overall health and recovery.

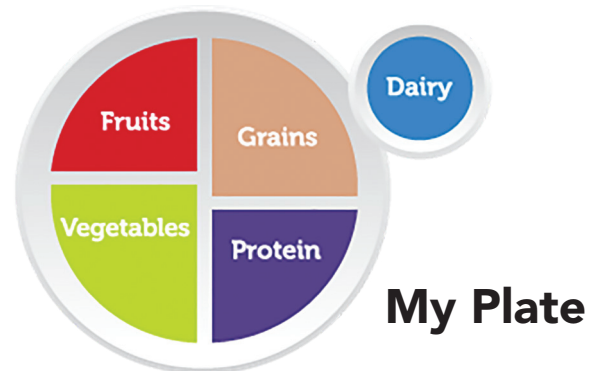
A **Thickened Liquids** restriction is often necessary for people with swallowing problems. Thickened liquids give better control of fluids in the mouth, so they can be swallowed safely and reduce the risk of liquids entering the trachea (windpipe).

For all diet orders, please try to select a balanced meal for good health and recovery, as illustrated by the My Plate diagram below.

Our Dietitians

We have dietitians available who can answer any questions you may have regarding your prescribed diet or any other nutrition questions you may have.

They make rounds on the floors frequently. If you have questions, please ask to speak with a registered dietitian.



Room Service Guest Trays

Guest trays for visitors of patients are available for delivery to patient rooms from 6:30am to 7:00pm, one guest tray per meal. Guest selections may be made from the Regular Room Service menus, limited to 1 entrée, 3 sides, 1 bread, 1 dessert, and 2 beverages. Guest Tray fees are payable by cash only upon delivery of the tray.

For Visitors

Café 335 is located on the first floor of the hospital, with a variety of food options available.

The hours of operation are:

1:00am to 3:00am offering a varied menu

6:30am to 10:45 am for breakfast

11:00am to 7:00pm for lunch and dinner

For daily café menu call 567-309-MENU (6368) from inside or outside the hospital.

Vending machines are also available throughout the hospital.



**NDD1 PUREED
(Pureed-4)
DYSPHAGIA MENU**



Mansfield Hospital

"Your Call"
Room Service Dining



We are committed to providing you with quality, nutritious meals.

It is our sincere pleasure to serve you.

**Dial *FOOD (*3663)
to place your order.**

Consistent Carbohydrate Diets, call in orders by

Breakfast _____ Lunch _____ Dinner _____

Fresh. Made-to-order in about an hour.

Name _____

Room No. _____ Diet Order _____

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How to order your meals—

To place an order, dial *FOOD (*3663). Room Service is available from 6:30am to 7:00pm.
(From outside the hospital, please dial 419-524-3663.)

(All foods served will be of pureed consistency.)

Breakfast

Available from 6:30am to 10:30am

Cereal

- Oatmeal ♥13R
- Cream of Wheat ♥12R
- Grits ♥22

Main Items

- Scrambled Egg 2R
- Apple Cinnamon French Toast ♥13R (each) served plain or with choice of:
 - Margarine ♥R
 - Whipped Topping 3R
 - Syrup ♥31R
 - Lite Syrup ♥4R

Breakfast Sides

- Sausage Patty 2
- Bread Slice ♥18R
- Regular or Whipped Yogurts ♥16-25

Fruit (available all day)

- Applesauce ♥12R
- Banana ♥24
- Peaches ♥20R
- Pineapple ♥20R
- Pears ♥20R
- Mixed Berries ♥23R

Beverages (available all day)

(May be thickened, according to doctor's order. Diabetics are advised to avoid juice at breakfast.)

- Orange Juice ♥15
- Grape Juice ♥15R
- Cranberry Juice ♥15R
- Apple Juice ♥14R
- Prune Juice ♥23
- Tomato Juice 7
- V8 Juice 7 (regular or low sodium ♥)
- Coffee R/Decaf Coffee ♥R
- Tea R/Decaf Tea ♥R
- Herbal Teas ♥R
(orange spice or plantation mint)
- Green Tea R
- Iced Tea R/Decaf Iced Tea ♥R
- Hot Chocolate
(regular ♥24 or no sugar added ♥9)
- Lemonade ♥24R/Diet Lemonade ♥R
- Fruit Punch ♥28R/Diet Fruit Punch ♥R
- Milk (fat-free ♥12R, 2% 12R or chocolate 25)
(Low-lactose options available upon request.)
- Ginger Ale ♥17R/Diet Ginger Ale ♥R
- Sierra Mist ♥24R/Diet Lemon Lime Soda ♥R

Condiments (available all day)

- Creamer ♥1R
- Lemon Juice Packet ♥R
- Margarine ♥R or Butter
- Strawberry Jam ♥9R
- Grape Jelly ♥9R
- Sugar-free Jams ♥3R
(grape, strawberry, blackberry)
- Honey ♥7R
- Sugar ♥3R
- Brown Sugar ♥12
- Equal ♥R or Splenda ♥R
- Chef Seasoning ♥R
- Mrs. Dash's Seasoning ♥R

To help you select items that comply with the diet order your physician has prescribed, please note the following symbols:
 ♥ - Item lower in fat and sodium and also appropriate for cardiac and reduced sodium diets.
 12- Indicates the number of carbohydrate grams the food contains. Helpful for patients needing to balance carbohydrate intake. Totals are rounded and may vary slightly if manufacturers change their products.
 R - Item is lower in sodium, potassium and phosphorous and appropriate for renal diets.

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(All foods served will be of pureed consistency.)

Lunch and Dinner

Available from 11:00am to 7:00pm

Soups

(May be thickened, according to doctor's order.)

- Chicken or Beef Broth ♥1
- Strained Campbell's Soups—
(low-salt and regular, bowl or cup)
- LS Cream of Mushroom 11 Cream of Mushroom 7
- LS Tomato ♥21 Tomato 19
- Cream of Chicken 7

(Please select only one entrée per meal—cold or hot.)

Cold Entrées

- Peanut Butter and Jelly Sandwich ♥32R

Hot Entrées

- Beef Steak 3R
- Pork Chop ♥4R
- Chicken Filet ♥4R
- Macaroni and Cheese ♥13R
- Meat Lasagna ♥20

Open Face Sandwiches

- Hamburger 21R
- Cheeseburger 25R
- Pork ♥22R
- Chicken Filet ♥22R

More Condiments (available all day)

- Ketchup 3
- Mayonnaise 1R
- Mustard R
- Miracle Whip Light 1R
- Soy Sauce
- Honey Mustard 7
- Malt Vinegar ♥R
- Sour Cream 2R
- BBQ Sauce 5
- Sweet and Sour Sauce 11
- Hot Sauce

Desserts and More (available all day)

*(*Item is not allowed on thickened liquid diets.)*

- Lorna Doone Shortbread Cookies 20R
- *Jello
(strawberry ♥22R or orange ♥21R)
- *Sugar-free Jello
(strawberry ♥3R or orange ♥3R)
- Pudding (vanilla 24R, chocolate 27 or butterscotch 22R)
- Sugar-free Pudding
(vanilla ♥13R or chocolate ♥13)
- Vanilla Custard 23R
- *Fruit Ice
(lemon ♥20R or cherry ♥20R)
- *Sherbet
(orange ♥25R or raspberry ♥25R)
- *Frozen Yogurt (vanilla ♥19, chocolate ♥20 or strawberry ♥19)
- *Ice Cream
(vanilla 18, chocolate 20 or strawberry 18)
- Regular or Whipped Yogurts ♥16-25

More Sides

- Low-fat Cottage Cheese 5R
- Green Beans ♥9R
- Carrots ♥9R
- Broccoli ♥11R
- Corn ♥18R
- Peas ♥12R
- Mashed Potatoes ♥26 and Gravy
(beef ♥4 or chicken ♥5)
- Sweet Potatoes 15
- Bread Slice ♥18R

Meal Guide to grams of carbohydrates for various calorie levels of Consistent Carbohydrate Diets:

Calories	Carbohydrates	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1500-2000	180 grams	60	0	60	0	60	0
>2000	225 grams	75	0	75	0	75	0
Gestational Diabetic-2000	180 grams	30	15	45	15	45	30
Gestational Diabetic-2400	225 grams	30	15	60	30	60	30