



# Modified Dysphagia Diet



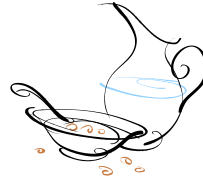
Your doctor has prescribed a Modified Dysphagia diet for you during your stay, which provides foods that are easy to chew and swallow. This diet is intended for people with an impaired ability to swallow. It helps prevent choking or ingesting food into the lungs.

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

## Breakfast

### Cereals/Sides

Grits	Sausage
Cream of Wheat	Turkey Sausage
Oatmeal	Cottage Cheese



### Entrees

Scrambled Eggs/Low Cholesterol Eggs  
 Cheese Omelet  
 Pancake  
 French Toast  
 Buttermilk Pancake



## Lunch/Dinner

### Fruit

Pear Halves  
 Peach Slices  
 Banana  
 Applesauce

### Yogurt

Vanilla  
 Strawberry  
 Plain Greek

### Soup/Salad

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



### Entrees

Hamburger (No bun)	Chicken Tenders
Veggie Burger (No bun)	Pot Roast
Crispy Baked Tilapia (9)	Roast Turkey
BBQ Chicken Breast	Meatloaf (9)
Egg / Tuna / Chicken Salad (No bun or Lettuce)	

Spaghetti w/ Marinara or Meat Sauce

Deli Meats Turkey, Egg Salad, Roast Beef

### On the Side

Carrots  
 Whipped Potatoes  
 Green Beans  
 Mac & Cheese  
 Yellow Squash



### Desserts

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

Ice Cream:  
 Vanilla, Chocolate  
 Strawberry

### Beverages

Juices: Apple / Grape /Cranberry  
 Milk: Skim / 2% / Whole /Lactaid  
 Regular Coffee / Decaf  
 Hot Tea / Regular or Decaf  
 Iced Tea  
 Sodas: Lemon-lime / Cola / Ginger Ale / Diet Cola  
 Crystal Light®  
 Lemonade

