

NDD3 Chopped Meats/Dysphagia Menu

Your healthcare providers have ordered an **NDD3 Diet with Chopped Meats** for you. This diet consists of foods that may be chopped and are also moist, soft-textured, and easier to swallow. Dysphagia diets are used when disordered swallowing is occurring in any phase of the swallowing process, to limit the risk of aspiration. Foods on a Dysphagia Diet are easily formed into a bolus. 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.

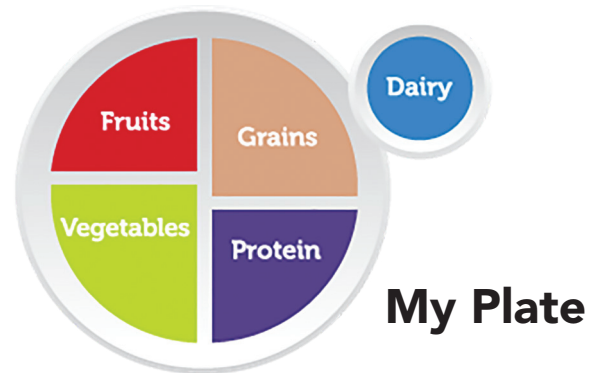
A **Thickened Liquids** restriction is often necessary for people with swallowing problems. Thickened liquids give better control of fluids in the mouth, so they can be swallowed safely and reduce the risk of liquids entering the trachea (windpipe).

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

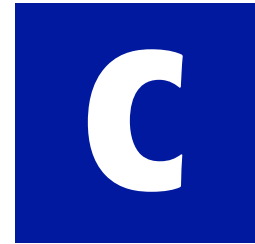
6:30am to 10:45 am for breakfast

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.

(If at safety risk or pregnant, consider avoiding deli meats or asking that they be heated.)



**NDD3 CHOPPED MEATS
(Soft & Bite-Sized-6)
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 _____

NDD3 Chopped Meats/Dysphagia Menu

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.)

Breakfast

Available from 6:30am to 10:30am

Cereal

- Cheerios♥20R
- Corn Flakes♥18R
- Froot Loops♥18R
- Frosted Flakes♥25R
- Rice Chex♥16R
- Rice Krispies♥16R
- Oatmeal♥13R
- Cream of Wheat♥12R
- Grits♥22R

Main Items

- Scrambled Egg 2R
- Hard Boiled Egg 1R
- Egg Salad 1R
- Chopped French Toast♥20R (each) or Chopped Pancake♥18R (each)
Served with Maple Syrup♥31R or Strawberry Topping♥5R
and choice of:
Margarine♥R
Whipped Topping 3R

Monday through Friday only—(Except Holidays)

- Omelet 2R with up to three of the following:
Cheese 0-4, Ground Ham 1, Ground Turkey 2R, Mushrooms♥R

Breakfast Sides

- Chopped Sausage 6
- Regular or Whipped Yogurts♥16-25
- Pureed Bread♥18R

Fruit (available all day)

- Applesauce♥12R
- Chopped Banana♥27
- Diced Peaches♥12R
- Chopped Stewed Prunes♥14
- Pureed Pineapple♥20R
- Pureed Pears♥20R
- Pureed 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
- Apple Juice♥14R
- Cranberry Juice♥15R
- Prune Juice♥23
- 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
- Grape Juice♥15R
- Tomato Juice 7

Condiments (available all day)

- Creamer♥1R
- Lemon Juice Packet♥R
- Margarine♥R or Butter
- Lite Cream Cheese♥1R
- Peanut Butter♥5R
- Strawberry Jam♥9R or 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 or Mrs. Dash's Seasoning♥R
- Italian Dressing 2R
- Ketchup 3
- Mustard R
- Mayonnaise 1R or Miracle Whip Light 1R
- Tartar Sauce 2R
- Sweet and Sour Sauce 11
- Honey Mustard 7R
- Barbeque Sauce 5
- Hot Sauce

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.

NDD3 Chopped Meats/Dysphagia Menu

Lunch and Dinner

Available from 11:00am to 7:00pm

Ask about our Chef Specials—
available on Tuesdays and Thursdays

Soups

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

Chicken or Beef Broth♥1R

Homemade Soup available on noted days.
(bowl or cup, served with chopped meat)

Tuesday—Chicken Noodle♥8

Wednesday—Beef Barley♥9

Friday—Beef Barley♥9

Sunday—Chicken Noodle♥8

- Campbell's Soups—(low-salt♥ and regular, bowl or cup)
LS Cream of Mushroom 11
- LS Chicken Noodle♥10
- LS Tomato♥21
- Cream of Mushroom 7
- Chicken Noodle 5
- Tomato 19

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

Cold Entrées

- Ground Deli Ham 1
- Ground Deli Turkey 2R
- Chicken Salad♥2R
- Egg Salad 1R
- Tuna Salad♥1R

Hot Entrées

- Chopped Beef Roast 2R
- Chopped Roast Turkey♥3R
- Macaroni and Cheese♥27R
- Shredded Chicken (no bun)♥2R
- Chopped Hamburger (no bun) R
- Chopped Marinated Grilled Chicken Breast♥R
- Pasta (Smaller side portions available)
Choice of:
Whole Grain Spaghetti♥40R
- Egg Noodles♥35R
- Meatless Marinara♥10
- Meat Sauce♥9
- Alfredo Sauce♥9R
- Sloppy Joe (no bun) 15
- Beef and Noodles 41R
- Meatloaf 5R
- Lemon Cod♥R
- Add: Chopped Grilled Chicken♥R
- Parmesan Cheese R
- Chopped Sauteed Mushrooms♥R

Desserts and More (available all day)

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

- Fig Newtons♥21
- Lite Cheesecake 18
- Angel Food Cake with Strawberries♥23R
- *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)
- Mozzarella String Cheese♥1
- Regular or Whipped Yogurts♥16-25

More Sides

- Macaroni Salad♥23R
- Low-fat Cottage Cheese 5R
- Chopped Green Beans♥4R
- Chopped Sliced Carrots♥6R
- Chopped Broccoli♥4R
- Chopped Broccoli, Carrots, and Cauliflower Blend♥4R
- Rice♥12R with Gravy (beef♥4R or chicken♥5R)
- Egg Noodles♥18R
- Mashed Potatoes♥25
- Pureed Sweet Potatoes 15
- Pureed Bread♥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