During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests, treatment or surgery.

**DIET:**

**IDDSI Level 3 (Loose Puree, Thin Liquids)**

Your physician has ordered a Dysphagia diet for you. Dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a mildly thick (2) or moderately thick (3) consistency.

The International Dysphagia Diet Standardization Initiative (IDDSI), has developed a global standardized way of describing foods and drinks that are safest for people with chewing or swallowing problems.

The IDDSI framework consists of 8 levels (0 - 7),

where drinks are measured from Levels 0 – 4,
while foods are measured from Levels 3 – 7.

Please visit https://iddsi.org/ for further information.

Our Goals is to exceed your expectations. For this dedication we hope that if you receive a “Press Ganey Survey” we earn 5 out of 5 in your rating. If for any reason you would not rate your service a 5, please call or contact your Ambassador right away and let us know how we can improve our service to you.
BREAKFAST

BEVERAGES
Coffee: Regular | Decaffeinated
Tea: Regular | Decaffeinated | Unsweetened Iced Tea | Chamomile
Hot Chocolate: Regular | No Sugar Added
Milk: Whole | Skim | Lactaid | Vanilla Soy Milk | Low-Fat Chocolate Milk
Juice: Apple | Cranberry | Orange | Prune | V8 | Tomato
Soda: Ginger Ale | Diet Ginger Ale | Seltzer

CONDIMENTS
Butter | Smart Balance | Grape Jelly | Strawberry Jam | Diet Jelly | Syrup
Diet Syrup | Honey | Ketchup | BBQ Sauce | Sour Cream | Salt | Pepper
Sugar | Splenda | Equal | Sweet & Low

CEREAL
Cream of Wheat | Cream of Rice | Oatmeal | Cinnamon Oatmeal

FRUIT (Baby Food)
Applesauce | Pears | Bananas | Peaches

YOGURT
Regular: Vanilla | Plain

PUDDING
Chocolate | Vanilla | No Sugar Added Chocolate | No Sugar Added Vanilla

LUNCH & DINNER

MAIN COURSE (Pureed)
Chicken Francaise with Gravy
Oven Roasted Turkey with Gravy
Roast Beef Served with Gravy
Roasted Chicken Breast Served with Gravy

SOUPS, SIDES & DESERTS

SIDES
Carrots | Green Beans | Peas | Sweet Potato
Mashed Potatoes | Beef Broth | Chicken Broth | Vegetable Broth
Low-Sodium Tomato Basil Soup | Lentil Soup

FRUIT (Baby Food)
Applesauce | Pears | Bananas | Peaches

DESSERT
Pudding (Regular or No Sugar Added): Vanilla | Chocolate
No Sugar Added Vanilla | No Sugar Added Chocolate
Jello (Sugar-Free or Regular): Orange | Strawberry
Fruit Ice: Cherry | Orange | Lemon | No Sugar Added Lemon
Ice Cream (Regular or No Sugar Added): Vanilla | Chocolate

DIET: IDDSI LEVEL 3 (Loose Puree, Thin Liquids)