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 4 (Pureed w/ Thickened Beverages)**

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 your 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.

**How to Place an Order:**

1. Dial 8-DINE (extension 8-3463) between the hours of 7 am and 7 pm.

2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.

3. Place your order. Your specially prepared meal will be served to you within 90 minutes of your request.

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

**SPECIAL / RESTRICTED DIETS**

Please note that not all menu items are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

*For your safety, we will accept your menu selections only after your physician has entered your diet order.*

**NAME:** ____________________________

**ROOM #:** ____________________________

**DATE:** ____________________________
BREKEAKFAST

THICKENED BEVERAGES
Coffee: Decaffeinated
Hot Tea: Decaffeinated
Peach-Mango Beverage (Sugar-Free)
Thickened Dairy Drink (Reduced Fat Milk)
Water with Lemon

CONDIMENTS
Butter | Smart Balance | Grape Jelly | Strawberry Jam | Diet Jelly | Syrup |
Diet Syrup Cream Cheese | Lite Cream Cheese | Honey | Ketchup | BBQ Sauce

BREAKFAST ENTREES
Pureed Scrambled Eggs
Pureed Scrambled Eggs with Cheese
Pureed French Toast
Pureed Pork Sausage

CEREAL
Pureed Cold Cereal: Raisin Bran | Corn Flakes

FRUIT (Pureed)
Peaches | Pears | Applesauce | Orange Mango Applesauce

YOGURT
Regular: Vanilla | Plain
Lite: Vanilla

LUNCH & DINNER

MAIN COURSE (Pureed)
Chicken Francaise: Sautéed with a Lemon & White Wine Sauce
Grilled Chicken Parmesan: Served with Marinara Sauce
Oven Roasted Turkey Served with Gravy
Roast Beef Served with Gravy
Roasted Chicken Breast Served with Gravy
Vegetable Lasagna (GF)
Chicken Enchiladas
Pureed Meatloaf

PUREED PASTA WITH CHOICE OF SAUCE:
Vodka | Meat | Marinara | Cheese | Butter
Garlic, Extra Virgin Oil & White Wine

SOUPS, SIDES & DESERTS

SIDES
Pureed Pasta & Cheese Sauce | Mashed Potatoes | Mashed Sweet Potatoes
Pureed Stuffing | Pureed Carrots | Pureed Broccoli | Pureed Green Beans
Pureed Pasta (Plain) | Pureed Peas | Pureed Cuban Style Black Beans

DESSERTS (if diet allows)
Pureed Apple Pie
Fruit (Pureed): Bananas | Peaches | Pears | Applesauce
Orange Mango Applesauce
Pudding (Regular or No Sugar Added): Vanilla | Chocolate