

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.

DIET:

IDDSI Level 3 Loose Pureed with Thin

Liquids

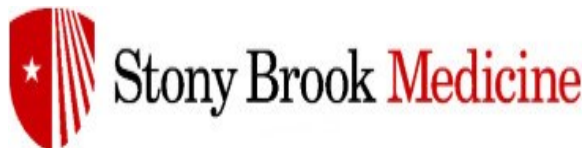
Your physician has ordered a Dysphagia diet for you. Dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a mildly thick (2) or moderately thick (3) consistency.

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.

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.



Breakfast

Thickened Beverages

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Iced Tea

Milk: Whole | Skim | Lactaid | Vanilla Soy | Low-Fat Chocolate Milk

Juice: Orange | Apple | Tomato | Cranberry | Prune | V8

Soda: Ginger Ale | Diet Ginger Ale | Seltzer

CONDIMENTS

Butter | Smart Balance | Grape Jelly | Diet Jelly | Syrup | Diet Syrup

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long

We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it. Your opinion counts!

Please call 8-3463 (8-DINE) to place your meal order

To place your order, please choose:

One (1) Main Course

Four (4) Sides (*Breakfast*)

Four (4) or Five (5) Sides (*Lunch & Dinner*)

MAIN COURSE

(Please choose 4)

FRUIT:

Diced and Drained: Peaches | Diced Pears | Applesauce |

YOGURT:

Regular: Vanilla | Strawberry | Plain

CEREAL:

Hot: Baby Oatmeal | Cream of Wheat

Pureed Cold: Rice Krispies | Corn Flakes

Lunch, Dinner, & Dessert

Main Course

(Choose One)

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Oven Roasted Turkey with Gravy

Roast Beef with Gravy

Roasted Chicken Served with Gravy

BAKERY

(please choose 1):

SOUP:

Tomato Basil | Campbell's Cream of Tomato Soup |

Chicken & Rice Soup | Lentil Soup

SIDES:

Mashed Potatoes | Mashed Sweet Potatoes | Baby Carrots | Broccoli | Green Beans | Cream of Rice | Broccoli | Peas

Fruit: Diced Peaches | Diced Pears | Applesauce

Gelatin: (Regular or Sugar-Free) Strawberry | Orange

Ice Cream: (Regular or Sugar Free) Vanilla | Chocolate

Pudding: (Regular or Sugar Free) Vanilla | Chocolate

Italian Ice: Cherry | Lemon | Orange | Sugar Free Lemon