

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Sample 1-Day Menu for Dysphagia: Pureed Foods

Meal	Food Choices
Breakfast	<ul style="list-style-type: none"> ½ cup orange juice at the prescribed liquid consistency ½ cup farina made with milk added, sprinkled with lump-free brown sugar 1 pureed scrambled egg ½ blended or pureed muffin with butter or margarine 1 cup smooth beverage such as milk or coffee, at the prescribed liquid consistency
Lunch	<ul style="list-style-type: none"> ½ cup pureed tomato soup made with milk at the prescribed consistency 3 pureed saltine crackers ½ cup pureed meatloaf with ketchup drizzled on top ½ cup mashed potatoes with gravy ¼ cup pureed carrots and ¼ cup pureed peas, swirled together ½ cup vanilla pudding ½ cup pureed peaches 1 cup smooth beverage such as tea, coffee or milk at the prescribed consistency
Evening Meal	<ul style="list-style-type: none"> ½ cup pureed potato soup made with milk at the prescribed consistency. 3 pureed saltine crackers 1 cup pureed chicken noodle casserole ½ cup pureed green beans 6 ounces smooth, whipped fruit-flavored or custard-style yogurt ½ cup pureed applesauce 1 cup smooth beverage such as tea, coffee, or milk at the prescribed consistency

Approximate Nutrition Analysis: *Analysis includes skim milk as smooth beverage
 Calories: 1,975; Protein: 94g (19% of calories); Carbohydrate: 299g (60% of calories); Fat: 46g (21% of calories); Cholesterol: 360mg; Sodium: 3,695mg; Fiber: 15g

Notes: