



Snack Choices & Nutritional Information

Snack	Calories	Protein(g)	Fat(g)	Salt(mg)	CHO(g)
Orange	86	1	0	0	22
Apple	50	1	0	0	15
Banana	110	1	0	0	30
Grapes	90	0	0	2	23
$\frac{1}{2}$ Turkey & Swiss Sandwich	145	12	4	500	16
$\frac{1}{2}$ Roast Beef Sandwich	120	9	3	420	15
Carrots & Celery	50	1	0	45	12
Fruit Cup	70	0	0	0	17-18
Cottage Cheese	90	16	0	460	5
Tossed Salad w/Dressing	24-54	1	0-4	15-140	0-4
Chicken Breast	114	21	2.5	64	0
Light Yogurt	100-110	5	0	85	19-20
Granola Bar	90	1	2	55	19
Hardboiled Egg	80	6	5	60	1
Oatmeal	100	4	2	80	19
Sugar-Free Cookie (1 ea)	110-120	1	5-6	125	18
Jell-O, Sugar Free	5	1	0	10	1
Chicken Noodle Soup	60	1.5	2	890	8
Vegetable Soup	100	2	0.5	890	13

We are proud to serve our Veterans!

Snack Recommendations per Diet

Product	Mechanical	Renal	Dysphagia Pureed	Dysphagia Mechanical y Altered	Dysphagia Advanced	Full Liquid	Gluten Free	Cardiac	Diabetic
Oranges (1 each)	✓						✓	✓	
Apples (1 each)		✓		✓ (Soft)	✓ (Soft)		✓	✓	
Bananas (1 each)	✓						✓	✓	
Grapes (1/2 cup)		✓					✓	✓	
½ Turkey & Swiss Sand.									✓
½ Roast Beef Sand.		✓							✓
Carrots & Celery		✓					✓	✓	✓
Ready to Serve Fruit Cups	✓	✓			(no mixed fruit)			✓	
Cottage Cheese (½ cup)	✓			✓	✓			✓	✓
Tossed Salad (1 oz) with Salad Dressing (1 pkt)							(W/out dressing)	(fat free dress.)	✓
Chicken Breast (4 oz) with BBQ sauce or Ranch		✓					✓ (no sauce)	✓	✓
Light Yogurt (6 oz)	✓		✓ (W/out Chunks)	✓	✓ (W/out chunks)	✓ (W/out chunks)		✓	✓
Granola Bars (1 each)		✓							
Hardboiled Egg (1 each)	✓	✓			✓		✓		✓
Oatmeal (1 oz pkt)	✓	✓		✓	✓			✓	
Sugar-Free Cookie (1 each)		✓		✓ (Soft w/milk)					✓
Jell-O, Sugar Free	✓	✓	✓	✓	✓	✓		✓	✓
Chicken Noodle Soup	✓								
Vegetable Soup	✓								✓

***Regular Diets can have ALL of these options!**

(NFS 10/28/2011)