Morrison Healthcare at MIMC

Date of Issue: 11/22



What's new in Clinical Nutrition?

Diet of the Month-

Dysphagia Mechanical Soft

- The Dysphagia Mechanical Soft diet is a modification of the Regular Diet for the edentulous resident who has difficulty chewing or swallowing, or for the resident who has undergone temporomandibular joint (TMJ) surgery.
- For the greatest variety of foods, all foods that are easily masticated are included in the diet.
- Foods that are dry, tough or contain nuts or tough skins should be avoided.
- The Daily Recommended Intake can be met while following this diet, with the exception of Potassium and Vitamin D.

Say Hello to the dietitians!



Hi, I'm Kathryn Byrd! I have been a dietitian here at Mobile Infirmary for over five years. I currently cover 3NE, CCU, and NICU2. I have been married for five years and have two daughters, ages 3 and 1. I love being a mother and spending time with my family more than anything. I also enjoy reading, going to the beach, pure barre and hosting parties!

FALL PRODUCE







WINTER SQUASH





SWEET POTATOES

ELERY

CRANBERRIES

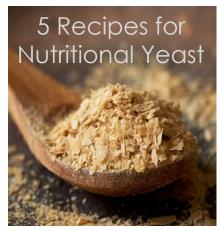
CARRAGE

MUSHROOM

PLUMS

APRICOTS

This sometimes intimidating ingredient, a cousin of brewer's and baker's yeast, is both incredibly nutrient dense and full of flavor, a delicious cheesy nutty flavor to be exact. Enjoy!



- 1. Buffalo Chickpea Pizza
- 2. Cauliflower Mac N Cheese
- 3. <u>Sweet Corn & Cherry Tomato</u> Risotto
- 4. <u>Tofu Benedict Breakfast</u> Sandwich
- 5. <u>Garlic Lemon Garbanzo Bean</u>
 <u>Pasta with Broccoli and</u>
 Peanuts

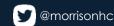
Tag us on Social Media











Retail Services





Please take a minute to complete this short survey about Oak Hill Café!

VETERAN'S DAY

Show your gratitude to those who've served by offering them a free medium hot or iced coffee this Veteran's Day. (November 11th)



NATIONAL FOOD DAYS

Hooray for food "holidays!" Be on the look out in Oak Hill café for these one-day events to add a bit of variety and fun to your day!

NOVEMBER

National Sandwich Day National Pickle Day

11.3 11.14

DECEMBER

National Chocolate Covered Anything Day National Bacon Day

12.16 12.30



Order online from your café! Order ahead from any device

instaeat.com



In a hurry? Use the Scan2Go to avoid lines for items with barcodes and weighted items!



Tag us on Social Media







