

## 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



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. [Sweet Corn & Cherry Tomato Risotto](#)
4. [Tofu Benedict Breakfast Sandwich](#)
5. [Garlic Lemon Garbanzo Bean Pasta with Broccoli and Peanuts](#)

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# Retail Services



Stop by Oak Hill café today and enjoy our holiday treats and seasonal atmosphere!



## 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!

 	<b>NOVEMBER</b>			 
	National Sandwich Day	11.3		
	National Pickle Day	11.14		
	<b>DECEMBER</b>			
	National Chocolate Covered Anything Day	12.16		
	National Bacon Day	12.30		

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[insta-eat.com](http://insta-eat.com)



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)



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



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