

# Pureed Meals for Individuals with Dysphagia (swallowing disorders)



GA Foods' SunMeadow® meals are designed to provide optimal nutrition for good health.

We use Hormel Health Labs Thick and Easy® shaped frozen foods. These pre-formed menu items are appealing in flavor and appearance.

## Meals

TMS000688

**Pork Chop**, served with mashed potatoes, broccoli, applesauce, and instant breakfast.

**Turkey Breast**, served with mashed sweet potatoes, green beans, and chocolate pudding.

**Macaroni and Cheese**, served with strawberry applesauce, broccoli, and chocolate pudding.

**Roast Beef**, served with whipped potatoes, green peas, and vanilla pudding.

**Ham**, served with mashed sweet potatoes, carrots, and vanilla pudding.

**Chicken Breast**, served with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

**Beef**, served with cheesy mashed potatoes, corn, and applesauce.

SunMeadow® NonFat Dry Milk provided with all meals.

\*Liquids may need to be thickened as ordered by physician or speech pathologist.



*This information is not intended to replace medical advice. Please discuss any concerns with your physician.*





# Nutrition Information

Our pureed meals feature Hormel Health Labs Thick and Easy® Pureed Meats and Vegetables.

**Pork Chop**, served with mashed potatoes, broccoli, applesauce, and instant breakfast.

719 CALORIES	88g CARBS	63mg CHOLESTEROL	35g PROTEIN	840mg SODIUM	30g FAT	5g FIBER
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**Turkey Breast**, served with mashed sweet potatoes, green beans, and chocolate pudding.

480 CALORIES	72g CARBS	49mg CHOLESTEROL	24g PROTEIN	790mg SODIUM	16g FAT	3g Fiber
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**Macaroni and Cheese**, served with strawberry applesauce, broccoli, and chocolate pudding.

397 CALORIES	71g CARBS	6mg CHOLESTEROL	13g PROTEIN	614mg SODIUM	17g FAT	5g Fiber
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**Roast Beef**, served with whipped potatoes, green peas, and vanilla pudding.

569 CALORIES	90g CARBS	43mg CHOLESTEROL	28g PROTEIN	820mg SODIUM	14g FAT	6g Fiber
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**Ham**, served with mashed sweet potatoes, carrots, and vanilla pudding.

584 CALORIES	85g CARBS	46mg CHOLESTEROL	26g PROTEIN	1106mg SODIUM	25g FAT	3g Fiber
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**Chicken Breast**, served with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

660 CALORIES	94g CARBS	54mg CHOLESTEROL	34g PROTEIN	882mg SODIUM	17g FAT	8g Fiber
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**Beef**, served with cheesy mashed potatoes, corn, and applesauce.

652 CALORIES	107g CARBS	37mg CHOLESTEROL	32g PROTEIN	584mg SODIUM	13g FAT	6g Fiber
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