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## **Suffolk Center for Speech & Myofunctional Therapy**

213 Hallock Road  
Stony Brook, NY 11790  
(631) 689-6858

Dear Patient,

In order to receive a comprehensive feeding evaluation, please bring in at least one item from each of the following types of foods:

1. Pureed food such as applesauce.
2. Chunks of food in a sauce/thick soup (i.e. bow-tie pasta in spaghetti sauce)
3. Finger foods – any small foods i.e. cheerios, cereals, etc.)
4. Meltable hard solid – able to melt in mouth with saliva and minimal bite pressure (i.e. graham cracker, saltine cracker, etc.)
5. Soft cubes – (i.e. fruits, bananas, peas, etc.)
6. Soft mechanicals – require minimal pressure to chew (i.e. cheese, small pastas, lunch meat, etc.)
7. Hard Mechanicals – biting and chewing are required (i.e. pretzels, cookies, etc.)
8. Drink

The above list is suggested in order to cover a range of textures to see how you handle each. In addition, please bring ‘safe’ foods that you are comfortable with as well as food that you know you have difficulty with.

Thank you!

**The Suffolk Center**