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Dear Patient,

In order for you to receive a comprehensive Dietary repertoire Chewing Swallowing evaluation, please bring in at least one of the following items.

1. Pureed food: Preferred Non-preferred (i.e. applesauce, pudding)
2. Chunks of food in a sauce/thick soup: Preferred Non-preferred (i.e. bow-tie pasta in spaghetti sauce)
3. Finger foods: Preferred Non-preferred (i.e. cheerios, cereals, etc.)
4. Meltable hard solid: Preferred Non-preferred (able to melt in mouth with saliva and minimal bit pressure, i.e. graham cracker, saltine cracker, etc.)
5. Soft cubes: Preferred Non-preferred (i.e. fruits, bananas, peas, etc.)
6. Soft Mechanicals: Preferred Non-preferred (requires minimal pressure to chew, i.e. cheese, small pastas, lunch meat, etc.)
7. Hard mechanicals: Preferred Non-preferred (biting and chewing are required, i.e. pretzels, cookies, etc.)
8. Drink: Formula/breast milk Thin liquid (i.e., water, juice, milk)

Please be sure to bring any bottles, specialized feeding cups, thickening agents and/or utensils that your child prefers or requires.

Infants, children and adults on a limited diet must bring food to the appointment to ensure the evaluation can be completed.

Failure to bring what is needed to the evaluation will compromise the integrity of the evaluation.

Thank you,

The Suffolk Center