

# ROAST MEAT, POULTRY, PORK

Serving Size: 3 oz. cooked portion

Protein: 3 oz.

## Ingredients:

	<b>1 portion</b>	<b>2 portions</b>	<b>4 portions</b>
Roast Meat, cooked	4 oz.	8 oz.	16 oz.
Meat Gravy or broth	2 Tbsp.	¼ Cup	½ Cup

## Directions:

1. Prepare roast meat, poultry or pork per recipe.
2. For Dysphagia Mechanical, grind meat or chop fine and add gravy, sauce or broth to make a moist, cohesive bolus. For Dysphagia Pureed, process meat and sauce to a smooth pudding consistency. Garnish both textures with a gravy or sauce.
3. Heat in a microwave or on stove until hot and serve.

**NOTE:** Condiments may be added to compliment meat, e.g., cranberry sauce for poultry, mint jelly for lamb, mustard for ham, applesauce for pork or horseradish for beef.

**Diabetic:** 3 meat exchanges and 2 fat exchanges for gravy.

**Low Sodium:** OK for 2 Gram and 3-4.5 Gram. Do not add salt.

**Low Fat/Low Cholesterol:** Lean meats only; broth for moistening.

**Bland:** Use lean meats and gravy if tolerated.