

# Consistent Carbohydrate Heart Healthy

One carbohydrate choice contains an average of 15 grams of carbohydrates.

Take a moment to look through our menu. To place your order, **dial 6255**

We are available to take orders from 7 AM - 5 PM daily.

Your nursing staff is available to assist you with menu selections during your stay.

Please allow up to 45 minutes for your meal to be delivered.

There is a limit of one guest tray per meal per room.

Your 100% satisfaction is our number one goal. If, for any reason, our meal service does not meet your expectations, please call the Dietary Manager at extension 3206 and let us know how we can better serve you, our guest.

# Step 1

*Begin by making your beverage choice.*

## Beverages:

Choose a drink

- ▷ Coffee *(Reg. or Decaf)*
- ▷ Hot Tea *(Reg. or Decaf)*
- ▷ Iced Tea *(Unsweet)*
- ▷ Milk *(Skim (1), Skim Choc. (2))*
- ▷ Variety Pop *(Diet)*
- ▷ Apple Juice *(1)*
- ▷ Grape Juice *(1)*
- ▷ Orange Juice *(1)*
- ▷ Cranberry Juice *(1)*
- ▷ Prune Juice *(Hot/Cold) (1)*
- ▷ Hot Chocolate *(Sugar-free) (1)*
- ▷ Crystal Light
- ▷ Water

# Step 2

*Guests are encouraged to choose breakfast OR lunch/dinner items. However, all items are available to order at any time of the day. (Breakfast is served all day and lunch/dinner items can be ordered for breakfast.)*

## Breakfast:

Choose 1 item  
from each  
section.

**OR**

Go to the next  
page and make  
selections.

## Entrées:

- ▷ French Toast *(1 slice = 1)*
- ▷ Pancake *(2 - 4" round cakes = 2)*
- ▷ Eggs  
*(fried, poached, scrambled, or boiled)*
- ▷ Omelet  
*(choice of cheese, onion, green pepper, mushroom, or combo)*

## Sides:

- ▷ Hash Browns *(1)*

## Breads:

- ▷ Toast *(white/wheat) (1)*
- ▷ English Muffin *(2)*

## Fruit:

- ▷ Fresh Fruit *(1 each)*  
*(apple, ½ banana, grapes, orange, prunes, strawberries, seasonal fruit)*
- ▷ Canned Fruit *(1 each)*  
*(applesauce, fruit mix, peaches, pears, mandarin oranges)*

## Cereals:

- ▷ Oatmeal *(1)*
- ▷ Cream of Wheat *(1)*
- ▷ Cheerios *(1)*
- ▷ Corn Flakes *(1)*
- ▷ Raisin Bran *(2)*
- ▷ Rice Krispies *(1)*

# Step 2 continued

## Build A Sandwich

### Bread:

- ▷ Hamburger Bun (2)
- ▷ Hoagie Bun (2)
- ▷ Dinner Roll (1)
- ▷ Bread Stick (1)
- ▷ White Bread (1)
- ▷ Wheat Bread (1)

### Toppings:

- ▷ Onion
- ▷ Lettuce
- ▷ Tomatoes

### Sandwiches:

- ▷ French Dip
- ▷ Grilled Chicken
- ▷ Hamburger
- ▷ Breaded Fish(1)
- ▷ Roast Beef
- ▷ Peanut Butter and Jelly

## Main Dishes

### Entrées:

- ▷ Roasted Pork Loin
- ▷ Roasted Beef
- ▷ Roasted Turkey
- ▷ Chef Salad (1)
- ▷ Parmesan Herb Tilapia (1)
- ▷ Potato Crusted Cod (1)
- ▷ Oven Breaded Chicken (2)
- ▷ Grilled Chicken Breast

### Pasta:

- ▷ Spaghetti with meat sauce (3)

### Low-Salt Soup:

- ▷ Chicken Noodle(1)
- ▷ Tomato (1)
- ▷ Beef Vegetable (1)
- ▷ Beef Broth
- ▷ Chicken Broth

## Side Dishes

- ▷ Mashed Potatoes (1)
- ▷ Gravy (2 Tbsp)
- ▷ California Blend
- ▷ Veggie Plate with Dip
- ▷ Oven Brown Potatoes (1)
- ▷ Tossed Green Salad
- ▷ Pickled Beets
- ▷ Hash Browns (1)
- ▷ Broccoli
- ▷ Carrots
- ▷ Green Beans
- ▷ Corn (1)
- ▷ Peas (1)
- ▷ Baked Potato (1)

Choose one of the following:

Build A Sandwich

**OR**

Choose 1 item from Main Dishes

**AND**

Side dish (All above options include 1 side dish.)

# Step 3

Choose any condiments you would like for your meal.

- ▷ Syrup (*diet*)
- ▷ Peanut Butter
- ▷ Jelly
- ▷ Honey
- ▷ Sour Cream
- ▷ Ketchup
- ▷ Mustard
- ▷ BBQ Sauce
- ▷ Margarine
- ▷ Mayonnaise
- ▷ Miracle Whip

- ▷ Splenda
- ▷ Creamer (*Non-Dairy*)
- ▷ Tartar Sauce
- ▷ Mrs. Dash Seasoning
- ▷ Parmesan Cheese
- ▷ Pepper

## Salad Dressing:

- ▷ Ranch (*Regular, Fat Free*)
- ▷ French (*Regular*)
- ▷ Italian (*Regular*)
- ▷ Raspberry Vinaigrette

# Step 4

Choose 1 dessert to go with your meal.

## Desserts:

- ▷ Cookies  
(*chocolate chip (1), sugar (1), oatmeal raisin (1), lorna doone (4=1)*)
- ▷ Ice Cream (1)(*vanilla, chocolate, strawberry*)
- ▷ Sherbet (2) (*orange, rainbow*)
- ▷ Angel Food Cake (2)

## Snacks:

- ▷ Sugar-Free Pudding(*vanilla, chocolate*) (1)
- ▷ Sugar-Free Jell-O (*orange, strawberry*)
- ▷ Italian Ice (1) (*strawberry, lemon*)
- ▷ Lite Yogurt (1) (*assorted*)
- ▷ Cheese & Cracker Plate (1)

# About Your Diet

## *Consistent Carbohydrate Diet:*

*This diet is the basis for helping control blood sugar for people with diabetes. Eating a consistent amount of carbohydrates at each meal aids in controlling the amount of glucose (sugar) in the blood stream.*

*One carbohydrate choice contains an average of 15 grams of carbohydrates. For most individuals in the hospital, nutritional needs can be met by choosing 3-5 of the carbohydrates at each meal.*

*Recommendations: For women: 3-4 carbohydrates each meal, For men: 4-5 carbohydrates each meal*

## *Heart Healthy Diet:*

*This diet is beneficial for the treatment and prevention of heart disease. The diet is low in fat, low cholesterol, low sodium and limits caffeine. Fried, fatty and salty foods such as ham, bacon, sausage, cream sauces, whole milk, whole milk cheeses, salt and caffeinated beverages are limited.*