



Post Transplant Diet + Consistent Carbohydrate Diet



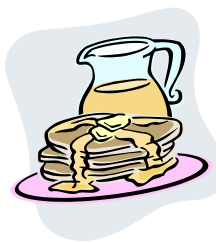
Your doctor has prescribed a Post Transplant + Consistent Carbohydrate Counting Diet for you. This diet is low in sodium (less than 1000 mg of sodium per meal), low in fat, and low in sugar and evenly distributes CHO throughout the day to help control blood pressure, cholesterol, and blood sugar. The list below was designed to help you order a healthy meal from the At Your Request® menu. Carbohydrate amounts are listed next to the food items on your menu in parentheses.

Grams of Carbohydrates Allowed at Meals and Snacks				
	BREAKFAST	LUNCH	DINNER	SNACKS
Level 1	45g	45g	45g	One: 15-20g
Level 2	60g	60g	60g	One to two: 15-20g
Level 3	75g	75g	75g	One to two: 15-20g

Breakfast

Eggs/Meat

- Scrambled or hard-boiled egg
- Regular or Low Cholesterol Omelet with Choice of: Onion/Green Pepper/Tomato/Mushroom/Low Fat Cheese
- Turkey Sausage (1 patty) or bacon (1 strip)
- Breakfast sandwich on English muffin (24)



Bakery

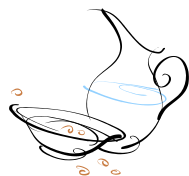
- French Toast (34)
- Pancake (9)
- Muffin: Blueberry (21) / Plain (24)
- Bagel (42)
- English Muffin (23)
- Wheat/White Bread (13)

Cereals

- Corn Flakes (18)
- Cheerios (14)
- Special K (13)
- Rice Krispies (16)
- Grits (21)
- Oatmeal (16)
- Cream of Wheat (11)

Yogurt/Fruit

- Fresh Fruit Cup (11)
- Banana (22)
- Apple (18)
- Applesauce (14)
- Yogurt: Vanilla (20), Strawberry (20), Plain Greek (5)
- Orange (16)
- Pear Halves (17)
- Peach Slices (15)
- Cottage Cheese (6)



Lunch/Dinner



Entrees

- Chicken breast: Plain, Teriyaki(2), Blackened, Parmesan (10), or BBQ
- Roast Turkey
- Pot Roast (3)
- Meatloaf (9)
- Crispy baked tilapia (9)
- Spaghetti (32) or penne pasta (23) w/ marinara (6) or meat (3) sauce; add meatballs (2)
- Salad: Chef (17), Caesar (18), or chicken (blackened, BBQ, grilled)
- Baked chicken tenders (33)
- Grilled Chicken Sandwich (28)
- BBQ Pulled Pork Sandwich (28)
- Hamburger (28)
- Chicken or beef taco (17)
- Taco salad - beef or chicken (22)
- Quesadilla - cheese (15), chicken (17), veggie (18)
- Peanut butter and jelly (36)
- Egg/chicken/tuna salad sandwich (26)
- Heated turkey deli sandwich (25)

On the Side

- Parsley Boiled Potatoes (21)
- Whipped Potatoes (20)
- Baked Potato Chips (26)
- Baked Steak Fries (24)
- Rice (26)
- Dinner Roll (17)
- Collard greens (11)
- Green Beans (4)
- Corn (18) Yellow
- Squash (3) Green
- Peas (13)
- Broccoli (4)
- Carrots (7)



Soup/Salad

- Chicken Noodle (12)
- Garden Vegetable (7)
- Tomato Soup (14)
- Coleslaw (6)
- Garden Salad (2)
- Pasta Salad (9)

Beverages

- Milk: Skim (12)/ 2% (12)/ Lactaid (12)/ Soy (8)
- Coffee - Regular or Decaf
- Hot Tea - Regular or Decaf
- Iced Tea (unsweet) - Regular or Decaf
- Sodas: Sugar-free Cola/ Sugar-free Lemon-lime
- Crystal Light®
- Juice: Apple, cranberry, grape, orange, prune (19-23)

Desserts

- Sugar-free Ice Cream (16)
- Sugar-free Pudding (12)
- Sugar-free Gelatin
- Sugar-free popsicle (4)
- Angel food cake (16)
- Vanilla Wafers (18)
- Graham Crackers (17)

AT YOUR REQUEST
Room Service Dining®

MUSC Dietetic Services
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