



Cardiac Fit + Consistent Carbohydrate Diet



Your doctor has prescribed a Cardiac Fit + Consistent Carbohydrate (CHO) Diet for you during your stay. This diet is used to control high blood sugar, while limiting saturated, trans-fats and sodium to help control cholesterol and blood pressure reducing risk of heart attack and stroke. Carbohydrates are the foods that raise your blood sugar. Examples are milk, fruit and starches (rice, pasta, bread, corn, beans). These foods should be evenly spread throughout the day. Sugar substitutes can be requested as sweetener. The number of CHO grams is listed next to the food item on your menu to assist you when ordering (i.e. 15g). Your doctor will prescribe one of the CHO levels listed below that best meets your needs:

Level 1: Breakfast 45g CHO, Lunch 45g CHO, Dinner 45g CHO (1 snack 15-20g CHO, optional)

Level 2: Breakfast 60g CHO, Lunch 60g CHO, Dinner 60g CHO (1-2 snacks 15-20g CHO, optional)

Level 3: Breakfast 75g CHO, Lunch 75g CHO, Dinner 75g CHO (1-2 snacks 15-20g CHO, optional)

Carbohydrate amounts are listed next to the food items on your menu in parenthesis.

Multiple diet restrictions may limit the foods allowed

Breakfast:

Entrees

Scrambled/Low Cholesterol/Hard Boiled Omelet with Choice of:
Onion/Green
Pepper/Tomato/Mushroom/ Swiss Cheese
Buttermilk Pancake (9)
Whole Wheat (22)/French Toast (17)
Breakfast Sandwich (24)

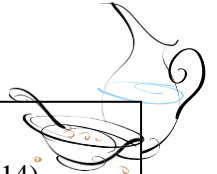


Yogurt/Fruit

Apple (18)
Banana (22)
Orange (16)
Peach Slices (15)
Fresh Fruit Cup (11)
Applesauce (14)
Pear Halves (17)
Yogurt: Vanilla,
Strawberry (20) or
Plain Greek (5)
Cottage Cheese (3)

Cereals

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



On the Side

½ Bagel (21)
Wheat/White Bread (13)
English Muffin (23)
Blueberry Muffin (22)
Turkey Sausage



Lunch/Dinner:

Entrees/Sandwiches

Grilled Vegetable Wrap (19)
Pot Roast
BBQ Chicken Roasted
Turkey Breast
Chicken Parmesan (10)

Entrée Salad (7)

Hamburger (28)
Veggie Burger (46)
Crispy Baked Tilapia (9)
Baked Chicken Tenders (33)

Grilled Chicken Sandwich (28)
Quesadilla (Cheese 15/Chicken17/Veggie18)
Tacos (Beef 16/Chicken16)
Deli: Turkey, Roast Beef (26)
French Dip (24)
Peanut Butter & Sugar-Free Jelly Sandwich (36)

Spaghetti (32) or Whole Wheat Penne (23) with Meat (3) or Marinara (6) Sauce

On the Side

Carrots (7)
Green Peas (13)
Green Beans
Zucchini (3)
Corn (18)
Broccoli
Dinner Roll (17)

Whipped Potatoes (20)
Baked Steak Fries (24)
White Rice (26)
Boiled Potatoes (21)
Yellow Squash (3)
Corn Muffin (22)
Baked Potato Chips (26)

Soup/Salad

Chicken Noodle (12)
Cream of Potato(17)
Garden Vegetable (7)
Beef/Chicken Broth/Vegetable
Garden Salad
Pasta Salad (9)
Cole Slaw (6)
Cottage Cheese & Fruit Plate (34)

Desserts

Vanilla Wafers (18)
Graham Crackers (17)
Angel Food Cake (16)
Diet Pudding (12)
Diet Gelatin
Diet Ice Cream (16)
Lemon Fruit Ice (22)

Beverages

Milk: Skim(12)/Lactose Free (12)/Soy(8)
Coffee/Decaf
Hot Tea: Regular/Decaf
Iced Tea
Sodas: Sugar-free Cola/ Sugar-free
Lemon-lime/ Crystal Light®

