



Cardiac Fitness Diet



Your doctor has prescribed a Heart Healthy Diet limited in saturated and trans-fats and sodium for you during your stay. This diet will help control cholesterol and blood pressure, reducing your risk for a heart attack or stroke. Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below. ****Multiple diet restrictions may limit the foods allowed****

Breakfast



Entrees

Scrambled Eggs/Cholesterol Free Scrambled
 Hard Boiled Egg (1 egg)
 Omelet with Choice of:
 Onion/Tomato/Mushroom/Green Pepper
 Buttermilk Pancake (1 pancake)
 Texas French Toast (1 piece)

Cereal

Cream of Wheat	Rice Krispies
Oatmeal	Special K
Grits	Corn Flakes
Cheerios	Raisin Bran

Bakery

Plain Bagel (half)
 English Muffin
 Blueberry Muffin

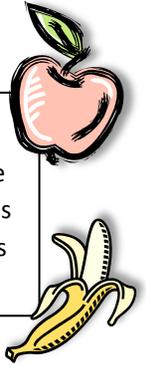


On the Side

Turkey Sausage
 Cottage Cheese
 Yogurt: Vanilla / Strawberry /
 Plain Greek

Fruit

Apple	Applesauce
Banana	Peach Slices
Quartered Orange	Pear Halves
Fresh Fruit Cup	



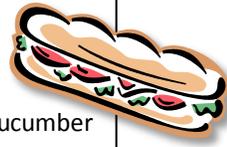
Lunch/Dinner

Entrees

Pot Roast	Taco: Chicken, Beef
Hamburger	Spaghetti/Whole Wheat Penne w/ Marinara or Meat Sauce
Veggie Burger	Teriyaki Glazed Chicken
Chicken Parmesan	Crispy Baked Tilapia
Roasted Turkey Breast	Baked Chicken Tenders
BBQ Chicken Breast	
Blackened Chicken Breast	

Deli

Peanut Butter & Reduced Sugar Jelly
 Breads: Wheat, White, Tortilla Wrap
 Meat: Ham, Roast Beef, Turkey
 Toppings: Onion, Lettuce, Tomato, Cucumber

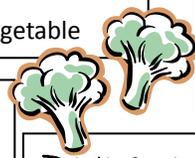


Soup/Salad

Garden Vegetable	Garden Salad
Chicken Noodle	Cole Slaw
Cream of Potato	Pasta Salad
Fruit & Cottage Cheese Plate	Broth: Chicken/Beef/Vegetable

On the Side

Sliced Carrots	Parsley Boiled Potatoes
Green Beans	Baked Potato Chips
Yellow Corn	Dinner Roll
Green Peas	Corn Muffin
Broccoli	White Rice
Collard Greens	Low Sodium Crackers
Whipped Potatoes	Sliced Bread: Wheat/White
Yellow Squash	Baked Steak Fries



Desserts

Vanilla Wafers	Diet Pudding: Choc/Vanilla
Graham Crackers	Gelatin: Berry/Lemon/Lime
Angel Food Cake	Diet Vanilla Ice Cream

Beverages

Coffee/Decaf	Milk: Skim, Lactose Free, Soy
Hot/Iced Tea	Juice: Grape, Orange, Apple, Cranberry
Sodas: Diet Cola, Diet Lemon Lime, Sports Drink, Crystal Light®	

