



# Consistent Carbohydrate Diet



Your doctor has prescribed a Consistent Carbohydrate (CHO) Diet for you during your stay. This diet is used to control diabetes or high blood sugar. 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. This diet allows you to eat the foods you want, if you stay within your CHO levels for each meal. 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)

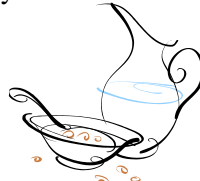
Carbohydrate amounts are listed next to the food items on your menu in parenthesis.

**\*\*Multiple diet restrictions may limit the foods allowed\*\***

## Breakfast:

### Entrees

Scrambled/Low Cholesterol/Hard Boiled  
Omelet with Choice of:  
Onion/Green Pepper/Tomato/Mushroom/  
Cheese  
Buttermilk Pancake (9)  
French Toast (34)



### Yogurt/Fruit

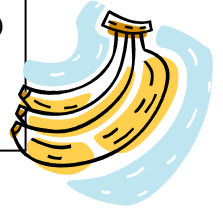
Apple (19)  
Banana (22)  
Peach Slices (15)  
Orange (16)  
Fresh Fruit Cup (11)  
Applesauce (14)  
Pear Halves (17)  
Yogurt: Vanilla,  
Strawberry or  
Plain Greek  
(20/20/5)

### Cereals

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

### Bakery

½ Bagel (21)  
Wheat/White Bread (13)  
English Muffin (23)  
Muffin: Blueberry/Plain  
(22/24)



### On the Side

Hash Brown Patty (13)  
Turkey Sausage  
Bacon

## Lunch/Dinner:

### Entrees/Sandwiches

Meatloaf (9)	Grilled Vegetable Wrap (19)	Pizza (50)
Hamburger (28)	Grilled Chicken Sandwich (28)	Quesadilla (Cheese/Chicken/Veggie) (18)
BBQ Chicken Breast	Grilled Cheese Sandwich (30)	Tacos (Beef/Chicken) (16)
Teriyaki Glazed Chicken (2)	Veggie Burger (46)	Deli: Turkey, Ham, Roast Beef, Chicken, Tuna or Egg Salad
Roasted Turkey Breast	Pot Roast	
Crispy Baked Tilapia (9)	Peanut Butter & Sugar-Free Jelly Sandwich (9)	
Baked Chicken Tenders (33)	Pasta (Meat or Marinara Sauce) (35/38)	BBO Pulled Pork Sandwich (28)



### On the Side

Carrots (7)	Green Peas (4)	Boiled Potatoes (21)
White Rice (26)	Corn (18)	Yellow Squash (3)
Cornbread (22)	Dinner Roll (17)	Whipped Potatoes (20)
Green Beans (4)	Broccoli (4)	Collard Greens (11)

### Soup/Salad

Chicken Noodle (12)  
Tomato (14)  
Cream of Potato (17)  
Garden Vegetable (7)  
Beef/Chicken Broth  
Salads:  
Taco (10), Blackened Chicken  
(8), or Chef (8)  
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 (13)/Soy  
(8)  
Coffee/Decaf  
Hot Tea: Regular/Decaf  
Iced Tea  
Sodas: Sugar-free Cola/ Sugar-free  
Lemon-lime/ Crystal Light®

