

Consistent Carbohydrate/ Heart Healthy Menu

Your doctor has prescribed a Consistent Carbohydrate (CHO) and Heart Healthy diet for you during your stay. This consistent carb diet is used to control diabetes. Carbohydrates are the foods that raise your blood sugar. Examples are milk, fruit, and starches (rice, pasta, bread, corn, potatoes, beans). 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 items below to assist you when ordering. The heart healthy diet limits sodium, saturated/trans fat, and cholesterol for you during your stay. This diet will help control blood pressure and cholesterol, reducing your risk for a heart attack or stroke.

Your doctor will prescribe one of the CHO levels listed below that best meets your needs:

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

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

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

Breakfast

Entrees

- Low Cholesterol Scrambled Eggs
- Scrambled Tofu (5)
- Buttermilk Pancakes (33)
- Whole wheat Pancakes (41)
- Reg French Toast (16)
- Whole Wheat French Toast (22)
- French Toast Sticks (31)
- Create-Your-Own Breakfast Burrito or LC Omelet*
Corn Tortilla (12), Flour Tortilla (12),
Whole Wheat Tortilla (32),

Dairy

- Non- Fat Greek Yogurt (Vanilla 11, Strawberry 13)

Sides

- Turkey Bacon Slice
- Turkey Sausage Patty
- Hash Brown Potatoes (15)

Cereal

- Oatmeal (24)
- Grits (26)
- Cream of Wheat (17)
- Cornflakes (18)
- Cheerios (20)
- Rice Chex (16)
- Frosted Flakes (25)
- Raisin Bran (27)

Bakery

- Half Reg Bagel (21)
- Half Whole Wheat Bagel (30)
- White Bread (14)
- Whole Wheat Bread (13)
- Whole Wheat English Muffin (20)
- Blueberry Muffin (18)
- Half Cinnamon Bagel (21)

Fruit

- Banana (22)
- Orange (16)
- Grapes (14)
- Apple (18)
- Applesauce (14)
- Fresh Fruit Cups (12)
- Mandarin Oranges (12)
- Peach Slices (15)
- Pear Halves (17)

*Total CHO amounts will vary based on selections for Create-Your-Own options. Refer to At Your Request regular tri-fold patient menu for detailed list of options.

Lunch/Dinner

Entrees

- Herb Grilled Chicken Breast
- Roast Turkey Breast
- Baked Chicken Tenders (21)
- Meatloaf (11)
- Meatballs
- Crispy Baked Fish (20)
- Pot Roast

Soup

- Beef, Chicken, or Vegetable Broth
- Homemade Chicken Noodle (11)
- Garden Vegetable (7)
- Tomato (16)
- Turkey Chili (8)

Veggies

- Green Beans (6)
- Carrots (7)
- Corn (18)
- Green Peas (13)
- Yellow Squash (4)
- Collard Greens (11)
- Yellow Squash (4)

Salad

- Side Garden Salad
- Hummus with Pita Veggies (35)
- Fresh Fruit Plate (44)
- Dressings
Italian (Reg 1, Low Calorie 0)
French (Reg 3, Low Calorie 4)
Ranch (Reg 0.5, Fat Free 2)
Oil & Vinegar
Caesar

Sides

- White or Brown Rice (22)
- Quinoa (28)
- Dinner Roll (13)
- Baked French Fries (18)
- Baked Sweet Potato Fried (20)
- Black Beans (40)
- Low Sodium Saltines (5)
- Baked Potato Chips (22)
- Mash Potatoes (22)
- Mac & Cheese (23)

Additional options on reverse

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Lunch/Dinner

Create-Your-Own:

Deli Sandwich or Salad*

- Deli Turkey, Roast Beef, Grilled Chicken,
- Tuna Salad (6), Egg Salad (4), Chicken Salad (3)
- Peanut Butter (5), Jelly (9)
- Breads
 - White or Whole Wheat (per slice 14)
 - Corn Tortilla (12), Flour Tortilla (12)
 - Whole Wheat Tortilla (32), Whole Wheat Bun

Create-Your-Own:

Pasta*

- Meatballs (2), Diced Chicken, Ground Beef
- Sauces
 - Marinara (3), Meat Sauce (8),
- Pastas
 - Spaghetti (33), Elbow Macaroni (33)
 - Whole Grain Penne (24)
 - Cheese Tortellini (15)
- Cheese
 - Shredded Mozz, Parmesan

Create-Your-Own:

Grill Sandwich*

- Hamburger, Turkey Burger, Veggie Burger (16), Grilled Chicken Breast,
- Bun
 - White Bun (27)
 - Whole Wheat Bun (26)
- Cheeses
- Swiss (1), Cheddar

Create-Your-Own:

Taco or Quesadilla*

- Chicken, Ground Beef, Fish (10)
- Tortillas
 - Corn Tortilla (12), Flour Tortilla (12)
 - Whole Wheat Tortilla (32)

Create-Your-Own:

Rice Bowl*

- Chicken, Tofu (4), Black Beans (20)
- White Rice (22), Brown Rice (20), Quinoa (28)

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Desserts

- Cookies (22 each)
- Vanilla Wafers (18)
- Graham Crackers (17)
- Angel Food Cake (28)
- Seasonal Fruit Crisp (24)
- Reg Gelatin (18), SF Gelatin (1)
- Sherbet (Lime 25, Orange 32)
- Lemon Fruit Ice (20)
- Reg Popsicle (15), SF Popsicle (4)
- Reg Pudding (Vanilla 29)
- Diet Pudding (Vanilla 13)
- Ice Cream (17) SF Vanilla Ice Cream (16)

Condiments

- Honey (12)
- Ketchup (3)
- Yellow Mustard
- Low Fat Mayo (2)
- Honey Mustard (9)
- Peanut Butter (5)
- Reg Jelly (9), SF Jelly (3.5)
- SF Syrup (4)
- Light Cream Cheese (2)
- Light Sour Cream (1.5),
- Tartar Sauce (1.5)
- Parmesan Cheese

Beverages

Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Diet Hot Cocoa (10)

Cold

- Diet Cola/ Gingerale / Lemon Lime Soda
- Sugar Free Lemonade
- Unsweetened Tea

Milk

- Non Fat, Low Fat, Milk (12)
- Low Fat Chocolate (25)
- Lactaid (12)
- Soy (9)
- Unsweetened Almond (1.5)

Juice

- Orange (17)
- Apple (21)
- Grape (19)
- Prune (22)
- Cranberry (21)