

Consistent Carbohydrate/ Renal Menu

Your doctor has prescribed a Consistent Carbohydrate (CHO) and Renal 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 renal diet is necessary in the treatment of many kidney diseases and disorders. It limits sodium and potassium (800mg each per meal) which can build up in the blood and become harmful.

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

- Egg (Scrambled, Low Cholesterol Scrambled, Hard boiled)
- Scrambled Tofu (5)
- Buttermilk Pancakes (33)
- Whole Wheat (40)
- Reg French Toast (16)
- Whole Wheat French Toast (22)
- Create-Your-Own Breakfast Burrito or Omelet*
Corn Tortilla (12), Flour Tortilla (12), Whole Wheat Tortilla (32), *No Tomatoes, No Cheese*

Sides

- Pork Bacon Slice
- Turkey Bacon Slice
- Turkey Sausage Patty

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)

Cereal

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

Fruit

- Grapes (14)
- Apple (18)
- Applesauce (14)
- 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
- Meatloaf (11)
- Meatballs
- Crispy Baked Fish (20)

Veggies

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

Sides

- White or Brown Rice (22)
- Quinoa (28)
- Dinner Roll (13)
- Low Sodium Saltines (5)

Soup

- Beef, Chicken, or Vegetable Broth
- Homemade Chicken Noodle (11)
- Garden Vegetable (7)

Salad

- Side Garden Salad
- Dressings
Italian (Reg 1, Low Calorie 0)
French (Reg 3, Low Calorie 4)
Ranch (Reg 0.5, Fat Free 2)
Oil & Vinegar
Caesar

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
- No Cheese

Create-Your-Own:

Pasta*

- Meatballs (2), Diced Chicken
- Sauces
 - Butter, Margarine
- Pastas
 - Spaghetti (33), Elbow Macaroni (33)
 - Whole Grain Penne (24)
- Cheese
 - Shredded Mozz, Parmesan

Create-Your-Own:

Grill Sandwich*

- Hamburger, Turkey Burger, Veggie Burger (16), Grilled Chicken Breast, Bacon
- Bread
 - White or Whole Wheat (per slice 14)
 - Corn Tortilla (12), Flour Tortilla (12)
 - Whole Wheat Tortilla (32), Whole Wheat Bun
- No Cheese/ No Tomatoes

Create-Your-Own:

Taco or Quesadilla*

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

Create-Your-Own:

Rice Bowl*

- Chicken, Tofu (5.5),
- White Rice (22), Brown Rice (20), Quinoa (28)

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Desserts

- Sugar 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)

Condiments

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

Beverages

Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)

Cold

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

Milk

- Unsweetened Almond (1.5)

Juice

- Apple (21)
- Grape (19)
- Cranberry (21)