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, potatoes, 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 items below to assist you when ordering. Note: Total CHO amounts will vary based on your selections for Create-Your-Own options.

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**

- 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)

**Dairy**

- Non-fat Greek Yogurt (Vanilla 11, Strawberry 13)
- Full Fat Yogurt (20)
- 1% Cottage Cheese (3)

**Cereal**

- Oatmeal (24)
- Grits (26)
- Cream of Wheat (17)
- Raisin Bran (28)
- Cornflakes (18)
- Cheerios (20)
- Rice Chex (16)
- Frosted Flakes (25)
- Granola (23)

**Sides**

- Hash Browned Potatoes (15)
- Pork Bacon Slice
- Pork Sausage Patty
- Turkey Sausage Patty

**Entrees**

- Herb Grilled Chicken Breast
- Roast Turkey Breast
- Pot Roast
- Meatloaf (11)
- Crispy Baked Fish (20)
- Baked Breaded Chicken Tenders (21)
- BBQ Pulled Pork (17)

**Veggies**

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

**Salad**

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

**Soup**

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

**Fruit**

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

**Sides**

- Mashed Potato (22)
- Baked French Fries (18)
- Baked Sweet Potato Fries (20)
- White or Brown Rice (22)
- Macaroni & Cheese (23)
- Black Beans (40)
- Quinoa (28)
- Dinner Roll (13)
- Saltines (5)
- Potato Chips (15)
- Baked Potato Chips (22)
- Pretzels (23)

**Bakery**

- Half Reg Bagel (21)
- Half Whole Wheat Bagel (30)
- Half Cinnamon Bagel (21)
- White Bread (14)
- Whole Wheat Bread (13)
- English Muffin (20)
- Blueberry Muffin (18)
- Buttermilk Biscuit (22)

*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.

Additional options on reverse
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, potatoes, 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 items below to assist you when ordering. Note: for Create-Your Own options, total CHO amounts will vary based on your selections.

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)

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### Create-Your-Own:

#### Deli Sandwich or Salad*
- Deli Ham, Deli Turkey, Roast Beef, Grilled Chicken, Sliced Hard Boiled Egg
- Tuna Salad (6), Egg Salad (4), Chicken Salad (3)
- Peanut Butter (5), Hummus (15)
- Breads
  - White or Whole Wheat (per slice 14)
  - Corn Tortilla (12), Flour Tortilla (12)
  - Whole Wheat Tortilla (32)
- Cheeses
  - Swiss (1), Provolone (1)
  - American, Cheddar

#### Pasta*
- Meatballs (2), Ground Beef, Diced Chicken
- Sauces
  - Marinara (3), Alfredo (11)
  - Beef Meat Sauce (8)
- Pastas
  - Spaghetti (33), Elbow Macaroni (33)
  - Whole Grain Penne (24)
  - Cheese Tortellini (15)

#### Create-Your-Own:

#### Grill Sandwich*
- Hamburger, Turkey Burger, Grilled Chicken Breast
- Veggie Burger (16)
- Bun
  - White Bun (27)
  - Whole Wheat Bun (26)
- Grilled Cheese (28)
- Cheeses
  - Swiss (1), Provolone (1)
  - American, Cheddar

#### Taco or Quesadilla*
- Chicken, Ground Beef, Black Beans (20)
- Tortillas
  - Corn Tortilla (12), Flour Tortilla (12)
  - Whole Wheat Tortilla (32)

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

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