

Consistent Carbohydrate Menu

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

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)

Dairy

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

Sides

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

Cereal

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

Fruit

- Banana (22)
- Orange (16)
- Grapes (14)
- Apple (18)
- Fresh Fruit Cup (12)
- Applesauce (14)
- Peach Slices (15)
- Mandarin Oranges (12)
- 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
- Pot Roast
- Meatloaf (11)
- Crispy Baked Fish (20)
- Baked Breaded Chicken Tenders (21)
- BBQ Pulled Pork (17)

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)
- 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

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)

Additional options on reverse

Consistent Carbohydrate Menu (cont.)

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Lunch/Dinner

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

Create-Your-Own:

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

Create-Your-Own:

Taco or Quesadilla*

- Chicken, Ground Beef, Black Beans (20)
- 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)
- Ice Cream (17), SF Vanilla Ice Cream (16)
- Sherbet (Lime 25, Orange 32)
- Lemon Fruit Ice (20)
- Reg Popsicle (15), SF Popsicle (4)
- Reg Pudding (Vanilla 29, Chocolate 26)
- Diet Pudding (Vanilla / Chocolate 13)

Condiments

- Honey (12)
- Ketchup (3)
- Low Fat Mayo (2)
- Honey Mustard (9)
- BBQ Sauce (3)
- 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),
- Salsa (1)
- Tartar Sauce (1.5)

Beverages

Hot

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

Cold

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

Milk

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

Juice

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