

Heart Healthy Menu

Your doctor has prescribed a Heart Healthy Diet limited in 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.

Breakfast

Entrees

- Low Cholesterol Scrambled Eggs
- Scrambled Tofu
- Pancakes (Buttermilk or Whole Wheat)
- French Toast (Reg or Whole Wheat)
- Create-Your-Own Burrito or Omelet*
Low Cholesterol Eggs, Black Beans
Whole Wheat, Flour, or Corn Tortilla
Diced Green Peppers, Tomatoes,
Onions, Mushrooms, Spinach
Cheddar or Swiss Cheese

Sides

- Turkey Sausage
- Hash Brown Potatoes
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Cold Cereal (Cheerios, Rice Chex, Cornflakes,
Raisin Bran, Frosted Flakes, Granola)
- Greek Yogurt (Strawberry or Vanilla)
- Bagel (White, Wheat, Cinnamon)
- Whole Wheat English Muffin
- Whole Wheat or White Bread
- Blueberry Muffin

Fruit

- Apple
- Banana
- Orange
- Grapes
- Fresh Fruit Cup
- Applesauce
- Peach Slices
- Pear Halves
- Mandarin Oranges

Lunch/Dinner

Entrees

- Herb Baked Chicken Breast
- Roast Turkey Breast
- Crispy Baked Fish
- Meatloaf
- Pot Roast
- Create-Your-Own Deli Sandwich* (Turkey,
Roast Beef, Tuna Salad, Chicken Salad, or PB)
- Create-Your-Own Grill Sandwich*
- Create-Your-Own Salad* (Turkey or Grilled
Chicken)
- Create-Your-Own Pasta*
- Create-Your-Own Taco or Quesadilla*
- Create-Your-Own Rice Bowl*
- Hummus with Pita and Vegetables
- Fresh Fruit Platter

Sides

- Mashed Potatoes
- Macaroni & Cheese
- Baked French Fries
- Baked Sweet Potato Fries
- White or Brown Rice
- Quinoa
- Baked Potato Chips

Soup

- Beef, Chicken, or Vegetable Broth
- Chicken Noodle Soup
- Garden Vegetable Soup
- Tomato Soup
- Turkey Chili

Veggies

- Broccoli
- Collard Greens
- Corn
- Yellow Squash
- Green Peas
- Sliced Carrots
- Green Beans

Salad

- Side Garden Salad
Italian Dressing (LC)
French Dressing (LC)
Ranch (FF)

Desserts

- Angel Food Cake
- Fruit Crisp
- Vanilla Wafers
- Graham Crackers
- Cookie (Chocolate Chip, Sugar, or Oatmeal
Raisin)
- Regular Gelatin (Berry or Citrus)
- Diet Gelatin (Berry or Citrus)
- Pudding (Chocolate or Vanilla)
- Sugar-Free Pudding (Chocolate or Vanilla)
- Lemon Fruit Ice
- Sherbet (Lime or Orange)
- Ice Cream (Vanilla, Chocolate, or Strawberry)

Beverages

Hot

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

Cold

- Cola / Gingerale / Lemon Lime Soda (Reg
or Diet)
- Lemonade (Reg or SF)
- Ice Tea (Sweet or Unsweet)

Milk

- Non-Fat or Low Fat
- Low Fat Chocolate
- Lactaid
- Soy
- Unsweetened Almond

Juice

- Orange
- Apple
- Grape
- Cranberry
- Prune

*Refer to At Your Request regular tri-fold patient menu for detailed list of options.