

# Post Transplant/Consistent Carbohydrate Menu

Your doctor has prescribed a Post Transplant, Consistent Carbohydrate (CHO) Diet for you during your stay. Following this diet at home will help you and your new organ stay healthy. This diet is low in sodium (less than 1000 mg of sodium per meal), low in fat, and low in sugar. Carbohydrates are the foods that raise your blood sugar including items like 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 a sweetener. This number of CHO grams is listed next to the food item to assist you when ordering. Note: Total CHO amounts will vary based on your selections from 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

- Scrambled Egg/Low Cholesterol Scrambled Eggs
- Hard Boiled Egg
- Pancakes (Buttermilk or Whole Wheat) (33, 41)
- French Toast Slice (Reg or Whole Wheat) (16, 22)
- Scrambled Tofu (5)
- Create-Your-Own Omelet\*  
Scrambled Egg, Black Beans, Diced Ham, Diced Green Peppers & Onions, Tomatoes, Mushrooms, Spinach, Cheddar or Swiss cheese

### Sides

- Turkey Sausage
- Turkey Bacon
- Hash Browned Potatoes (15)
- LF cottage Cheese
- Hot Cereal (Grits 26, Oatmeal 24, Cream of Wheat 17)
- Cold Cereal (Cheerios 20, Rice Chex 16, Cornflakes 18)
- Greek Yogurt (Strawberry 13 or Vanilla 11)
- Blueberry Muffin (18)
- English Muffin (20)
- White, Wheat or Cinnamon Raisin Bagel Half (21, 30, 21)
- Whole Wheat or White Bread (13, 14)

### Fruit

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

## Lunch/Dinner

### Entrees

- Herb Baked Chicken Breast
- BBQ Pulled Pork
- Roast Turkey Breast
- Baked Chicken Tenders (21)
- Meatballs
- Meatloaf (11)
- Pot Roast
- Crispy Baked Fish (20)
- Create-Your-Own Pasta\*
- Create-Your-Own Rice Bowl\*
- Create-Your-Own Taco\*
- Create-Your-Own Salad\*

- Create-Your-Own Deli and Grill Sandwich\*
- Create- Your-Own Burger \*

\*Individual Create-Your-Own options on reverse

### Sides

- Mashed Potatoes (22)
- Macaroni & Cheese (23)
- Black Beans (40)
- White or Brown Rice (22)
- Quinoa (28)
- French Fries Baked (18)
- Sweet Potato Fries Baked (20)
- Baked Potato Chips (22)

### Veggies

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

### Soup

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

## Desserts

- Angel Food Cake (28)
- Diet Gelatin (Berry or Citrus) (1)
- Sugar Free Chocolate or Vanilla Pudding (13)
- Sugar Free Vanilla Ice Cream (16)
- Sugar Free Popsicle (4)
- Lemon Fruit Ice (20)
- Vanilla Wafers (18)
- Graham Crackers (17)

## Beverages

### Cold

- Water
- Lemon or Pineapple Infused Water
- Unsweet Iced Tea
- Diet Cola
- Diet Gingerale
- Diet Lemon Lime
- Diet Lemonade

### Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Sugar Free Hot Cocoa (10)

### Juice

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

### Milk

- Non-Fat or Low Fat (12)
- Lactaid (12)
- Soy (9)
- Unsweetened Almond (1.5)

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## Lunch/Dinner

### Create-Your-Own:

#### Deli Sandwich or Salad\*

- Deli Turkey, Grilled Chicken,
- Tuna Salad (6), Egg Salad (4), Chicken Salad (3)
- Peanut Butter (5), Sugar Free Jelly (3.5)
- 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/Burger\*

- 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)

*\*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.*