

# Consistent Carbohydrate Low Salt

One carbohydrate choice contains an average of 15 grams of carbohydrates.

Take a moment to look through our menu. To place your order, **dial 6255**

We are available to take orders from 7 AM - 5 PM daily.

Your nursing staff is available to assist you with menu selections during your stay.

Please allow up to 45 minutes for your meal to be delivered.

There is a limit of one guest tray per meal per room.

Your 100% satisfaction is our number one goal. If, for any reason, our meal service does not meet your expectations, please call the Dietary Manager at extension 3206 and let us know how we can better serve you, our guest.

# Step 1

Begin by making your beverage choice.

## Beverages:

Choose a drink

- ▷ Coffee (Reg. or Decaf)
- ▷ Hot Tea (Reg. or Decaf)
- ▷ Iced Tea (Unsweet)
- ▷ Milk (Skim (1), 2%, Skim Choc. (2))
- ▷ Variety Pop (Reg/Diet)
- ▷ Apple Juice (1)
- ▷ Grape Juice (1)
- ▷ Orange Juice (1)
- ▷ Cranberry Juice (1)
- ▷ Prune Juice (Hot/Cold) (1)
- ▷ Hot Chocolate (Sugar-free) (1)
- ▷ Crystal Light
- ▷ Water

# Step 2

Guests are encouraged to choose breakfast OR lunch/dinner items. However, all items are available to order at any time of the day. (Breakfast is served all day and lunch/dinner items can be ordered for breakfast.)

## Breakfast:

Choose 1 item from each section.

**OR**

Go to the next page and make selections.

## Entrées:

- ▷ French Toast (1 slice = 1)
- ▷ Pancake (2 - 4" round cakes = 2)
- ▷ Eggs (fried, poached, scrambled, or boiled)
- ▷ Omelet (choice of cheese, onion, green pepper, mushroom, or combo)

## Sides:

- ▷ Hash Browns (1)

## Breads:

- ▷ Toast (white/wheat) (1)
- ▷ English Muffin (2)

## Fruit:

- ▷ Fresh Fruit (1 each) (apple, ½ banana, grapes, orange, prunes, strawberries, seasonal fruit)
- ▷ Canned Fruit (1 each) (applesauce, fruit mix, peaches, pears, mandarin oranges)

## Cereals:

- ▷ Oatmeal (1)
- ▷ Cream of Wheat (1)
- ▷ Cheerios (1)
- ▷ Corn Flakes (1)
- ▷ Raisin Bran (2)
- ▷ Rice Krispies (1)

# Step 2 continued

## Build A Sandwich

### Bread:

- ▷ Hamburger Bun(2)
- ▷ Hoagie Bun (2)
- ▷ Dinner Roll (1)
- ▷ Bread Stick (1)
- ▷ White Bread (1)
- ▷ Wheat Bread (1)

### Toppings:

- ▷ Onion
- ▷ Lettuce
- ▷ Tomatoes

### Sandwiches:

- ▷ French Dip
- ▷ Grilled Chicken
- ▷ Hamburger
- ▷ Breaded Fish(1)
- ▷ Roast Beef
- ▷ Peanut Butter and Jelly

## Main Dishes

### Entrées:

- ▷ Roasted Pork Loin
- ▷ Roasted Beef
- ▷ Roasted Turkey
- ▷ Chef Salad (1)
- ▷ Parmesan Herb Tilapia(1)
- ▷ Potato Crusted Cod (1)
- ▷ Oven Breaded Chicken(2)
- ▷ Grilled Chicken Breast

### Pasta:

- ▷ Spaghetti with meat sauce (3)

### Low-Salt Soup:

- ▷ Chicken Noodle (1)
- ▷ Tomato (1)
- ▷ Garden Vegetable (1)
- ▷ Chicken Broth
- ▷ Beef Broth

## Side Dishes

- ▷ Mashed Potatoes (1)
- ▷ Gravy (2 *tblsp*)
- ▷ Hashbrowns (1)
- ▷ Oven Brown Potatoes (1)
- ▷ Veggie Plate with Dip
- ▷ Broccoli
- ▷ Carrots
- ▷ Green Beans
- ▷ California Blend
- ▷ Corn (1)
- ▷ Peas (1)
- ▷ Pickled Beets
- ▷ Tossed Green Salad
- ▷ Baked Potato (2)

Choose one of the following:

Build A Sandwich

**OR**

Choose 1 item from Main Dishes

**AND**

Side dish (All above options include 1 side dish.)

# Step 3

Choose any condiments you would like for your meal.

- ▷ Syrup (*sugar-free*)
- ▷ Peanut Butter
- ▷ Jelly (*sugar-free*)
- ▷ Sour Cream
- ▷ Ketchup
- ▷ Mustard
- ▷ BBQ Sauce
- ▷ Margarine
- ▷ Mayonnaise
- ▷ Miracle Whip
- ▷ Splenda

- ▷ Creamer (*Non-Dairy*)
- ▷ Cream Cheese
- ▷ Tartar Sauce
- ▷ Mrs. Dash Seasoning
- ▷ Parmesan Cheese
- ▷ Pepper

## Salad Dressing:

- ▷ Ranch (*Regular, Fat Free*)
- ▷ French (*Regular*)
- ▷ Italian (*Regular*)
- ▷ Raspberry Vinaigrette

# Step 4

Choose 1 dessert to go with your meal.

## Desserts:

- ▷ Cookies  
(*chocolate chip (1), sugar (1), oatmeal raisin (1), lorna doone(4 = 1)*)
- ▷ Ice Cream (1) (*vanilla, chocolate, strawberry*)
- ▷ Sherbet (2) (*orange, rainbow*)
- ▷ Angel Food Cake (2)

## Snacks:

- ▷ Sugar-Free Pudding (*vanilla, chocolate*) (1)
- ▷ Sugar Free Jell-O (*orange, strawberry*)
- ▷ Popcorn (3 cups = 1)
- ▷ Italian Ice (1) (*strawberry, lemon*)
- ▷ Lite Yogurt (1) (*assorted*)

# About Your Diet

## *Consistent Carbohydrate Diet:*

*This diet is the basis for helping control blood sugar for people with diabetes. Eating a consistent amount of carbohydrates at each meal aids in controlling the amount of glucose (sugar) in the blood stream. One carbohydrate choice contains an average of 15 grams of carbohydrates. For most individuals in the hospital, nutritional needs can be met by choosing 3-5 of the carbohydrates at each meal.*

*Recommendations: For women: 3-4 carbohydrates at each meal; For men: 4-5 carbohydrates at each meal*

## *Low Salt/Sodium Diet:*

*This diet is used to control blood pressure, fluid retention, shortness of breath, and swelling. Sodium is part of salt, therefore salt and salty foods are restricted. Foods to limit are ham, bacon, sausages (all kinds), salty canned soups, regular cheese, and prepared/packaged foods. Good choices available are foods prepared with little to no salt and lower sodium versions of soups, cheese, condiments, and seasoning.*