

# Cardiac - Carbohydrate Controlled Diet Dining On Call Menu

(All items in Bold Print require a choice.)

## Breakfast

### Entrées – (Your choice of 1 selection below)

- Pancakes:**  Buttermilk<sup>(33g)</sup>  Blueberry<sup>(35g)</sup>
- Cinnamon French Toast<sup>(20g)</sup>
  - White<sup>(22g)</sup>
- Build your own Omelet**<sup>(3g)</sup>
  - Regular  ♦Low Cholesterol<sup>(2g)</sup>  Egg Whites
  - Cheddar  Swiss  Pepper Jack<sup>(1g)</sup>
  - Spinach<sup>(1g)</sup>  Onions<sup>(2g)</sup>  Tomatoes<sup>(1g)</sup>
  - Mushrooms<sup>(1g)</sup>  Green Peppers<sup>(1g)</sup>
  - Chopped Turkey Sausage

## Sides

### (Your choice of 3 selections below)

- Scrambled Eggs:**  Regular<sup>(1g)</sup>  Egg Whites
  - ♦Low Cholesterol<sup>(2g)</sup>
- Boiled Egg<sup>(1g)</sup>
- Turkey Sausage link<sup>(2g)</sup>
- Seasoned Breakfast Potatoes<sup>(19g)</sup>
- Hot and Cold Cereals:**
  - Cream of Wheat®<sup>(20g)</sup>  Oatmeal<sup>(19g)</sup>  Grits<sup>(21g)</sup>
  - Cheerios®<sup>(14g)</sup>  Corn Flakes®<sup>(16g)</sup>
  - Honey Nut Cheerios®<sup>(23g)</sup>
  - ♦Cinnamon Toast Crunch®<sup>(22g)</sup>
  - Raisin Bran®<sup>(28g)</sup>  Rice Krispies®<sup>(16g)</sup>
- Toast (1 slice):**  White<sup>(15g)</sup>  Wheat<sup>(13g)</sup>
  - Multigrain<sup>(19g)</sup>  Gluten Free<sup>(19g)</sup>  Rye<sup>(20g)</sup>
- Bagel (1/2):**  Plain<sup>(28g)</sup>
  - Cinnamon Raisin<sup>(23g)</sup>
- Muffin:**  Blueberry<sup>(28g)</sup>  Orange Cranberry<sup>(32g)</sup>
  - English Muffin<sup>(25g)</sup>
- Fresh Fruit:**  Banana<sup>(27g)</sup>  Orange<sup>(15g)</sup>
  - Grapes<sup>(14g)</sup>  Pineapples<sup>(11g)</sup>  Apple<sup>(18g)</sup>
- Seasonal Fresh Fruit:**  Fresh Fruit Cup<sup>(9g)</sup>
- Soft Fruits:**  Peaches<sup>(14g)</sup>  Pears<sup>(17g)</sup>
  - Applesauce (with or without cinnamon)<sup>(13g)</sup>
- Yogurt:**  Vanilla<sup>(16g)</sup>  Strawberry<sup>(21g)</sup>
  - Granola Fruit Parfait<sup>(24g)</sup>  Greek Plain<sup>(4g)</sup>

Items with a ♦ are not available at our Stafford location.

## Beverages

- Water
- Juice:**  Orange<sup>(20g)</sup>  Apple<sup>(19g)</sup>  Cranberry<sup>(23g)</sup>
  - Prune<sup>(20g)</sup>
- Milk:**  1%<sup>(12g)</sup>  Chocolate<sup>(31g)</sup>  Soy Vanilla<sup>(18g)</sup>
  - Lactose Free<sup>(11g)</sup>
- Coffee:**  Decaf
- Tea:**  Hot Decaf  Hot Herbal  Hot Decaf Green
  - Decaf Iced
- Chocolate:**  Sugar Free Hot Chocolate<sup>(10g)</sup>
- Sodas:**  Diet Gingerale  Diet Lemon-Lime
- High Protein Nutrition Shake:**
  - Sugar Free Vanilla<sup>(19g)</sup>  Sugar Free Chocolate<sup>(19g)</sup>
- Crystal Light:**  Lemon  Raspberry Ice

## Condiments

- Pepper  Herb Seasoning
- Cinnamon  Raisins<sup>(7g)</sup>
- Lemon
- Creamer<sup>(1g)</sup>
- Sweetener:**
  - Equal®  Saccharin<sup>(1g)</sup>  Splenda<sup>(1g)</sup>
- Ketchup<sup>(2g)</sup>  Hot Sauce
- Light Mayonnaise<sup>(1g)</sup>  Mustard
- Honey Mustard Sauce<sup>(9g)</sup>  Barbecue Sauce<sup>(10g)</sup>
- Butter
- Low Fat Sour Cream<sup>(1g)</sup>  Salsa<sup>(2g)</sup>
- Light Cream Cheese<sup>(2g)</sup>
- Peanut Butter<sup>(3g)</sup>
- Sugar Free Jelly<sup>(5g)</sup>
- Crackers:**  Unsalted<sup>(4g)</sup>  Graham<sup>(16g)</sup>

### Consistent Carbohydrate Meal Plan

Carbohydrate containing foods have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal.

Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweets/desserts. The (#) on this menu will assist you in counting and adding grams of carbohydrates for your meal.

\*Some items may not be allowed if other restrictions are in place.

\*Nutritional Supplements such as Ensure Plus, Ensure Clear, Glucerna and Nepro are available upon a physician's order.

# Cardiac - Carbohydrate Controlled Diet Dining On Call Menu

(All items in **Bold Print** require a choice.)

## Lunch and Dinner

### Entrées – (Your choice of 1 selection below)

- Entrée Salad:**  Chef Salad<sup>(4g)</sup>  
 Chicken Caesar Salad<sup>(15g)</sup>

### Chef Selections

- Baked Fish
- Meatloaf with Brown Gravy<sup>(11g)</sup>
- Seasoned Grilled Chicken
- Roast Turkey Breast with Gravy<sup>(7g)</sup>
- Asian Stir-Fry Vegetables over Rice<sup>(29g):</sup>**
- Add**  Chicken  **◆**Tofu or  Baked Fish

- Penne Pasta<sup>(44g)</sup>**  **Gluten Free<sup>(16g)</sup>**
- Sauces:**  Meat<sup>(3g)</sup>  Marinara<sup>(5g)</sup>
- Chicken Parmesan<sup>(30g)</sup>

### Grill

- Hot Sandwich:**  Grilled Cheese<sup>(26-41g)</sup>  
 Grilled Chicken Breast on Wheat Bun<sup>(34g)</sup>
- Burger on Wheat Bun:**  Turkey<sup>(39g)</sup>  Beef<sup>(34g)</sup>
- Cheese:**  Swiss  Cheddar  Pepper Jack<sup>(1g)</sup>
- Toppings:**  Lettuce  Tomato  Red Onion<sup>(1g)</sup>

### Build Your Own Sandwich

- Bread (2pcs):**  Wheat<sup>(26g)</sup>  White<sup>(30g)</sup>  
 Multigrain<sup>(38g)</sup>  Gluten Free<sup>(39g)</sup>  Rye<sup>(41g)</sup>
- Peanut Butter & Sugar Free Jelly<sup>(41g)</sup>
- Meat:**  Turkey<sup>(1g)</sup>  **◆**Roast Beef
- Salad:**  Tuna<sup>(2g)</sup>  Chicken<sup>(2g)</sup>  Egg<sup>(2g)</sup>
- Cheese:**  Swiss  Cheddar  Pepper Jack<sup>(1g)</sup>
- Toppings:**  Lettuce  Tomato  Red onion<sup>(1g)</sup>

## Sides

### (Your choice of 3 selections below)

- Side Salad:**  Garden<sup>(4g)</sup>  Caesar<sup>(4g)</sup>
- Dressing:**  Italian<sup>(3g)</sup>  
 Raspberry Vinaigrette<sup>(9g)</sup>

## Hot Sides

- Vegetables:**  Corn<sup>(18g)</sup>  Broccoli<sup>(6g)</sup>  
 Fresh Green Beans<sup>(5g)</sup>  
 Dill Carrots<sup>(7g)</sup> Spinach<sup>(4g)</sup>  **◆**Peas<sup>(14g)</sup>
- Starches:**  Roasted Red Potatoes<sup>(17g)</sup>  
 Homemade Mashed Potatoes<sup>(18g)</sup>  
 White Rice<sup>(23g)</sup>  **◆**Brown Rice<sup>(33g)</sup>
- Macaroni & Cheese<sup>(21g)</sup>
- Corn Tortillas<sup>(20g)</sup>
- Corn Bread<sup>(24g)</sup>  Dinner Roll<sup>(15g)</sup>
- Pasta Side:**  Penne<sup>(22g)</sup>  Gluten Free<sup>(16g)</sup>
- Sauces:**  Meat<sup>(3g)</sup>  Marinara<sup>(5g)</sup>
- Other Sides:**  Cottage Cheese<sup>(3g)</sup>  
 Fresh Carrots and Celery Sticks<sup>(15g)</sup>  
 Hummus and Pita Chips<sup>(34g)</sup>

## Soups and Broths

- Soup:**  Chicken Noodle<sup>(10g)</sup>  Chili Bowl<sup>(16g)</sup>
- Lentil and Black Bean<sup>(22g)</sup>  Tomato<sup>(17g)</sup>
- Broth:**  Chicken<sup>(2g)</sup>  Vegetable<sup>(2g)</sup>  **◆**Beef<sup>(2g)</sup>

## Desserts (Your choice of 1 selection below)

- Apple Crisp<sup>(20g)</sup>
- Angel Food Cake<sup>(28g)</sup>
- Sugar Free Popsicle<sup>(3g)</sup>
- Sugar Free Ice Cream:**  Vanilla<sup>(20g)</sup>  
 Chocolate<sup>(18g)</sup>
- Cookie:**  Chocolate Chip<sup>(17g)</sup>  Sugar<sup>(18g)</sup>
- Sugar Free Pudding:**  Vanilla<sup>(17g)</sup>  
 Chocolate<sup>(13g)</sup>
- Sugar Free Berry Gelatin<sup>(1g)</sup>

## Cardiac/ Heart Healthy Diet Information

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has ordered a Cardiac/Carb Controlled Meal Plan for you. While on this diet, you will be served a combination of the diets Sodium Restricted, Consistent Carbohydrate and Low Fat. Foods high in fiber are encouraged. Foods that are fried, salty or high in fat are excluded.

**\*Some items may not be allowed if other restrictions are in place.**