

Your Choice: Personalize Your Meal

15 grams of Carbohydrate =
1 Carb Exchange

***Please Note:** The **Consistent Carbohydrate Diet** is based upon the regular diet, however limits the amount of carbohydrate to approximately 60 grams (4 Carb Exchanges) per meal. Diet modifications include options to adjust to 45 grams (3 Carb Exchanges) of carbohydrate per meal, or 75 grams (5 Carb Exchanges) of carbohydrate per meal. Not all food options below are acceptable based on your prescribed diet order.

Breakfast Options

- Cereals**
Cheerios (14g)
Corn Flakes (18g)
Rice Krispies (16g)
Raisin Bran (27g)
Oatmeal (13g)
Cream of Rice (14g)
Cream of Wheat (16g)
- Breads**
Toast (White or Wheat) (14g)
English Muffin (White or Wheat)(26g/24g)
Blueberry Muffin (30g)
- Hot Items**
Scrambled Eggs or Egg Whites
Hard Boiled Eggs
Breakfast Burrito (45g)
French Toast (24g)
Pancakes (33g)
Hash Brown Patty (30g)
Sausage

Lunch and Dinner Options

- Hot Items**
Mediterranean, or Teriyaki Grain Bowl (51g)
Choice of Chicken (51g), Salmon (51g),
Tofu (51g) or Vegetable (50g)
Burger *Option of Cheese (Beef or Vegan) (32g)
Grilled Chicken Sandwich (32g)
Chicken Tenders (38g)
Grilled Cheese (white or wheat) (28g/27g)
Seasoned Chicken Breast
Baked Salmon
Quesadilla * Option of Chicken (35g)
Pasta with Marinara (29g)
Macaroni & Cheese (44g)
- Soups & Salads**
Chicken Noodle Soup (7g)
Lentil Vegetarian Soup (24g)
Tomato Soup (11g)
Vegetable Soup (11g)
Caesar Salad (14g) *Option of Chicken (14g)
Chef Salad (9g)
Side Salads
Mixed Side Salad with Tomatoes and Cucumbers
Scoop of Chicken Salad, Egg Salad or Tuna
- Desserts & Fruits**
Pudding (Vanilla or Chocolate) (13g)
Gelatin
Fruit Ice (Lemon) (10g)
Ice Cream (Vanilla or Chocolate) (20g/18g)
Cottage Cheese and Fruit Plate (33g)
Yogurt and Fruit Plate (43g)
Fresh Fruit Cup (15g)
Apple Slices (8g)
- Build Your Own Sandwich**
Your Choice of White (27g), Wheat (28g) or Ciabatta (39g) Bread
Chicken Salad (4g)
Egg Salad (4g)
Tuna Salad (2g)
Turkey (2g) | Ham (2g)
Choice of cheese: American (1g), Cheddar (1g), and Swiss (1g)
Choice of Toppings: Lettuce, Tomato, Pickle, and Onion
Choice of Condiments: Ketchup, Mayo, Mustard
- Beverages**
Milk
Coffee
Tea
Water
- Sides**
Mashed Potatoes and Gravy (29g)
Rice (White or Brown) (18/16g)
Steamed Green Beans (6g)
Steamed Broccoli (6g)
Steamed Carrots (9g)
Grilled Mixed Vegetables (7g)

*Additional personal choice options may be available. Your Nutrition Service Team can assist in making selections.



Your health is our priority.

At CommonSpirit Health, Food and Nutrition Services strives to provide delicious, wholesome & nutritious meals that help to build healthier communities. By delivering culinary excellence, along with evidence-based clinical nutrition care, we are better able to nourish those we serve. Our vision is to optimize the health and wellness of our patients, guests & team members through the delivery of quality meals and excellent clinical nutrition care.

Our promise.

When you feel sick, few things feel better than a good home cooked meal.

We want to help all our patients, with any condition, feel that comfort of a home cooked meal during their stay with us.

Our menus provide flavorful comfort foods while maintaining a healthy nutritional balance.

You can receive our standard house menu or build your own.



Patient Menu

Consistent Carb Diet

Food and Nutrition Services



The Consistent Carbohydrate Diet is designed to help control blood sugar in patients with diabetes or other hyperglycemia related issues. The number of carbohydrates at each meal is consistent throughout the day to assist in maintaining blood sugar/ glucose levels.

To show our care, we have provided some customized menu options for you. Please see the back of the menu.

*Please note: Depending on your health needs and preferences, your personal menu may vary. Ask a Food and Nutrition Services team member if you have questions about your specific menu.

Call our Food and Nutrition Services office at extension

256279

to share your preferences. If we don't hear from you, we will send you our daily chef selection.

Please call before:

- 5:30 AM for breakfast changes
- 10:30 AM for lunch changes
- 3:30 PM for dinner changes

Breakfast (60g Carbs)



Sunday

Cinnamon French Toast

Served with Scrambled Eggs and Refreshing Orange Juice

Monday

Cheddar Stuffed Cheese Omelet

Served with Seasoned Home Fries and a Banana

Tuesday

Scrambled Eggs

Served with Buttermilk Biscuit and Blueberry Yogurt

Wednesday

Garden Vegetable Frittata

Served with a Hash Brown Patty, Cheerios and Orange Wedges

Thursday

Cinnamon French Toast

Served with Pork Sausage Links, Scrambled Eggs and Refreshing Orange Juice

Friday

Cheddar Stuffed Cheese Omelet

Served with Seasoned Home Fries and a Banana

Saturday

Scrambled Eggs

Served with Hearty Oatmeal, Buttermilk Biscuit, and a Banana

Served with coffee and milk

Lunch (60g Carbs)



Sunday

Traditional Oven Roasted Turkey

Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Green Beans, Apple Slices

Monday

Tomato Glazed Hearty Meatloaf

Served with Brown Gravy, Roasted Baby Potatoes, Steamed Broccoli, and Mandarin Oranges

Tuesday

Three Cheese Stuffed Shells with Marinara

Served with Steamed Asparagus and SF Gelatin

Wednesday

Tender Beef Pot Roast

Served with Savory Gravy, Steamed Carrots, Homestyle Mashed Potatoes, and Pears

Thursday

Traditional Oven Roasted Turkey

Served with Homestyle Gravy, Mashed Red Potatoes, Seasoned Green Beans, Apple Slices

Friday

Tomato Glazed Hearty Meatloaf

Served with Brown Gravy, Roasted Baby Potatoes, Steamed Broccoli, and Mandarin Oranges

Saturday

Three Cheese Stuffed Shells with Marinara

Served with Steamed Asparagus and SF Gelatin

Served with milk

Dinner (60g Carbs)



Sunday

Penne Pasta with Hearty Meat Sauce

Served with Garden Salad, Warm Garlic Bread, Mixed Fruit Cup

Monday

Seared Chicken Breast with Lemon Herb Sauce

Served with Aromatic Rice Pilaf, Oven Roasted Zucchini, Country-Style Peach Crisp

Tuesday

Smoked BBQ Pulled Pork

Served with Seasoned Green Beans, Seasoned Pinto Beans, Tropical Fruit Cup

Wednesday

Teriyaki Glazed Chicken Breast

Served with Sesame Scallion Brown Rice, Steamed Broccoli, and Pineapple Cup

Thursday

Penne Pasta with Hearty Meat Sauce

Served with Garden Salad, Warm Garlic Bread, Mixed Fruit Cup

Friday

Seared Chicken Breast with Lemon Herb Sauce

Served with Aromatic Rice Pilaf, Oven Roasted Zucchini, Country-Style Peach Crisp

Saturday

Smoked BBQ Pulled Pork

Served with Seasoned Green Beans, Seasoned Pinto Beans, Tropical Fruit Cup

Served with water