



Carbohydrate Counting Diet



Your doctor has prescribed a Carbohydrate (CHO) Counting Diet for you during your stay. This diet is used to control diabetes or high blood sugar. Carbohydrates, the foods that raise your blood sugars: milk, fruit and starches (rice, pasta, bread, corn, beans), are evenly spread throughout the day. Sugar substitutes can be requested as sweetener. There are three levels of carbohydrate counting diet available. You will be assigned the one appropriate for your calorie needs. The following carbohydrate amounts are allowed:

Level 1: Breakfast 45g carbohydrate, Lunch 45g carbohydrate, Dinner 60g carbohydrate

Level 2: Breakfast 60g carbohydrate, Lunch 75g carbohydrate, Dinner 60g carbohydrate

Level 3: Breakfast 45g, Lunch and Dinner 60g carbohydrate & three 15g carbohydrate snacks

Carbohydrate amounts are listed next to the food items on your menu in parenthesis.

Multiple diet restrictions may limit the foods allowed

Breakfast:

Entrees

Scrambled/Low Cholesterol/Hard Boiled
Omelet with Choice of:
Onion/Green Pepper/Tomato/Mushroom/
Cheese
Buttermilk Pancake
French Toast



Yogurt/Fruit

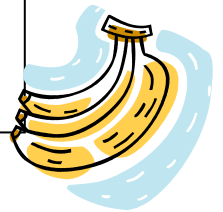
Apple
Banana
Peach Slices
Fresh Fruit Cup
Applesauce
Pear Halves
Yogurt: Vanilla,
Strawberry or
Plain Greek

Cereals

Grits	Cheerios
Oatmeal	Corn Flakes
Cream of Wheat	Special K
Rice Krispies	

Bakery

Bagel (1/2)
Wheat/White Bread
English Muffin
Muffin: Blueberry/Plain



On the Side

Breakfast Potatoes
Turkey Sausage
Bacon

Lunch/Dinner:

Entrees/Sandwiches

Meatloaf	Grilled Vegetable Wrap	Pizza
Hamburger/Cheeseburger	Grilled Chicken Sandwich	Quesadilla (Cheese/Chicken/Veggie)
Glazed or BBQ Chicken	Grilled Cheese Sandwich	Tacos (Beef/Chicken)
Glazed Pork Loin	Veggie Burger	Deli: Turkey, Ham, Roast Beef, Chicken, Tuna or Egg Salad
Roasted Turkey Breast	Pot Roast	
Crispy Baked Tilapia	Peanut Butter & Sugar-Free Jelly Sandwich	
Baked Chicken Tenders	Pasta (Meat or Marinara Sauce)	



On the Side

Carrots	Whipped Potatoes	Green Peas
Zucchini	Boiled Potatoes	White Rice
Corn	Yellow Squash	Corn Muffin
Green Beans	Broccoli	Dinner Roll

Soup/Salad

Chicken Noodle
Tomato
Cream of Potato
Cream of Chicken
Garden Vegetable
Beef/Chicken Broth
Salads:
Taco, Blacken Chicken, or Chef
Garden Salad
Pasta Salad
Cole Slaw
Cucumber Salad
Cottage Cheese & Fruit Plate

Desserts

Vanilla Wafers
Graham Crackers
Angel Food Cake
Diet Pudding
Diet Gelatin
Diet Ice Cream
Lemon Fruit Ice

Beverages

Milk: Skim/Lactose Free/Soy
Coffee/Decaf
Hot Tea: Regular/Decaf
Iced Tea
Sodas: Sugar-free Cola/ Sugar-free
Lemon-lime/ Crystal Light®

