



Cardiac Fit + Carbohydrate Counting Diet

Your doctor has prescribed a Cardiac Fit + Carbohydrate (CHO) Counting Diet for you during your stay. This diet is used to control high blood sugar, while limiting saturated, trans-fats and sodium to help control cholesterol and blood pressure reducing risk of heart attack and stroke. 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 a 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 (9)
Whole Wheat (22)/French Toast (17)

Yogurt/Fruit

Apple (18)
Banana (22)
Orange (16)
Peach Slices (15)
Fresh Fruit Cup (11)
Applesauce (14)
Pear Halves (17)
Yogurt: Vanilla,
Strawberry (20) or
Plain Greek (5)

Cereals

Grits (21) Cheerios (14)
Oatmeal (16) Corn Flakes (18)
Cream of Wheat (11)
Special K (13) Rice Krispies (16)

Bakery

½ Bagel (21)
Wheat/White Bread (13)
English Muffin (23)
Blueberry Muffin (22)

On the Side

Breakfast Potatoes (17)
Turkey Sausage
Bacon

Lunch/Dinner:

Entrees/Sandwiches

Grilled Vegetable Wrap (19)	Entrée Salad (7)	Grilled Chicken Sandwich (28)
Pot Roast	Hamburger (28)	Quesadilla (Cheese 15/Chicken 17/Veggie 18)
Glazed or BBQ Chicken	Grilled Cheese Sandwich (30)	Tacos (Beef 16/Chicken 16)
Glazed Pork Loin	Veggie Burger (46)	Deli: Turkey, Roast Beef (26)
Roasted Turkey Breast	Crispy Baked Tilapia (9)	Peanut Butter & Sugar-Free Jelly Sandwich (36)
Chicken Parmesan (10)	Baked Chicken Tenders (33)	Spaghetti (32) or Whole Wheat Penne (23) with Meat (3) or Marinara (6) Sauce

On the Side

Carrots (7)	Whipped Potatoes (20)
Green Peas (13)	Baked Steak Fries (24)
Green Beans	White Rice (26)
Zucchini (3)	Boiled Potatoes (21)
Corn (18)	Yellow Squash (3)
Broccoli	Corn Muffin (22)
Dinner Roll (17)	Baked Potato Chips (26)

Soup/Salad

Chicken Noodle (12)
Cream of Potato (17)
Garden Vegetable (7)
Beef/Chicken Broth/Vegetable
Entrée Salad
Garden Salad
Pasta Salad (9)
Cole Slaw (6)
Cucumber Salad (7)
Cottage Cheese & Fruit Plate (34)

Desserts

Vanilla Wafers (18)
Graham Crackers (17)
Angel Food Cake (16)
Diet Pudding (12)
Diet Gelatin
Diet Ice Cream (16)
Lemon Fruit Ice (10)

Beverages

Milk: Skim (12)/Lactose Free (12)/Soy (8)
Coffee/Decaf
Hot Tea: Regular/Decaf
Iced Tea
Sodas: Sugar-free Cola/ Sugar-free
Lemon-lime/ Crystal Light®

