



Cardiac Fitness Diet



Your doctor has prescribed a Heart Healthy Diet limited in saturated and trans-fats and sodium for you during your stay. This diet will help control cholesterol and blood pressure, reducing your risk for a heart attack or stroke. Our suggestions when ordering your meals from the At Your Request menu for your special diet are listed below. ****Multiple diet restrictions may limit the foods allowed****

Breakfast



Entrees

Scrambled Eggs/Cholesterol Free Scrambled
Hard Boiled Egg (1 egg)
Omelet with Choice of:
Onion/Tomato/Mushroom/Green Pepper
Buttermilk Pancake (1 pancake)
Texas French Toast (1 piece)

Cereal

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

Bakery

Plain Bagel (half)
English Muffin
Blueberry Muffin

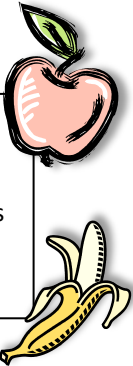


On the side

Turkey Sausage
Cottage Cheese
Yogurt: Vanilla / Strawberry /
Plain Greek

Fruit

Apple	Applesauce
Banana	Peach Slices
Quartered Orange	Pear Halves
Fresh Fruit Cup	



Lunch/Dinner

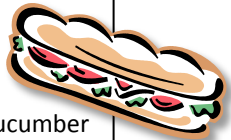
Entrees

Pot Roast
Hamburger
Veggie Burger
Chicken Parmesan
Roasted Turkey Breast
BBQ Chicken Breast
Blackened Chicken Breast

Taco: Chicken, Beef
Spaghetti/Whole Wheat Penne w/
Marinara or Meat Sauce
Glazed Pork Loin
Crispy Baked Tilapia
Glazed Grilled Chicken
Baked Chicken Tenders

Deli

Peanut Butter & Reduced Sugar Jelly
Breads: Wheat, White, Tortilla Wrap
Meat: Ham, Roast Beef, Turkey
Toppings: Onion, Lettuce, Tomato, Cucumber



Soup/Salad

Garden Vegetable
Chicken Noodle
Cream of Potato
Cream of Chicken
Broth: Chicken/Beef/Vegetable

Cucumber salad
Side Garden Salad
Cole Slaw
Pasta Salad
Fruit & Cottage Cheese Plate

On the Side

Sliced Carrots	Parsley Boiled Potatoes
Green Beans	Macaroni & Cheese
Yellow Corn	Dinner Roll
Green Peas	Corn Muffin
Broccoli	White Rice
Zucchini	Low Sodium Crackers
Whipped Potatoes	Sliced Bread: Wheat/White
Yellow Squash	Baked Potato Chips



Desserts

Vanilla Wafers
Graham Crackers
Angel Food Cake
Diet Pudding: Choc/Vanilla
Gelatin: Berry/Lemon/Lime
Diet Vanilla Ice Cream



Beverages

Coffee/Decaf
Hot/Iced Tea
Sodas: Diet Cola, Diet Lemon Lime, Sports Drink, Crystal Light®
Milk: Skim, Lactose Free, Soy
Juice: Grape, Orange, Apple, Cranberry