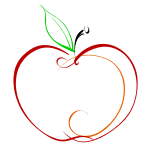




Post Transplant Diet



Your doctor has prescribed a Post Transplant Diet for you. A Post Transplant diet is important for you to follow for the rest of your life. It will help you and your new organ stay healthy. This diet is low in sodium (less than 1000 mg of sodium per meal), low in fat, and low in sugar and sweets.

The list below was designed to help you order a healthy meal from the At Your Request® menu.

****Multiple diet restrictions may limit the foods allowed****

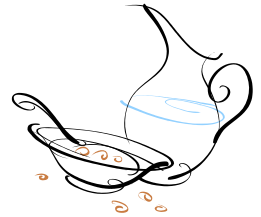
Breakfast

Eggs/Meat

Scrambled or Low Cholesterol
Hard Boiled
Low Cholesterol Omelet with Choice of:
Onion/Green Pepper/Tomato/Mushroom/
Low Fat Cheese
Turkey Sausage

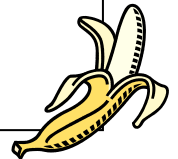
Cereals

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



Yogurt/Fruit

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



Bakery

French Toast
Pancake
Muffin: Blueberry/Plain
Bagel
English Muffin
Wheat/White Bread



Lunch/Dinner

Entrees

Glazed Chicken Breast
Grilled Chicken Sandwich
Roast Turkey
Glazed Pork Loin
BBQ Chicken
Parmesan Chicken
Cottage Cheese & Fruit Plate
Chicken Taco
Salads:
Chef, Chicken Caesar, Blackened Chicken
Quesadilla
Hamburger
Pot Roast
Meatloaf
Penne Pasta w/marinara
or meat sauce
Baked Chicken Tenders
Deli: chicken/tuna/ egg
salad, PB& diet Jelly,
Turkey



On the Side

Whipped Potatoes
Parsley Boiled Potatoes
Baked Potato Chips
Rice
Dinner Roll
Carrots
Baked Steak Fries
Corn
Green Beans
Yellow Squash
Green Peas
Broccoli
Zucchini



Soup/Salad

Chicken Noodle
Garden Vegetable
Tomato Soup
Coleslaw
Garden Salad
Pasta Salad
Cucumber Salad

Beverages

Milk: Skim/ 2%/ Lactaid/ Soy
Coffee/Decaf
Tea: Hot/Decaf
Iced Tea
Juice (4 oz.): Orange, Cranberry, Apple, Grape
Sodas: Sugar-free Cola/ Sugar-free Lemon-lime/
Crystal Light®

Desserts

Sugar-free Ice Cream
Sugar-free Pudding
Graham Crackers
Vanilla Wafers
Sugar-free Gelatin
Lemon Fruit Ice

AT YOUR REQUEST
Room Service Dining®

by sodexo

MUSC Dietetics Services
Rev 08/16