

Heart Healthy Menu

This menu can be used for a variety of diet restrictions.

A **Consistent Carbohydrate Diet** is commonly used for individuals with a history of diabetes or who may have elevated blood sugars. It is based on a balanced meal plan that provides consistent amounts of carbohydrates, such as a bread, pasta, fruit, and milk. Added sugar and sweets are limited. This plan is for blood sugar management and some other medical conditions. A calorie level is at times set for these diets and amounts of foods provided are based on the number of calories ordered.

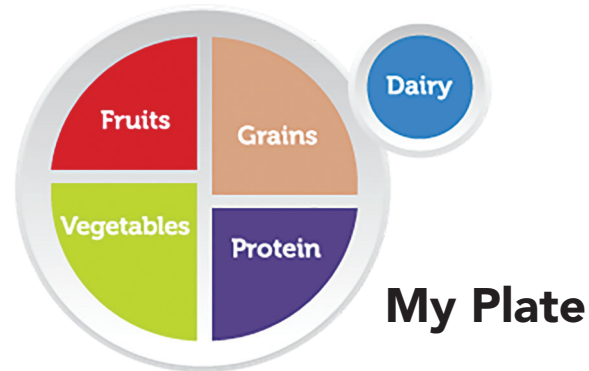
A **Sodium Restricted Diet** limits the intake of sodium, or more generally, salt. Foods that should be avoided on this diet include processed and pickled foods, as well as salt for seasoning. Sodium and fluid intakes may need to be restricted.

A **Cardiac Diet** is a combination of fat, cholesterol, and sodium (salt) restrictions listed above. On a Cardiac Diet, your meal selections will be monitored to limit saturated fat and try to keep your total fat intake under 80 grams per day and your sodium intake to under 2400mg per day.

For all diet orders, please try to select a balanced meal for good health and recovery, as illustrated by the My Plate diagram below.

Our Dietitians

We have dietitians available who can answer any questions you may have regarding your prescribed diet or any other nutrition questions you may have. They make rounds on the floors frequently. If you have questions, please ask to speak with a registered dietitian.



Room Service Guest Trays

Guest trays for visitors of patients are available for delivery to patient rooms from 6:30am to 7:00pm, one guest tray per meal. Guest selections may be made from the Regular Room Service menus, limited to 1 entrée, 3 sides, 1 bread, 1 dessert, and 2 beverages. Guest Tray fees are payable by cash only upon delivery of the tray.

For Visitors

Café 335 is located on the first floor of the hospital, with a variety of food options available.

The hours of operation are:

1:00am to 3:00am offering a varied menu

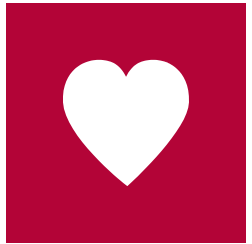
6:30am to 10:45 am for breakfast

11:00am to 7:00pm for lunch and dinner

For daily café menu call 567-309-MENU (6368) from inside or outside the hospital.

Vending machines are also available throughout the hospital.

(If at safety risk or pregnant, consider avoiding deli meats or asking that they be heated.)



**HEART HEALTHY
MENU**



Mansfield Hospital

"Your Call" **Room Service Dining**



*We are committed to providing you with quality, nutritious meals.
It is our sincere pleasure to serve you.*

**Dial *FOOD (*3663)
to place your order.**

Consistent Carbohydrate Diets, call in orders by

Breakfast _____ Lunch _____ Dinner _____

Fresh. Made-to-order in about an hour.

Name _____

Room No. _____ Diet Order _____

Heart Healthy Menu

How to order your meals—

To place an order, dial *FOOD (*3663). Room Service is available from 6:30am to 7:00pm.
(From outside the hospital, please dial 419-524-3663.)

Breakfast

Available from 6:30am to 10:30am

Cereal

- Cheerios♥20
- Raisin Bran♥27
- Corn Flakes♥18
- Oatmeal♥13
- Cream of Wheat♥12
- Grits♥22
- Froot Loops♥18
- Rice Krispies♥16
- Frosted Flakes♥25
- Shredded Wheat♥28
- Rice Chex♥16

Main Items

- Scrambled Egg 2
- French Toast♥20 (each) or Pancake♥18 (each) with Blueberry Topping♥8 Strawberry Topping♥5

Monday through Friday only—(Except Holidays)

- Turkey[§] and Cheese Omelet 6
- Vegetable Omelet 2
- Onions♥, Bell Peppers♥, Mushrooms♥

Weekends and Holidays only—Egg Frittata (Baked Omelet) 4

- Breakfast Sandwich on English Muffin♥25, White Toast♥20 or Wheat Toast♥12 plus up to three the following:
Egg 1 Cheese 0-4 Turkey[§]2

Breakfast Sides

- Breakfast Potatoes 16
- Toasted Bagel (plain or wheat) [§]56
- Toast, slice (white♥10, wheat♥6, raisin♥15)
- Muffin (banana♥22, chocolate♥23, seasonal♥21-27)
- Chewy Chocolate Chip Granola Bar♥17
- Regular or Whipped Yogurts♥16-25
- Fruit Yogurt Parfait♥38

Fruit (available all day)

- Mandarin Oranges♥14
- Applesauce♥12
- Grapes♥14
- Diced Peaches♥12
- Raisins♥16
- Stewed Prunes♥14
- Seasonal Fresh Fruit Cup♥14 or Fruit Plate♥28
- Apple♥20
- Navel Orange♥18
- Banana♥27

Beverages (available all day)

(Diabetics are advised to avoid juice at breakfast.)

- Orange Juice♥15
- Grape Juice♥15
- Apple Juice♥14
- Cranberry Juice♥15
- Prune Juice♥23
- Low Sodium V8 Juice♥7
- Coffee/Decaf Coffee♥
- Tea/Decaf Tea♥
- Herbal Teas♥
(orange spice or plantation mint)
- Green Tea
- Iced Tea/Decaf Iced Tea♥
- Hot Chocolate
(regular♥24 or no sugar added♥9)
- Lemonade♥24/Diet Lemonade♥
- Fruit Punch♥28/Diet Fruit Punch♥
- Milk (fat-free♥12 or chocolate 25)
(Low-lactose options available upon request.)
- Ginger Ale♥17/Diet Ginger Ale♥
- Sierra Mist♥24/Diet Lemon Lime Soda♥

Condiments (available all day)

- Creamer♥1
- Lemon Juice Packet♥
- Margarine♥
- Lite Cream Cheese♥1
- Strawberry Jam♥9
- Grape Jelly♥9
- Sugar-free Jams♥3
(grape, strawberry, blackberry)
- Peanut Butter♥5
- Honey♥7
- Diet Brown Sugar♥
- Equal♥ or Splenda♥
- Pancake Syrup♥31/Lite Syrup♥4
- Chef Seasoning♥
- Mrs. Dash's Seasoning♥
- Ketchup[§]3
- Mustard[§]
- Miracle Whip Light[§]1
- Hot Sauce

To help you select items that comply with the diet order your physician has prescribed, please note the following symbols:
♥ - Item lower in fat and sodium and also appropriate for cardiac and reduced sodium diets.
12- Indicates the number of carbohydrate grams the food contains. Helpful for patients needing to balance carbohydrate intake. Totals are rounded and may vary slightly if manufacturers change their products.
[§] - Item high in sodium and generally not appropriate for cardiac and reduced sodium diets.

Heart Healthy Menu

Lunch and Dinner

Available from 11:00am to 7:00pm

**Ask about our Chef Specials—
available on Tuesdays and Thursdays**

Soups (bowl or cup)

- Chicken or Beef Broth♥1
- Homemade Soup of the Day
 - Monday—Vegetable♥9
 - Tuesday—Chicken Noodle♥8
 - Wednesday—Beef Barley♥9
 - Thursday—Vegetable♥9
 - Friday—Beef Barley♥9
 - Saturday—Vegetable♥9
 - Sunday—Chicken Noodle♥8
- Campbell's Soups—(low-salt♥ or regular[§], bowl or cup)
 - Chicken Noodle 5
 - LS Chicken Noodle♥10
 - Tomato 19
 - LS Tomato♥21
 - LS Cream of Mushroom 11

(Please select only one entrée per meal—cold or hot.)

Cold Entrées

- Salad with Marinated Grilled Chicken♥21
- Heart Healthy Chef Salad♥11
- Large Dressings[§]: Italian 4, Ranch 9 and French 10
- Deli Sandwiches (Sandwiches can also be grilled.)
 - Turkey[§]2
 - Tuna Salad♥1
 - Chicken Salad♥2
 - Peanut Butter and Jelly♥14
 - White Bread, slice♥11
 - Wheat Bread, slice♥8
 - White Bun♥27
 - Wheat Bun♥24

Sandwich Toppings: Cheese 0-4, Lettuce♥, Tomato♥1, Onion♥4

Hot Entrées

- Beef Roast 2
- Meatloaf 5
- Beef and Noodles 41
- Macaroni and Cheese♥27
- Roast Turkey♥3
- Grilled Chicken Breast♥
- Baked Cod with Crumb Topping♥5
- Pasta (Smaller side portions available)
 - Whole Grain Spaghetti♥40 or Egg Noodles♥35 with Meatless Marinara♥10, Meat Sauce♥9 or Alfredo Sauce♥9
 - Add Grilled Chicken♥, Parmesan Cheese, Mushrooms♥
- Flatbread Pizza—Red Sauce[§]24 or Alfredo♥22—
Add Grilled Chicken♥, Mushrooms♥, Onions♥3
- Sandwiches
 - Grilled Cheese[§]16-26
 - Sloppy Joe 35-42
 - Shredded Chicken♥26-32
 - Grilled Chicken Breast♥24-27
 - Hamburger 24-27 (Some restrictions may apply.)

Desserts and More (available all day)

- Fig Newtons♥21
- Lorna Doone Shortbread Cookies 20
- Lite Cheesecake 18
- Angel Food Cake
(plain♥17 or with strawberries♥23)
- Graham Crackers♥18
- Jello (strawberry♥22 or orange♥21)
- Sugar-free Jello (strawberry♥3 or orange♥3)
- Sugar-free Pudding
(vanilla♥13 or chocolate♥13)
- Fruit Ice (lemon♥20 or cherry♥20)
- Sherbet (orange♥25 or raspberry♥25)
- Frozen Yogurt
(vanilla♥19, chocolate♥20 or strawberry♥19)
- Baked Lay's Potato Chips♥24
- Mozzarella String Cheese♥1
- Muffin (banana♥22, chocolate♥23 or seasonal♥21-27)
- Chewy Chocolate Chip Granola Bar♥17
- Regular or Whipped Yogurts♥16-25
- Fruit Yogurt Parfait♥38

More Sides

- Raw Vegetable Plate♥6
- Tossed Salad♥3
- Macaroni Salad♥23
- Cole Slaw♥18
- Low-fat Cottage Cheese[§]5
- Peas♥9
- Green Beans♥4
- Corn♥27
- Sliced Carrots♥6
- Broccoli♥4
- Broccoli, Carrots and Cauliflower Blend♥4
- Rice♥12
- Egg Noodles♥18
- Mashed Potatoes♥25 and Gravy
(beef♥4 or chicken♥5)
- Baked Potato♥33 with Fat-Free Sour Cream 3
- Baked Sweet Potato (half)♥27
- Dinner Roll♥16
- Garlic Breadstick♥14
- Low-salt Saltines♥15

Meal Guide to grams of carbohydrates for various calorie levels of Consistent Carbohydrate Diets:							
Calories	Carbohydrates	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1500-2000	180 grams	60	0	60	0	60	0
>2000	225 grams	75	0	75	0	75	0
Gestational Diabetic-2000	180 grams	30	15	45	15	45	30
Gestational Diabetic-2400	225 grams	30	15	60	30	60	30