

# Consistent Carbohydrate

Your physician has ordered a consistent carbohydrate plan for you. Keeping track of your carbohydrate sources and maintaining a consistent intake can help keep blood sugars more stable. Carbohydrate is found in starchy foods, fruits, juices, milk and sweets. Based on the calorie level your physician has ordered for you, you will be allowed to choose a certain number of carbohydrate choices per meal. Each carbohydrate choice is the portion of a particular food that contains approximately 15 grams of total carbohydrate. While you may spend your carbohydrate allowance in any form you wish, choosing more healthful foods is best for you.

There are certain foods that do not contribute significant carbohydrate to your diet, and these foods, such as low calorie vegetables, salads, sugar free gelatin and many beverages are considered “free” in your diet. While low in carbohydrates, foods such as meats and fats are limited to help control lipid (cholesterol, triglyceride) levels to control overall calories and reduce risk for heart disease. You will be limited to one entrée and one to two fat servings per meal.

We encourage you to eat three meals a day, and if you routinely eat a snack in the evening, we encourage you to order that snack when you order your evening meal. Your snack will be sent after your evening meal. You are encouraged to order your breakfast by 9:30am, your lunch by 1:30pm, and your dinner by 7:00pm.

Your allowances of carbohydrate choices are as follow:

Breakfast: \_\_\_\_\_

AM Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

PM Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

Bedtime: \_\_\_\_\_

If you would like additional guidance on your consistent carbohydrate plan, a registered dietitian can be contacted with questions or to arrange a visit during your hospitalization call **317-745-3769**. Individual outpatient consultations are also available with a physician referral.

# HOW DO I ORDER?

Welcome to Hendricks Regional Health Danville Hospital. It is with great pleasure that we present our At Your Service room service menu. Our goal is to make your stay with us as pleasant as possible.

Placing your meal order is very simple. Just follow these easy steps:

- **Look over the menu and decide what you would like.**
- **Dial 86300.**
- **Call anytime between 6:45 a.m. and 10:00 a.m. OR 11:00 a.m. and 7:30 p.m. The call center specialist will take your order.**
- **Your meal will be delivered within 45 minutes.**

Any questions you may have can be answered by your At Your Service Lead when they deliver your meal or by the call center specialist when you place your order. Your guests may wish to dine with you. For a fee, guests may order from our Room Service Menu. Please call 86300 for more information. For each patient’s safety we are only able to accept your meal selections after your physician has entered your diet order. Not all menu items are appropriate for all diets and some modifications may need to be made when you place your order. We will guide you when placing your order, if necessary.

Should there be any concerns or questions regarding your meals or service, please contact the Nutrition and Dietetics Department at 11745.

**Enjoy your meal!**

Patient \_\_\_\_\_

Room Number \_\_\_\_\_



**Hendricks  
Regional Health**

**HENDRICKS.ORG**

*at your*  
**SERVICE**  
your choice for dining excellence

Presented by Nutrition & Dietetics Department

## Breakfast Selections (Cons Carb)

Available during service hours, call 86300

### Starters

**Juice:** Orange (1) • Apple (1) • Grape (1) • Prune (1) • V-8® (Free)

**Fruit:** Banana (1) • Grapes (1) • Fruit Medley (1) • Applesauce (1) • Stewed Prunes (1) • Cantaloupe (1)

**Yogurt:** Lite Blueberry (1) • Lite Vanilla (1) • Lite Strawberry Greek (1) • Lite Blueberry Greek (1)

**Yogurt Parfait:** Vanilla yogurt layered with strawberries & blueberries (2) (Granola topping available)

### Cereal

**Hot:** Oatmeal (1) • Cream of Wheat® (1) • Grits (1) • Cream of Rice® (1)

**Cold:** Corn Flakes (1) • Rice Krispies® (1) • Special K® (1) • Cheerios® (1) • Raisin Bran® (2)

**Toppings:** Shredded Cheddar Cheese

### Breakfast Bakery

**Toast:** White (1) • Wheat (1) • Cinnamon Swirl (2)

**Muffins:** Blueberry (2) • Bran (2)

**Breads:** Plain Bagel (2) • Biscuit (2)

**Choice of:** Butter • Margarine • Diet Jelly • Cream Cheese Lite Cream Cheese Peanut Butter (Limit fat servings to 1-2 per meal)

### Hot Off the Grill

\*only available from 6:30- 10:00 am

**Breakfast Entrées:** Scrambled Egg • Hard Boiled Egg • Ham Slice\* • Hard Cooked Fried Egg in Non-Stick Pan Spray

**Griddle\*:** Pancake (2) • French Toast (2) • Sugar Free Syrup

**Create Your Own Omelet - Add in:** Ham • Bacon • Crumbled Sausage • Cheddar Cheese • Onions • Mushrooms • Chopped Tomatoes • Bell Peppers

**Sides\*:** Bacon • Hash Browns (1)

### Beverages

**Coffee:** Regular • Decaffeinated

**Tea:** Regular • Decaffeinated • Regular Iced Decaffeinated Iced

**Hot Cocoa:** Sugar Free (1)

**Milk:** Skim (1) • 2% Low Fat (1) • 2% Low Fat Chocolate (2) Soy (1)

**Soft Drinks:** Diet Coke® • Diet 7-Up® • Sugar Free Ginger Ale Bottled Water • Sugar Free Lemonade

## Lunch and Dinner (Cons Carb)

Available from 11:00 a.m. – 7:30 p.m., call 86300

### Homemade Soup Kettle

Crackers available upon request (1)

**Broth:** Low Sodium Beef (Free) • Low Sodium Chicken (Free) Low Sodium Vegetable (Free)

**Soups:** Chicken Noodle (1) • Tomato (1) • Vegetable (1) • Cream of Potato (2) • Cream of Broccoli (1)

### Fields of Greens

**Chef** – Strips of ham, turkey, and cheese over a bed of mixed greens with eggs and tomatoes

**Fruit Plate** – Large fresh fruit plate: With a choice of cottage cheese (3), assorted cheeses (3) or vanilla yogurt (4)

**Small fresh fruit plate:** With a choice of cottage cheese (1), with assorted cheeses (1), or with yogurt (2)

**Hummus and Veggie Plate** – Plain hummus with crudites of broccoli, carrots, and grape tomatoes (.5)

**Side Salads:** Mixed Greens • Chef • Iceberg • Cottage Cheese Veggie Relishes

**Dressings:** Ranch • Italian • French • Fat Free Ranch • Fat Free Italian Fat Free French

### Featured Selections

Please limit your selections to one entrée and one to two added fat servings per meal.

**Tender Pot Roast • Flavorful Roasted Turkey • Chicken & Noodles (2)**

**Savory Homestyle Meatloaf (1) • Traditional Mac n' Cheese (2)**

**Pan Seared Tilapia Fillet Topped with Lemon Pepper**

**Charbroiled Salmon Fillet Topped with Lemon**

### Featured Sides

Mashed Potatoes (1) • Rice (1) • Noodles (2) • Baked Potato (1) Featured Vegetables Broccoli Florets (Free) • Baby Carrots (Free) Green Beans (Free) • Whole Kernel Corn (1) • Roasted Vegetables (.5)

### Pasta & Pizza

**Pasta:** Noodles (2) • Bowtie (2)

**Sauce:** Marinara (1)

**Grain Bowl:** Ancient grain mix with chickpeas, fresh spinach, red peppers, and cilantro; served with a honey citrus dressing (3)

**Additions:** Grilled Chicken • Grilled Salmon • Broccoli Florets Parmesan Cheese • Roasted Vegetables (.5)

**Personal Pizza:** Cheese (4) • Pepperoni (4) • Sausage (4) • Onions (4) • Mushrooms (4)

### Bread Basket

Freshly baked white roll (1) • Freshly baked wheat roll (1)

## Lunch and Dinner (Cons Carb)

Available from 11:00 a.m. – 7:30 p.m., call 86300

### Main Street Grill

**Steakburger (2) • Chicken Tenders (1) • Cheeseburger (2)**

**Gardenburger® (3) • Grilled Chicken Sandwich (2)**

**Grilled Three Cheese Sandwich (2) • Cheese Quesadilla (1)**

**Shredded Chicken & Cheese Quesadilla (1)**

*(Quesadillas made with flour tortillas)*

### From the Deli

Build your own sandwich

**Fillings:** Turkey • Ham • Peanut Butter & Sugar Free Jelly (1)

**Cheese:** American • Provolone • Colby Jack

**Breads:** White (1 per slice) • Wheat (1 per slice)

**Sides:** Baked Lays® (2) • Pretzels (1) • BBQ Baked Lays® (2)

**Condiments:** Lettuce • Tomato Slice • Onion Slice • Miracle Whip® Fat Free Miracle Whip® • Ketchup • Mustard • Salsa

### Extras

Artificial Sweetener • Creamer • Non-Dairy Creamer

Salt • Pepper • Mrs. Dash®

*Additional condiments available upon request*

### Sweet Endings

**Angel Food Cake:** Plain (1) • With strawberry fruit sauce (2) With raspberry fruit sauce (2)

**Cookies:** Chocolate Chip (2) • Snickerdoodle (2) • Vanilla Wafers (1) • Rice Krispie Treat® (1)

**Pudding:** Vanilla (2) • Chocolate (2) • Lemon (2) • Sugar Free Vanilla (1) • Sugar Free Chocolate (1)

**Ice Cream:** Vanilla (1) • Chocolate (1)

**Sherbet:** Orange (2) • Lime (2) • Raspberry (2)

**Ices:** Cherry (1) • Orange (1) • Lemon (1) • Popsicle (1)

**Sugar Free Gelatin:** Cherry (Free) • Orange (Free)

**Fresh Fruit:** Banana (1) • Grapes (1) • Apple (1) Fruit Medley (1)

**Chilled Fruit:** Applesauce (1) • Pineapple Chunks (1) • Peaches (1) • Pears (1) • Cantaloupe (1) • Mandarin Oranges (1)