

# Cardiac Diet Menu – Breakfast

(Amounts in parentheses are grams of carbohydrates)



**Call 6363 to order**

## A la Carte

Fresh Fruit – apple (15g), banana (30g),  
orange (20g), grapes (15g)  
Applesauce (15g)  
Diced Fruit (15g) – peaches, pears  
Mixed Fruit Cup (15g) – *cantaloupe, honey-dew,  
oranges, grapes and pineapple*  
Yogurt – regular (30g), light (15g)

---

## Bread & Bakery

Toast – white (15g), whole wheat (15g), cinnamon  
raisin (25g)  
Bagels – cinnamon raisin (45g), plain (45g), whole  
wheat (55g)  
Muffins (20g) – blueberry, apple cinnamon, bran  
English Muffin (25g)

*Condiments: margarine, jelly (10g), diet jelly (3g),  
\*peanut butter (5g), honey (5g), \*light cream cheese*

## Cold Cereals

Cheerios® (15g), Corn Flakes® (20g),  
Raisin Bran® (35g), Shredded Wheat® (25g),  
Frosted Mini Wheats® (30g), All-Bran®  
Complete® Wheat Flakes (25g), Frosted Flakes®  
(25g), Froot Loops® (25g), Rice Krispies® (20g),  
Cap'n Crunch® (20g), Corn Pops® (25g),  
All-Bran® Original (35g)  
Milk (15g) – skim, 2%

---

## Hot Cereals

Oatmeal (20g)  
Cream of Wheat® (20g)

*Condiments: sugar (3g), brown sugar (30g), Equal®,  
Splenda®, raisins (30g)*

---

## Morning Specialties

*All eggs are made with a cholesterol-free substitute.*  
Omelet Bar – LS cheese, \*turkey sausage, onion,  
peppers, mushrooms, tomatoes, spinach  
Sunrise Sandwich (25g) – egg and LS cheese  
Scrambled Eggs  
French Toast (15g)  
Buttermilk Pancakes (25g)

---

## Hot Sides

Hash Brown Potatoes (15g)  
\*Turkey Sausage

*Condiments: syrup (30g), diet syrup (4g), margarine,  
pepper, Mrs. Dash®, \*ketchup (2g)*