

# Cardiac Diet Menu – Beverages & Desserts

(Amounts in parentheses are grams of carbohydrates)



**Call 6363 to order**

## Hot Drinks (8 oz)

Decaf Coffee  
Hot Chocolate – regular (25g), no sugar added (10g)  
Decaf Hot Tea  
Herbal Tea – lemon, orange & spice, cranberry apple,  
mint medley

*Condiments: sugar (3g), Equal®, Splenda®, non-dairy  
creamer (2g), lemon, honey (5g)*

## Milk (8 oz)

Milk – skim (15g), 2% (15g), chocolate (25g)  
Rice Milk – original (25g), vanilla (25g)  
Soy Milk – original (10g), vanilla (20g),  
chocolate (25g)  
Lactose-Free Milk (10g)

## Juice (4 oz)

Juice – apple (15g), orange (15g), cranberry (20g),  
grape (20g), prune (25g), low-sodium vegetable  
(10g)  
Crystal Light® – orange sunrise, raspberry ice

## Fountain Drinks (8 oz)

Sierra Mist® (25g), Root Beer® (30g), Diet Sierra  
Mist®, Caffeine-Free Diet Pepsi®, Sugar-Free  
Lemonade, Decaf Iced Tea

## Bakery

Angel Food Cake (35g) – with strawberry  
sauce (20g)  
Carrot Cake (25g)  
Oatmeal Raisin Cookie (25g)

## On The Lighter Side

Fresh Fruit – apple (15g), banana (30g),  
orange (20g), mixed fruit cup (15g)  
Applesauce (15g)  
Diced Fruit (15g)  
Yogurt – regular (30g), light (15g)  
Pudding – chocolate (30g), vanilla (25g),  
sugar-free (10g)  
Gelatin – regular (15g), sugar-free

## Frozen Delights

Fat-Free Ice Cream (20g)  
Sherbet – orange (30g), raspberry (25g)  
Italian Fruit Ice (20g)  
Sugar-Free Lemon Sorbet (5g)  
Popsicles – regular (15g), sugar-free (5g)

## \*Specialty Frozen Beverages (12 oz)

Nonfat Frozen Yogurt Shake – vanilla (30g),  
chocolate (55g)  
Fruit Smoothie (45g)