Cardiac Diet Menu – Breakfast
(Amounts in parentheses are grams of carbohydrates)

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 and grapes
Regular Yogurt – vanilla (25g), blueberry (27g), strawberry (30g), peach (28g)
Light Yogurt – vanilla (14g), blueberry (14g), strawberry (14g), peach (14g)
Greek Yogurt – vanilla (19g), blueberry (20g), strawberry (19g), black cherry (21g)

Cold Cereals
Cheerios® (12g), Corn Flakes® (18g), Raisin Bran® (34g), Shredded Wheat® (27g), Frosted Mini Wheats® (31g), All-Bran® Complete Wheat Flakes (26g), Frosted Flakes® (25g), Froot Loops® (24g), Rice Krispies® (22g), Corn Pops® (24g), All-Bran® Original (37g)
Milk – skim (13g), 2% (12g), whole (12g)

Hot Cereals
Oatmeal (25g)
Cream of Wheat® (20g)
Condiments: sugar (3g per packet), brown sugar (15g), Equal®, Splenda®, raisins (15g)

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)
Waffles (25g) – with strawberry sauce (20g)

Hot Sides
Hash Brown Potatoes (15g)
*Turkey Sausage
Condiments: syrup (30g), diet syrup (4g), margarine, pepper, Mrs. Dash®, *ketchup (2g)

Bread & Bakery
Toast – white (15g), whole wheat (15g), cinnamon raisin (25g)
Bagels – cinnamon raisin (50g), plain (50g), whole wheat (55g)
Muffins – blueberry (30g), apple cinnamon (30g), bran (35g)
English Muffin (25g)

Condiments: margarine, jelly (10g), diet jelly (3g), *peanut butter (5g), honey (12g), *light cream cheese

LS – Low Sodium
*Limited to one per meal

Menus are available online at bronsonhealth.com. Please leave this copy in room.