

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 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)

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*

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)*