

Cardiac Diet Menu – Beverages & Desserts

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Milk (8 oz)

Milk – skim (13g), 2% (12g), chocolate (20g)
Rice Milk – original (23g), vanilla (26g)
Soy Milk – original (7g), vanilla (18g),
chocolate (25g)
Lactose-Free Milk (12g)

Juice (4 oz)

Juice – apple (15g), orange (15g), cranberry (20g),
grape (20g), prune (25g), low-sodium vegetable (7g)

Cold Drinks (8 oz)

Crystal Light® – orange sunrise, raspberry ice
Sugar-Free Lemonade
Decaf Iced Tea

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 per packet), Equal®, Splenda®,
non-dairy creamer (2g), lemon, honey (12g)*

Bakery

Angel Food Cake (35g) – with strawberry
sauce (20g)
Carrot Cake (30g)
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)
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)
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 (14g), sugar-free (4g)

***Specialty Frozen Beverages (12 oz)**

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