

Your physician has ordered a Heart Healthy and/or Consistent Carbohydrate diet for you as part of your treatment plan. Our room service menu is complete with nutritious food to meet your dietary needs by providing foods that are low in saturated fat, cholesterol, and sodium. As you are making your selections please keep a healthy, balanced diet in mind. The following tips will help you maximize your nutrition and may help you reduce fluid retention, and control blood pressure, cholesterol and blood sugar.

- **Eat a variety of fruits and vegetables each day.** Your goal should be 5-6 servings per day of fresh or frozen fruits or vegetables. Be aware that most canned vegetables and soups are high in sodium. Avoid vegetables prepared in butter or cream sauces.
- **Eat a variety of whole grain products such as breads and cereals to boost fiber intake.** Choose 6 or more servings per day from breads, cereals, pasta, rice, beans, and potatoes while avoiding the pre-packaged, processed versions of these foods. Having a good fiber intake can help to lower cholesterol and also regulate digestion to help you feel fuller longer leaving you more satisfied after a meal.
- **Limit foods high in saturated fat, trans fat, and/or cholesterol.** These include butter, whole milk, bacon, sausage, regular cheese, luncheon meats, partially hydrogenated vegetable oil, and tropical oils (coconut oil, palm kernel oil).
- **Choose fats/oils low in saturated fats such as canola oil and olive oil.** Intake should be limited to 6-8 teaspoons per day, including the fat used in cooking.
- **Reduce your sodium and salt intake.** Try not to add salt to your food; choose foods naturally low in sodium; rinse canned vegetables in cold water before cooking; replace salt with herbs and spices; and avoid highly processed food which is usually high in sodium.

For our patients who also have diabetes or elevated blood sugar:

Please select 4 carbohydrate choices per meal. These foods include items from the grain group, fruit group, and dairy group. Most vegetables do not contain a significant amount of carbohydrates however if you choose to enjoy a starchy vegetable such as a potato, corn, or peas, this will count as a carbohydrate choice for your meal. Regulating how many carbohydrate choices you have per meal can help you gain better control of your blood sugar.

When making your menu choices we encourage ordering your meals at regularly scheduled times daily to ensure optimal blood sugar control. We recommend eating at the following meal times during your stay to coincide with medication administration:

- Breakfast** 7:30am – 9:00am
- Lunch** 11:30am – 1:00pm
- Dinner** 4:30pm – 6:00pm

For more information on your Heart Healthy diet, please contact your dietetic technician. If you have questions about following a diet for diabetes please contact your diabetes educator at extension 5750.

For your convenience, menu items are followed by a number indicating the total number of carbohydrate choices it contains.
15 grams of carbohydrates = (1) serving



- High in Sodium



- High in Fat

Wayne Selections... Served Exceedingly Well

Wayne HealthCare is pleased to offer hotel-style room service for patient meals. Our "Wayne Selections" service is an extension of our commitment to providing excellence in patient care.

How to Place Your Meal Order

- Review your menu and select meal items of your choice.
- Call 7444 anytime between 6:30am to 6:30pm.
- Our Call Center Representative will confirm your room number, name, date of birth and diet order, and take your order.
- Your ambassador will make every effort to deliver your meal within 45 minutes.

Guest Meals

Guest meals are available if family members or visitors would like to dine with you.

- Breakfast [\$5] 1 entree, 3 sides, and beverage.
- Lunch and Dinner [\$7] 1 entree, 2 sides, dessert, and beverage.
- Guest meals should be ordered when the patient meal is ordered.
- The Ambassador will collect cash payment from guest when meal is delivered.
- Correct change is greatly appreciated.

Family members or designees may also place meal orders for patients by calling (937) 547-7444.

Please contact our Call Center at extension **7444** with any questions.

Wayne Selections... Served Exceedingly Well



Room Service Menu

Heart Healthy/Consistent Carbohydrate



Breakfast Selections

Please Dial Extension 7444 to place your order

Available 6:30am – 9:30am daily

Fruits & Yogurt

Fresh Fruit Cup(1) 13mg
Banana(1) 0mg
Orange Wedges(1) 0mg

Pear Slices(1) 5mg
Apple Slices(1) 0mg
Grapes(1) 0mg

Lite Strawberry Yogurt(1) 55mg
Lite Peach Yogurt(1) 55mg
Cottage Cheese 440mg

Cereals

Cheerios®(1) 140mg
Corn Flakes®(1) 150mg
Honey Nut Cheerios®(1) 160mg

Rice Chex®(2) 250mg
Raisin Bran®(2) 125mg

Oatmeal(2) 0mg
Cream of Wheat®(1) 42mg

All cold cereals come with your choice of 2%(1) 65mg, 1%(1) 130mg or fat free(1) 65mg milk. Brown sugar(1) 0mg or Light brown sugar 0mg are available for your hot cereal.

Breakfast Breads

Half Bagel(2) 190mg
English Muffin(2) 220mg

White Toast(1) 125mg
Whole Wheat Toast(1) 160mg
Blueberry Muffin(2) 140mg

Choice of Spread: Margarine 30mg, Honey(1) 0mg, Peanut Butter 100mg, Cream Cheese 95mg
Regular Jelly - Apple(1) 0mg, Grape(1) 0mg, Mixed Fruit(1) 0mg, Strawberry(1) 0mg, Blackberry(1) 0mg
Diet Jelly - Grape 0mg, Strawberry 0mg, Blackberry 0mg

Breakfast Entrées

Eggs: Heart Healthy Scrambled 230mg, Hard Boiled 60mg, Cheese Omelet 278mg

Buttermilk Pancakes(1) 314mg - Served with margarine 30mg and syrup or diet syrup(1) 40mg

Breakfast Burrito(2) 620mg - Flour tortilla with egg, sausage and cheese. Salsa 460mg on the side.

Breakfast Sandwich(2) 656mg - English muffin with scrambled eggs, ham and American cheese.

Sides

Bacon 155mg
Light Sausage Links 85mg
Ham Slice 176mg

Browned Seasoned Cubed Potatoes(1) 231mg

Some items may be limited and adjusted to meet nutritional needs as ordered by your physician to optimize your care.

Lunch & Dinner Selections

Please Dial Extension 7444 to place your order

Lunch - Available 10:45am - 1:30pm daily | Dinner - Available 4:00pm - 6:30pm daily

Starters

Soup - Vegetarian Vegetable(1) 400mg, Chicken Noodle(1) 159mg

Side Salad - Tossed Green 5mg

Saltine and unsalted crackers available 45mg.

Dressing: Low Sodium/Low Fat Italian 20mg and French 20mg

Main Attractions

Home-Style Roasted Turkey Breast with Gravy(1) 336mg

Cranberry sauce on the side.

Penne Pasta Bowl(3) - Choice of Marinara 155mg or Alfredo Sauce 467mg

Tilapia Fillet(1) 240mg - Garlic, lemon & herb marinated, and pan seared.

Salisbury Steak(1) 487mg - Lean ground beef steak covered in a Burgundy mushroom sauce.

Grilled Chicken Breast 421mg - Boneless chicken breast, marinated in lemon garlic and herbs.

Baked Macaroni & Cheese(2) 488mg - Old fashioned comfort food.

Meatloaf(1) 330mg - Baked with onion, bell peppers, and seasonings.

From the Grill

Hamburger 60mg, Turkey Burger 250mg, Grilled Chicken 530mg, Grilled Cheese*. Feel free to add any cheese, topping, or condiment listed below! *sodium based on selections

Create Your Own Sandwich: (served hot or cold)

Meat - Turkey 270mg, Ham 528mg, Tuna Salad(1) 506mg, Chicken Salad(1) 473mg

Bread(2) - White 250mg, Whole Wheat 320mg, Rye 240mg

Bun(2) - White 240mg, Whole Wheat 250mg

Cheese - Swiss 43mg, Cheddar 135mg

Topping - Lettuce, Tomato, Sliced Onion, Dill Pickle Chips 210mg

Condiment - BBQ Sauce(1) 240mg, Honey Mustard 220mg, Ketchup 100mg,

Mustard 85mg, Kraft Olive Oil Mayonnaise® 80mg, Light Miracle Whip® 105mg

Sides

Macaroni & Cheese(1) 325mg Steamed Baby Carrots 80mg Green Beans 0mg

Brown Rice(1) 0mg Fresh Broccoli Florets 33mg Mashed Potatoes(1) 16mg

Dinner Roll(1) 140mg Whole Kernel Corn(1) 0mg Roasted Red Potatoes(1) 0mg

White or Wheat Garden Vegetable Medley 13mg Baked French Fries(2) 285mg

Baked Chips(2) 150mg

Entrée Salads

Grilled Chicken Salad 423mg - A bed of crisp baby greens with cucumber, tomato, and carrots, topped with a grilled chicken breast and Parmesan cheese.

Classic Chef Salad 343mg - Garden fresh mixed greens topped with julienne strips of ham, turkey and cheese. Garnished with cucumbers and tomatoes.

Dressing: Low Sodium/Low Fat Italian 20mg and French 20mg

Personal Pizza

Half 8" Rising Crust - 4 Cheese(3) 700mg

Sweet Treats

Apple Pie(2) 300mg

Angel Food Cake with Strawberry Sauce(1) 55mg

Fresh Fruit Cup(1) 13mg

Ice Cream(1) - Vanilla 50mg, Chocolate 50mg, Strawberry 45mg

Sherbet(2) - Raspberry 35mg, Orange 35mg

Gelatin - (Regular(1) or Sugar Free) Strawberry 55mg, Cherry 85mg/35mg,

Raspberry 85mg/35mg, Orange 55mg, Lemon 55mg, Lime 55mg

Fruited Gelatin(2) 23mg

Condiments

Salt 240mg, Pepper 0mg, Mrs. Dash® 0mg, Sugar 0mg, Equal® 0mg, Splenda® 0mg, Sweet & Low® 0mg, Ketchup 100mg, Salsa 460mg, Sour Cream 30mg, Hot Sauce 40mg

Beverages

Coffee - Regular* 23mg, Decaf 2mg

Tea - Regular* 3mg, Decaf 0mg, Green* 0mg, Iced 5mg

Add some: Half & Half 5mg, Non Dairy Creamer 0mg, Lemon Juice 1mg, Honey(1) 0mg

Hot Chocolate 170mg - Regular(1), Reduced Sugar

Milk - Fat Free(1) 65mg, 1%(1) 130mg, 2%(1) 65mg, Vanilla Soy Milk(1) 100mg, Chocolate(1) 180mg

Juice - Apple(1) 15mg, Orange(1) 15mg, Cranberry(1) 15mg, Grape(1) 15mg,

Prune(1) 5mg, Low Sodium V-8® 95mg, Tomato 468mg

Soft Drink - Pepsi®*(2) 20mg, Diet Pepsi®* 25mg, Caffeine Free Pepsi®(3) 30mg,

Caffeine Free Diet Pepsi® 35mg, 7 Up®(2) 30mg, Diet 7 Up® 30mg,

Mountain Dew®*(2) 40mg, Diet Mountain Dew®* 30mg

Caffeinated beverages are restricted on Heart Healthy Menu