

WHAT COUNTS AS A PORTION?

Grains Group

- 1 slice of bread
- About 1 cup of ready-to-eat cereal flakes
- 1/2 cup of cooked cereal, rice or pasta
- 1/2 cup of cooked beans

Vegetable Group

- 1 cup of raw or leafy vegetables
- 1/2 cup of cooked vegetables
- 1/2 cup of vegetable juice

Fruit Group

- 1 medium apple, banana, orange, pear
- 1/2 cup of chopped, cooked, or canned fruit
- 1/2 cup of fruit juice

Milk Group

- 1 cup of milk or plain yogurt
- 2/3 cup (6 oz.) artificially sweetened yogurt
- 1 cup of soy or rice milk

Meat Group

The average serving of meat, fish, or poultry is 3 ounces—about the size of a deck of cards. Other meat substitutes are:

- 1/2 cup of tofu or 2 1/2 ounce soyburger
- 1 egg
- 2 tablespoons of peanut butter
- 1/4 cup cottage cheese

For individualized meal planning, ask your nurse to order a nutrition consult for you to talk with a dietitian.

FOOD FOR THOUGHT

Make smart choices in every food group.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

For more information or to consult with a dietitian about your daily food intake after you are discharged, please call Frisbie Memorial Hospital's Outpatient Nutrition Services Department at **603-994-0120** for an appointment.

Andrea Jackson, RD, LD



Andrea Jackson, RD, LD is a registered dietitian and also certified in adult weight management by the American Dietetic Association. She has been the Clinical Nutrition Manager at Frisbie Memorial Hospital for more than 18 years, and has developed and taught several nutrition programs on behalf of the hospital, including weight management classes, cooking demonstrations, and the Fit & Healthy KIDSTYLE! family nutrition program.

"Nutrition is an important key to recovery and it is my team's goal to assist you – the patient – in understanding your nutritional needs as dictated by your nutrition prescription," says Ms. Jackson.

The Food and Nutrition Services Team is dedicated to providing excellent customer service through the meal delivery system called Room Service. You may place your meal and snack orders by calling ext. **8599** between **6:30 a.m.** and **6:30 p.m.** The nutrition care assistant will guide you in selecting a meal that is within the limits of your nutrition prescription ordered by your physician. Please note that it may take up to **45** minutes to receive your made-to-order tray.

A guest tray may also be ordered by calling ext. **8599**. Payment can be made at time of delivery.



AT YOUR REQUEST
Room Service Dining™

Room Service

To place your food request,

dial 8599

Your order will arrive within
45 minutes.

Hours of Service

6:30 a.m. - 6:30 p.m.

 **Frisbie Memorial Hospital**

It's about People. Technology. Trust.

LIQUID DIET

CLEAR LIQUID MENU

Chicken Broth
Beef Broth
Vegetable Broth
Cranberry Juice
Apple Juice
Grape Juice
Fruit Punch
Italian Ice
Sorbet
Popsicle
Gelatin
Coffee/Decaf
Hot Tea/Decaf
Herbal Tea
Iced Coffee/Tea
Ginger Ale/Cola

FULL LIQUID MENU

All of the above menu items plus the following:

Tomato Soup
Cream of Wheat
Cream of Rice
Orange Juice
Tomato/Vegetable Juice
 pudding: Vanilla, Chocolate, Butterscotch
Ice Cream: Vanilla, Chocolate, Strawberry, Coffee
Vanilla Frozen Yogurt
Baked Custard
Plain or Vanilla Yogurt
Orange Sherbet
Raspberry Sherbet
Whole Milk
1% Low-fat Milk
Skim Milk
Chocolate Milk

BREAKFAST

LUNCH & DINNER SELECTIONS

BEVERAGES

♥ JUICES & FRUITS

Apple (15 gm carb)
 Cranberry (15 gm carb)
 Low-Cal Cranberry (10 gm carb)
 Orange (15 gm carb)
 Prune (25 gm carb)
 Grape (18 gm carb)
 Tomato (6 gm carb)
 Vegetable Juice (7 gm carb)
 Fruit Punch
 Fresh Orange (15 gm carb)
 Banana (15 gm carb)
 Fresh Fruit Cup (15 gm carb)
 Grapefruit Sections (15 gm carb)
 Stewed Prunes (15 gm carb)
 Fruited Yogurt (25 gm carb)
 Vanilla Yogurt (25 gm carb)

BREAKFAST SELECTIONS

♥ Scrambled Eggs
 ♥ Low Cholesterol Scrambled Eggs
 Hard Boiled Egg
 Cheese Omelet
 Bacon Strips
 Breakfast Sausage
 Breakfast Sandwich (30 gm carb)
 Buttermilk Pancakes (17 gm carb)
 French Toast (18 gm carb)
 Home Fries (20 gm carb)
 Hash Browns (20 gm carb)

♥ CEREALS

Oatmeal (15 gm carb)
 Shredded Wheat (27 gm carb)
 Frosted Flakes (25 gm carb)
 All Bran (37 gm carb)
 Cheerios (15 gm carb)
 Puffed Rice (9 gm carb)
 Cream of Wheat (15 gm carb)
 Corn Flakes (15 gm carb)
 Raisin Bran (27 gm carb)
 Rice Krispies (16 gm carb)
 Special K (13 gm carb)

BAKERY AND BREADS

Plain Bagel (57 gm carb)
 Cinn. Raisin Bagel (80 gm carb)
 Honey Wheat Bagel (57 gm carb)
 White or Wheat Toast (15 gm carb)
 English Muffin (30 gm carb)
 Blueberry Muffin (30 gm carb)
 Muffin du Jour (30 gm carb)

SOUPS

Soup du Jour
 ♥ Chicken Noodle Soup (8 gm carb)
 Tomato Soup (15 gm carb)
 Chicken Broth
 Beef Broth
 Crackers/Low-Salt Crackers (15 gm carb)

DELI SANDWICHES

♥ Turkey Breast
 Roast Beef
 Honey Ham
 Chicken Caesar Wrap
 Peanut Butter & Jelly
 Tuna Salad
 Egg Salad
 Chicken Salad
 Turkey Club
 Breads: White, Wheat, Rye, Pita Pocket, Deli Roll or Wrap
 (1 Slice of Bread = 15 gm carb)

Don't forget to ask for lettuce, tomatoes, cheese, pickles, chips or pretzels with your sandwich as desired.

HOT SANDWICHES

♥ Grilled Chicken Sandwich
 Hamburger
 Cheeseburger
 Grilled Cheese Sandwich
 Fish Sandwich (20 gm carb)
 Grilled Hot Dog
 ♥ Veggie Burger (12 gm carb)
 Grilled Cheese & Tomato Sandwich
 Hot Turkey Sandwich with Gravy
 Hot Roast Beef Sandwich with Gravy
 (Whole Bun = 30 gm carb)

SIDE ITEMS

♥ Tossed Salad
 ♥ Chef Salad
 Caesar Salad
 Potato Salad (15 gm carb)
 Macaroni Salad (14 gm carb)
 ♥ Fat-Free Cottage Cheese

Salad Dressings:

Raspberry Vinaigrette (12 gm carb)
 Oil & Vinegar
 Lite Ranch (4 gm carb)
 Caesar (3 gm carb)
 Lite French (12 gm carb)
 Thousand Island (4 gm carb)
 Lite Italian (5 gm carb)

ENTRÉE SALADS

♥ Chef Salad with Dressing (10 gm carb)
 Caesar Salad (8 gm carb)
 Chicken Caesar Salad (8 gm carb)
 ♥ Fresh Fruit & Cottage Cheese Plate (30 gm carb)

HOT ENTRÉES

♥ Roast Turkey with Dressing & Gravy (17 gm carb)
 Yankee Pot Roast with Gravy
 Meat Loaf with Gravy (10 gm carb)
 ♥ Baked Macaroni & Cheese (40 gm carb)
 ♥ Crumb Topped Baked Scrod (10 gm carb)
 ♥ Marinated Grilled Chicken Breast
 Stir Fry over Rice (Chicken/Beef or Vegetarian) (45 gm carb)
 ♥ Center Cut Roast Pork Loin
 Chicken Fingers with Dipping Sauce (40 gm carb)
 Spaghetti & Meatballs (35 gm carb)
 ♥ Spaghetti & Marinara Sauce (35 gm carb)
 ♥ Jumbo Stuffed Shells (45 gm carb)
 ♥ Cheese Pizza (70 gm carb)

ACCOMPANIMENTS

♥ Mashed Potato (15 gm carb)
 Rice Pilaf (30 gm carb)
 French Fries (21 gm carb)
 Potato Puffs (20 gm carb)
 ♥ Fresh Broccoli (5 gm carb)
 ♥ Green Peas (15 gm carb)
 ♥ Baby Carrots (5 gm carb)
 ♥ Cut Green Beans (5 gm carb)
 ♥ Butternut Squash (15 gm carb)
 ♥ Zucchini & Summer Squash (5 gm carb)

CONDIMENTS

Please be sure to order all desired condiments with your meal such as salt, pepper, sugar, margarine, ketchup, etc.

Wheat Bread, White Bread or Dinner Roll with Margarine or Butter
 Note: 15 gm = 1 carb serving

♥ **Heart Healthy Choices**
 ♥ **Vegetarian**

Coffee
 Decaf Coffee
 Tea
 Decaf Tea
 Herbal Tea
 Iced Tea
 Crystal Light

Whole Milk (12 gm carb)
 ♥ Low-Fat 1% Milk (12 gm carb)
 ♥ Fat-Free Milk (12 gm carb)
 Chocolate Milk (27 gm carb)
 Hot Cocoa (17 gm carb)
 No Sugar Added Hot Cocoa (10 gm carb)
 Spring Water
Soda: Regular and Sugar-Free

DESSERTS

♥ **Fruit:**

Seasonal Whole Fresh Fruit or Fresh Fruit Cup (15 gm carb)
 Chilled Sliced Peaches, Pears, Applesauce, Fruit Cocktail (15 gm carb)

Cakes:

♥ Angel Food (30 gm carb)
 Carrot (52 gm carb)
 Cheesecake w/ Strawberries
 Chocolate (19 gm carb)
 Strawberry Shortcake (30 gm carb)
 Chocolate Brownie (35 gm carb)

Pies:

Boston Cream
 Apple (39 gm carb)
 Lemon Meringue

♥ **Puddings:**

Vanilla (23 gm carb)
 Chocolate (23 gm carb)
 Butterscotch (23 gm carb)
 Custard (19 gm carb)
 Jell-O (17 gm carb)
 Sugar-Free Pudding (15 gm carb)
 Sugar-Free Gelatin (0 gm carb)

Cookies:

Chocolate Chip (23 gm carb)
 Oatmeal Raisin (23 gm carb)
 Peanut Butter (20 gm carb)
 ♥ Lorna Doones (19 gm carb)