Your physician has ordered an **OB Diabetic** diet for you. This type of diet helps control your blood sugar. Select your menus by calling room service at extension **3-6368**.

- It is important that you eat meals at **the same time each day** to control your blood sugar. To do this, **place your room service order at the same time for each meal**. Please do not ask for extra carb foods from your nurse or care partner, including extra juice.

- The Carbohydrate (Carbs) on your menus and at snacks are limited. Use the Carb Servings listed below to know which foods have carbs. When calling room service, select these amounts of carb servings:
  - 2 Carb servings at breakfast – Order by 7:30 am
  - 3 Carb servings at lunch – Order by 11:00 am
  - 4 Carb servings at supper – Order by 4:30 pm

- Many foods on the menu do not contain carbs or have very small amounts of carbs. You can select more of these foods, if you are hungry. Low Carb foods are listed on page 3 of this handout. It is very important that you eat a large amount of protein foods (meat, eggs, and cheese).

- If you have questions about your diet order, please ask your nurse to call the Diet Tech or Dietitian on your unit.

**All foods listed = 1 Carb serving unless otherwise noted.**

### Breakfast Carb Choices

<table>
<thead>
<tr>
<th>Breakfast Items</th>
<th>Carb Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple juice -4 oz</td>
<td></td>
</tr>
<tr>
<td>Light Cranberry juice (1/2 Carb)</td>
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<tr>
<td>Low Sodium V-8 juice</td>
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<tr>
<td>Orange juice-4 oz</td>
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<tr>
<td>2% milk-4 oz (1/2 Carb)</td>
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<tr>
<td>2% milk- 8 oz</td>
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</tr>
<tr>
<td>Skim milk- 8 oz</td>
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<tr>
<td>Blueberry Muffin (2.5 carb)</td>
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<tr>
<td>Whole grain bread or toast – 1 slice</td>
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<tr>
<td>White bread or toast – 1 slice</td>
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</tr>
<tr>
<td>Oatmeal</td>
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<tr>
<td>Cream of Wheat</td>
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<tr>
<td>Grits</td>
<td></td>
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<tr>
<td>Cheerios</td>
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<tr>
<td>Cornflakes</td>
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<tr>
<td>Crisp Rice</td>
<td></td>
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<tr>
<td>Frosted Flakes (2 carb)</td>
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<tr>
<td>Raisin Bran (2 carb)</td>
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<tr>
<td>Buttermilk pancakes (2 carb)</td>
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<tr>
<td>French Toast (2 carb)</td>
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<tr>
<td>Waffle (2 carb)</td>
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<tr>
<td>Biscuit + Sausage gravy (2 carb)</td>
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<tr>
<td>Fruit Cocktail</td>
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<tr>
<td>Applesauce</td>
<td></td>
</tr>
<tr>
<td>Whole orange</td>
<td></td>
</tr>
<tr>
<td>Pear halves</td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td></td>
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<tr>
<td>Grapes</td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit Cup</td>
<td></td>
</tr>
<tr>
<td>Sliced Peaches</td>
<td></td>
</tr>
<tr>
<td>Pineapple chunks</td>
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<tr>
<td>Fresh Apple</td>
<td></td>
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<tr>
<td>Yogurt</td>
<td></td>
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<tr>
<td>Corn Muffin (2.5 carb)</td>
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</tr>
<tr>
<td>Danish (2 carb)</td>
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</tr>
<tr>
<td>Hash Brown Potatoes</td>
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</tbody>
</table>
**Lunch & Dinner Carb Choices**

Beef Vegetable soup (1/2 Carb)
Chicken Noodle Soup (1/2 Carb)
Vegetarian Vegetable Soup
Chili (2 carb)
Tomato soup
Meatloaf with Brown Gravy
Fried Catfish
Hamburger (2 carb)
Cheeseburger (2 carb)
Veggie Burger
Grilled Chicken Sandwich (2 carb)
Grilled Cheese Sandwich (2.5 carb)
Fried Fish Sandwich (2.5 carb)
Hot Dog (2 carb)
Peanut Butter & Jelly Sandwich (2 carb)
All selections from pasta bar: (4.5 carb)
Quesadilla – chicken or cheese (2 carb)
Pizza – cheese, pepperoni, veggie (3 carb)
Chicken tenders
Chicken Caesar Salad
Fruit and Cottage Cheese Plate (3 Carb)
Seasoned Baby Carrots (1/2 Carb)
Seasoned Mixed Vegetables
Baked potato
Seasoned Green Peas
Corn
Steamed Rice (2 carb)
Sliced Peaches
Pineapple chunks
Mandarin Oranges

Whipped potatoes
Sweet potatoes (2 carb)
Macaroni & Cheese (1.5 carb)
Pinto Beans (2 carb)
French Fries (2 carb)
Chips: regular, baked, pretzels, doritos (2 carb)
Crackers (1/2 Carb)
Flour Tortilla (1.5 carb)
Biscuit (1.5 carb)
Cornbread (1.5 carb)
Dinner Roll
Kaiser Roll (2 carb)
White Bread
Wheat Bread
Croissant (2 carb)
Chocolate cake with icing (2 carb)
Vanilla cake with icing (2 carb)
Angel Food Cake (2 carb)
Chocolate Brownie (2 carb)
Chocolate Chip Cookie (2 Carb)
Sugar Cookie (2 carb)
Fruit Cobbler (2 carb)
Teddy Grahams (2 carb)
Ice Cream
Gelatin
Low Calorie Vanilla Pudding
Low Calorie Chocolate Pudding
Low Carb Foods

These foods are very low in Carbs – You can order extras of these foods.

- Scrambled Eggs
- Turkey Sausage
- Grilled Chicken
- Roast Pork Loin
- Roast Turkey with Gravy
- Chicken Vegetable Soup
- Low Fat Cottage Cheese
- Tossed Salad & Dressing
- Sliced Tomatoes
- Chef Salad (no croutons)
- Chicken Caesar Salad (no croutons)
- Crystal Light Beverage
- Oriental Stir Fry
- Chicken Salad
- Tuna Salad

- Broccoli, Carrot, Cauliflower blend
- Seasoned Green Beans
- Baby Carrots
- Broccoli
- Low Calorie Gelatin Cup
- Coffee & Hot Teas
- Unsweetened IcedTea
- Non-Dairy Creamer
- Herb Seasoning
- Lemon Juice
- Low Calorie Jelly
- Margarine
- Peanut Butter
- Broth: beef, chicken or vegetable
- Deli Meats & Cheeses