

DIET INFORMATION

Your diet, like your medication, is an important part of your treatment and may speed your recovery. You will receive the diet ordered by your doctor who may transition your diet through your stay.

- ☐ **Regular** - There are no diet restrictions for this diet.
- ☐ **Sodium Restricted (3000 mg sodium)** - You will be served herbs and spices instead of salt as your seasoning. Foods such as processed cheese, bacon, luncheon meats, hot dogs, sausage and ham will be limited.
- ☐ **Cardiac/Heart Healthy** - Combines the Sodium Restricted diet and includes lean meats, fruits, vegetables and low fat dairy products.
- ☐ **Diabetic/Consistent Carbohydrate** - Carbohydrate containing foods have the greatest effect on your blood sugar. You will be served the same amount of carbohydrates at each meal. Foods that contain carbohydrates include breads, cereals, potatoes, pasta, rice, beans, milk and milk products, fruit and fruit juices, sodas and sweets/ desserts.
- ☐ **Low Potassium** - While on this diet, your meals will limit high potassium foods such as potatoes, tomato products, bananas and oranges.
- ☐ **Low Fiber** - While on this diet, you will not be served fresh fruits, raw vegetables and other high fiber foods.
- ☐ **Clear Liquids** - You will be served clear liquids including juices, coffee, tea, broth, and jello. Milk or cream with your coffee will not be served.
- ☐ **Full Liquids** - In addition to clear liquids, you may enjoy milk and milk products, including pudding and yogurt.

V =Vegetarian
Vg = Vegan
GF = Gluten Free

Some foods may not be appropriate based on your diet or food allergies.

LIQUID DIETS

CLEAR LIQUID MENU

Juices V, Vg, GF

Apple | Cranberry | Grape

Broths

Beef GF | Chicken GF | Vegetable V, Vg, GF

Gelatin

Regular | Sugar-Free GF

Hot Beverages V, Vg, GF

Coffee: Decaf | Regular
Tea: Decaf

Cold Beverages V, Vg, GF

Iced Tea: Regular | Decaf
Pepsi: Regular | Diet
Lemon Lime: Regular | Diet
Ginger Ale: Regular | Diet

Italian Ice V, Vg, GF | Popsicles V, Vg, GF

FULL LIQUID MENU

Juices V, Vg, GF

Apple | Cranberry | Grape | Orange
Prune | Tomato

Cereals

Cream of Rice V, Vg, GF
Cream of Wheat V, Vg

Broths

Beef GF | Chicken GF | Vegetable V, Vg, GF

Soup

Cream of Tomato V | Pureed Chicken Noodle

Desserts

pudding:

Vanilla | Sugar-Free Vanilla
Chocolate | Sugar-Free Chocolate

Ice Cream:

Vanilla | Chocolate V, GF
Italian Ice V, Vg, GF
Popsicles V, Vg, GF
Sherbet V, GF

Gelatin:

Regular | Sugar-Free GF

Hot Beverages V, Vg, GF

Coffee: Regular | Decaf
Tea: Regular | Decaf

Cold Beverages V, Vg, GF

Iced Tea: Regular | Decaf
Pepsi: Regular | Diet
Lemon Lime: Regular | Diet
Ginger Ale: Regular | Diet

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THE UHS DEPARTMENT OF
FOOD & NUTRITION BELIEVES IN THE
POWER OF FOOD

2015 - 2020 Dietary Guidelines

1. **Follow a healthy eating pattern across the lifespan.** Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce risk for chronic disease.
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

**TO CONTACT THE
DEPARTMENT OF FOOD
& NUTRITION**

Please call 36325: Wilson Medical Center
Please call 22306: Binghamton General
between 6:30 am and 6:30 pm

To order a Guest Tray for Breakfast,
Lunch or Dinner, please call
one of the above numbers.

MENU

UHS

UHS

TO PLACE
YOUR ORDER:

**A Room Service Associate will
visit you before your meals
to take your order.**

Our menu features daily Chef
Specials as well as comforting
"Also Available At" items. Our
skilled Chefs prepare each meal
using the freshest ingredients
tailored to your prescribed diet.
We have additional seasonings
available that you can request to
suit your personal taste. If you
have questions about your diet, a
Registered Dietitian is available
to assist you.

BREAKFAST**SUNDAY****Waffles V**

Bacon GF | Old-Fashioned Oatmeal V, Vg

MONDAY**Scrambled Eggs V, GF**Hash Brown Potatoes V, Vg, GF
Old-Fashioned Oatmeal V, Vg
Fresh Fruit Cup V, Vg, GF**TUESDAY****Pancakes V**Bacon GF | Old-Fashioned Oatmeal V, Vg
Pears V, Vg, GF**WEDNESDAY****Scrambled Eggs V, GF**Bacon GF | Old-Fashioned Oatmeal V, Vg
Blueberry Muffin V | Peaches V, Vg, GF**THURSDAY****Cinnamon French Toast (2 halves) V**Turkey Sausage Links GF
Old-Fashioned Oatmeal V, Vg**FRIDAY****Scrambled Eggs V, GF**Bacon GF | Old-Fashioned Oatmeal V, Vg
Blueberry Muffin V**SATURDAY****Scrambled Eggs V, GF**Bacon GF | Old-Fashioned Oatmeal V, Vg
Toasted English Muffin V**ALSO AVAILABLE AT****BREAKFAST****Cereal & Yogurt**Apple Jacks V | Rice Krispies V, Vg | Cornflakes V, Vg
Raisin Bran V, Vg | Cheerios V, Vg, GF
Fruity Cheerios V, Vg, GF
Oatmeal V, Vg | Cream of Wheat V, Vg
Cream of Rice V, Vg, GF | Raisins V, Vg, GF
Yogurt: Blueberry V, GF, Strawberry V, GF, Vanilla V, GF**Grill**Scrambled Eggs V, GF | Hard Boiled Egg V, GF
Cheese Omelet V, GF | Pancakes V
Bacon GF | Turkey Sausage GF
French Toast V | Waffles V
Breakfast Potatoes V, Vg, GF**Breakfast Sandwich**(Egg V, GF, Cheddar Cheese V, GF, Bacon GF or
Turkey Sausage GF on English Muffin V)**Bakery**Blueberry Muffin V | English Muffin V
Cinnamon Coffee Cake Muffin V | Toast V**Fruit V, Vg, GF**Orange | Apple | Banana | Red Grapes
Fresh Fruit Cup**LUNCH****SUNDAY****Homestyle Beef Stew GF**Whole Baby Carrots V, Vg, GF
Garden Salad V, Vg, GF
Apple Crisp V**Spinach Salad with Turkey**Honey Dijon Mustard
Navy Bean Soup
Wheat Dinner Roll V
Mandarin Oranges V, Vg, GF**MONDAY****Pork with Apples**Mashed Sweet Potatoes V, GF
Sautéed Zucchini, Yellow Squash & Red Peppers V, Vg, GF
Garden Salad V, Vg, GF
Pumpkin Spice Pudding Parfait**Turkey Garden Salad GF**Beef Barley Vegetable Soup
Wheat Dinner Roll V | Pear Halves V, Vg, GF**TUESDAY****Sesame Chicken with Stir-Fry Vegetables**Brown Rice V, Vg, GF
Garden Salad V, Vg, GF
Mandarin Oranges V, Vg, GF
Trio Salad Plate GF
Broccoli & Cheddar Soup V
Wheat Dinner Roll V | Chocolate Applesauce Cake V**WEDNESDAY****Stuffed Shells with Meat Sauce**Whole Baby Carrots V, Vg, GF
Garden Salad V, Vg, GF
Chocolate Chip Cannoli**Chicken Caesar Salad**Caesar Dressing
Butternut Squash Soup V, Vg, GF
Sautéed Zucchini & Yellow Squash V, Vg, GF
Wheat Dinner Roll V | Pears V, Vg, GF**THURSDAY****Chicken and Biscuits**Green Beans V, Vg, GF | Garden Salad V, Vg, GF
Fresh Fruit Cup V, Vg, GF**Dijon Roast Beef on Kaiser Roll**Minestrone Soup
Garden Salad V, Vg, GF
Green Beans V, Vg, GF
Chocolate Chip Cookie V**FRIDAY****Chicken Marsala**Oven Roasted Potatoes V, GF
Seasoned Spinach V, Vg, GF
Garden Salad V, Vg, GF
Brownie V**Tuscan Turkey Sandwich on Whole Wheat Bread**New England Clam Chowder
Seasoned Spinach V, Vg, GF
Garden Salad V, Vg, GF | Peaches V, Vg, GF**SATURDAY****Open Faced Hot Roast Beef Sandwich**Mashed Potatoes V, GF | Green Beans V, Vg, GF
Garden Salad V, Vg, GF
Pineapple Chunks V, Vg, GF**Chicken Salad on Sandwich Thin**Vegetable Rice Soup V, Vg, GF
Garden Salad V, Vg, GF
Whole Baby Carrots V, Vg, GF | Oatmeal Raisin Cookie V**DINNER****SUNDAY****Roast Turkey with Gravy**Brown Rice V, Vg, GF | Corn V, Vg, GF
Garden Salad V, Vg, GF
Peaches V, Vg, GF**Chicken & Roasted Mushroom Salad**with Italian Dressing
Navy Bean Soup
Italian Blend Vegetables V, Vg, GF
Chocolate Applesauce Cake V**MONDAY****Beef Stroganoff**Buttered Egg Noodles V | Green Beans V, Vg, GF
Garden Salad V, Vg, GF
Brownie V**Greek Salad with Chicken and Greek Dressing GF**Beef Barley Vegetable Soup
Corn Muffin V | Peaches V, Vg, GF**TUESDAY****Oven Fried Chicken Breast**Oven Roasted Potatoes V, GF | Broccoli V, Vg, GF
Garden Salad V, Vg, GF
Tapioca Pudding**Tuscan Chicken Sandwich**Broccoli & Cheddar Soup V
Green Beans V, Vg, GF | Applesauce V, Vg, GF**WEDNESDAY****Meatloaf with Gravy**Mashed Potatoes V, GF
California Blend Vegetable V, Vg, GF
Garden Salad V, Vg, GF
Chocolate Ice Cream V, GF**Chicken Salad & Vegetable Plate GF**Butternut Squash Soup V, Vg, GF
Wheat Dinner Roll V
Cinnamon Apples with Whipped Topping V, GF**THURSDAY****Chicken Parmesan**Penne Pasta V
Whole Baby Carrots V, Vg, GF
Garden Salad V, Vg, GF
Carrot Cake with Cream Cheese Frosting V**Tuna Salad Sandwich on White Bread**Minestrone Soup
Garden Salad V, Vg, GF
Peaches V, Vg, GF**FRIDAY****Herbed Baked Tilapia GF**Brown Rice V, Vg, GF | Roasted Vegetables V, Vg, GF
Garden Salad V, Vg, GF
Blueberry Crisp V**Chicken Caesar Salad with Caesar Dressing**New England Clam Chowder
Hubbard Squash V, Vg, GF | Wheat Dinner Roll V
Pears V, Vg, GF**SATURDAY****Baked Ziti with Meat Sauce**Sautéed Zucchini, Yellow Squash, Red Peppers V, Vg, GF
Garden Salad V, Vg, GF
Wheat Dinner Roll V | Chocolate Mousse V, GF**Turkey Sandwich on Whole Grain Bread**with Cranberry Mayo | Green Peas V, Vg, GF
Vegetable Rice Soup V, Vg, GF
Garden Salad V, Vg, GF | Applesauce V, Vg, GF**ALSO AVAILABLE AT****LUNCH & DINNER****Soups**Chicken Noodle | Cream of Tomato V
Butternut Squash V, Vg, GF**Entrées**Penne Pasta with Marinara V
Macaroni & Cheese V
Hamburger GF | Spicy Black Bean Burger V
Dinosaur BBQ Pulled Pork
Lupos Chicken Spiedie GF
Grilled Cheese V | Grilled Chicken Breast GF
Cottage Cheese & Fruit Plate V, GF
Low Sodium Chef Salad GF
Ham and Cheese Sandwich, Grilled or Cold
BLT Sandwich | Turkey Sandwich
Peanut Butter and Jelly V, Vg
Tuna Salad, Chicken Salad or Egg Salad V Sandwich
Herbed Baked Tilapia GF | Cheese Pizza V**Sides**Cottage Cheese V, GF
Petite Garden Green Salad V, Vg, GF
Broccoli V, Vg, GF | Carrots V, Vg, GF
Green Beans V, Vg, GF | Corn V, Vg, GF | Tater Tots V, Vg
Gluten Free Penne Pasta V, Vg, GF
Vegetarian Chef Salad V, GF**Desserts**Brownie V
Chocolate Chip V, Sugar or Oatmeal Raisin Cookies V
Pudding: Chocolate & Vanilla
Ice Cream V, GF | Sherbet V, GF**PLANT BASED****Cold Plates**Vegetarian Trio V, GF
Chickpea Salad with Vegan Mayo V, Vg, GF
Hearty Vegetables & Hummus
on a Sandwich Thin V, Vg**Hot Plates**Asian Marinated Tofu V, Vg
Chickpea Stew V, Vg, GF | Vegan Chili V, Vg, GF**Sides / Desserts**

Same as above ALSO AVAILABLE

Fruit

See Breakfast ALSO AVAILABLE

BEVERAGES**Coffee V, Vg, GF**

Regular | Decaf Coffee

Tea V, Vg, GF

Iced | Hot | Decaf | Regular

Hot Cocoa V

Regular | Diet Hot Cocoa

Juice V, Vg, GF

Apple | Cranberry | Grape | Orange

Milk V, GF

Whole | 2% | Skim | Chocolate

Soda V, Vg, GFPepsi | Diet Pepsi | Lemon Lime
Ginger Ale | Bottled Water

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