

Suggestions for Non- Select Menu Items: Regular, Carb Controlled, LF/LS

Breads/Grains:

- Swap pancakes for whole wheat English Muffin
- Swap cereals like cheerios and rice Krispee's for cereals like Bran flakes, shredded Wheats, cream of wheat, or oatmeal
- Swap half cup of potatoes for whole wheat English muffin
- French Toast halves?
- Add 1/3 cup of brown rice in place of mashed or diced potatoes for meals

Vegetables:

- Switch out canned vegetables with Small Green salads
- Add variety
- Salads for Lunch and Dinner? (or just dinner)

Fruit:

- Swap canned fruits for Fresh fruits
- Eliminate unnecessary juices
- Swap Juices for fresh fruits

Dairy:

- Add Low fat dairy such as LF Milk, LF Cottage cheese, or a cup of yogurt (artificially sweetened?) to meals
- Switch out juices for LF milk
- To add ½ serving, switch out puddings for yogurt (can be served plain with fresh fruit on the side or as sweetened)
- Could add low fat cream cheese/cheese spreads to whole wheat English muffins for breakfast

Meat:

- Meat servings high in all groups
- To decrease servings of meat, decrease portions served in each meal as main entrees (5oz Fried Chicken → 3 oz Fried Chicken)
- Possibly switch out pork for chicken (for patients who are unable to eat pork)

Fats:

- To decrease fat amounts, serve less fried items
- Serve salads with LF Italian dressings (especially if we are adding salads to meals)

Obstacles/Possible Concerns:

- Will patients like having a cup of yogurt as a desert instead of pudding?
- Time and work necessary to prepare the extra salads for dinners and/or lunches, may need more staff members trained to prepare these foods
- Cost factor- fresh fruits and salads instead of juices and canned fruits and vegetables