

DIET LIST

REGULAR DIET:

This diet has no restrictions. All foods and beverages are allowed.

NPO:

NPO means “nothing by mouth.” Your doctor may order this if you can’t tolerate food or fluid by mouth, before certain tests or before surgery. As soon as your doctor says you can eat, ask your nurse to order your meal right away.

CLEAR LIQUID DIET:

This diet contains clear liquids such as tea, coffee, broth, carbonated beverages, apple, grape and cranberry juices and gelatin. Milk is omitted. This diet is used before certain tests, after surgery or at other times.

FULL LIQUID DIET:

The diet contains foods that are liquid or semi-liquid. These include fluids that you drink, plus ice cream, gelatin, strained hot cereal, and strained soup. This diet may be used if you are having trouble swallowing food due to a sore throat, after you have been on clear liquids or after surgery.

SOFT DIET:

This diet contains foods that are lightly seasoned, easily digested and soft in texture. Vegetables are cooked. Fruits are canned or soft. Breads are soft. Foods containing harsh or coarse fibers, such as nuts, coconut, dried fruits and fried and high-fat foods are omitted. The soft diet may be used after a full liquid diet, after surgery or at other times.

MECHANICAL DIET:

Meats are ground or very soft such as meatloaf. Vegetables are cooked. Fruits are canned or soft. Breads are soft. Foods containing harsh or coarse fibers such as nuts, coconut and hard fresh fruits are omitted. This diet may be used if you have problems chewing.

DIABETIC & CALORIE-CONTROLLED DIET:

Foods in these diets are low in fat and have controlled carbohydrates. Calorie levels normally range from 1,200 to 2,400 calories. Foods and beverages with sugar are limited or avoided. This diet is used to control calories and carbohydrates to treat problems such as diabetes, hypoglycemia and excess weight.

TLC DIET (FORMERLY AHA), LOW CHOLESTEROL, LOW SATURATED FAT, AND LOW SODIUM OR LOW SALT:

Low-fat meats and skim milk are substituted for high-fat versions. Egg yolks are limited. Whipped margarine and vegetable oil are used in place of butter, lard or shortening. Only small amounts of salt are used in cooking. Low sodium soups and salad dressings are substituted for regular versions. High sodium foods such as pickles, olives and some sauces are omitted. This diet is used to control your risk for heart disease.

LOW SODIUM (SALT) DIET:

This diet omits the salt shaker and very high sodium foods such as ham, sausage, hot dogs, canned meats, luncheon meats, and cheeses. Low sodium soups and salad dressings are substituted for regular versions. High sodium foods such as pickles, olives and some sauces are omitted. Reduced-sodium diets come in varying levels. Some require more dietary changes than others. This diet is used to control high blood pressure or to decrease fluid retention.

RENAL DIET:

This diet may be restricted in protein, sodium, potassium, phosphorus or fluid. The diet depends on how well your kidneys are working and your medical treatment. More protein is needed if you are being dialyzed. Less is needed if you are not being dialyzed. Sodium and fluid restriction may prevent you from retaining fluid. Less potassium may prevent heart problems. Less phosphorus may help control itching. Protein is found in meat, fish, poultry, milk and dairy foods. Dairy foods are very high in potassium and phosphorus and may be limited. Foods containing large amounts of sodium will not be served. These include table salt, ham, sausage, hot dogs, canned meats, luncheon meats, regular soups, pickles, olives, salty snacks and salty condiments. Low salt vegetables will be served. Foods that contain large amounts of potassium or phosphorus, such as nuts and some fruits and vegetables, are omitted.

PEDIATRIC LITE DIET:

Your physician has ordered a special diet for your child. This diet may be tolerated better than regular foods. The diet will include jello, Sprite, popsicles, saltine crackers, toast with jelly, cream of chicken soup, mashed potatoes, rolls and vanilla wafers.

PUREED DIET:

Foods are prepared for the regular diet and then are pureed in a blender to the consistency of peanut butter, thick mashed potatoes, pudding or yogurt. This diet is used for patients who are unable to chew or swallow a soft diet.

If you have any questions or concerns, please contact
Mark Studdard, RD at 293-1196



Magnolia Regional Health Center

Room Service Menu

To place a room service order, dial ext 3663 or 3669 from your room.
Room Service Hours: 6:00 am - 6:45 pm

Welcome to Magnolia Regional Health Center we are proud to offer your meals served room service style. To place your order, dial ext 3663 or 3669 from the telephone in your room. Orders may be placed from 6:00 am through 6:45 pm. If you prefer not to order your meals please inform your nurse and we will automatically send your meals. As part of your therapy, your physician may have ordered a special diet to help in your recovery. The staff in the room service call center can assist you in ordering foods that meet your physician’s guidelines. As a general rule, items marked with a “♥” are healthier selections. Please refer to the diet guideline on the back of this menu for a brief explanation of common diets. If you desire a more in depth explanation let us know and our Registered Dietitian can assist you.

Meal	Standard Meal Delivery Times		Diabetic Meal Delivery Times	
	Start	End	Start	End
Breakfast	Start 7:00 am	End 8:45 am	Start 7:00 am	End 8:00 am
Morning Snack	Start 10:00 am	End 10:30 am	Start 10:00 am	End 10:15 am
Lunch	Start 11:00 am	End 12:30 pm	Start 11:00 am	End 12:00 pm
Afternoon Snack	Start 2:00 pm	End 2:30 pm	Start 2:00 pm	End 2:15 pm
Dinner	Start 4:30 pm	End 6:00 pm	Start 4:30 pm	End 5:30 pm
Evening Snack	Start 7:00 pm <i>Order must be placed before 6:15 pm</i>	End 7:30 pm <i>Order must be placed before 6:45 pm</i>	Start 7:00 pm <i>Order must be placed before 6:15 pm</i>	End 7:15 pm <i>Order must be placed before 6:30 pm</i>

BREAKFAST MENU

* Available anytime *

EGGS

Scrambled Eggs
♥ Low Cholesterol Eggs
♥ Low Cholesterol Omelet
Ham and Cheese Omelet

Boiled Egg

SIDE ORDERS

Crisp Bacon
Sausage Patty
Country White Gravy

Hashbrown
♥ Pork Loin
Country Ham

CEREAL

♥ Oatmeal
♥ Grits
♥ Cream of Wheat
♥ Cornflakes
♥ Raisin Bran
♥ Honey Nut Cheerios
♥ Rice Krispies

Fruit Loops
Frosted Flakes
♥ Special K
♥ Total
♥ Cheerios

BREADS

♥ Wheat Toast
♥ White Toast
♥ English Muffins
Bran Muffins
Blueberry Muffins

Pancakes
Biscuits
French Toast

FRUITS

♥ Banana
♥ Pineapple Chunks
♥ Fruit Cocktail
♥ Canned Peaches
♥ Canned Pears
♥ Chilled Melons and Strawberries

♥ Grape
♥ Apple
♥ Orange
♥ Applesauce

YOGURT

♥ Mixed Berry
♥ Fat-Free Strawberry
♥ Low-Fat Key Lime
♥ Light Peach

LUNCH AND DINNER ENTREES

* Service times for Lunch and Dinner Entrees
are 11:00 A.M. through 6:30 P.M. *

Chicken Parmesan
Southern Fried Chicken: White or Dark Meat
♥ Boneless Grilled Pork Chop
♥ Pot Roast
Chicken Tenders
Ham and Beans
Meatloaf
♥ Baked Catfish
Fried Catfish
♥ Roasted Turkey
Italian Spaghetti with Meat Sauce
Cheese Ravioli
Salisbury Steak
Chicken and Dumplings
Sliced Pit Ham
Barbeque Pork
♥ BBQ Boneless Chicken Breast
♥ Grilled Boneless Chicken Breast

STARCH

♥ Brown Gravy
♥ Steamed White Rice
♥ Whole Kernel Corn
Macaroni and Cheese
♥ Mashed Potatoes
♥ Baked Potato
♥ Baked French Fries
Cornbread Dressing

Baked Beans
Hushpuppies
♥ Lima Beans
♥ English Peas

VEGETABLES

♥ Asparagus
Fried Yellow Squash
♥ Green Beans
♥ Steamed Cabbage
♥ Turnip Greens
♥ German Vegetable Blend (consists of Whole Green Beans, Whole Baby Carrots and Whole Wax Beans)
♥ Garden Vegetable Blend (consists of Broccoli, Yellow Squash, Zucchini, Cauliflower, Italian Green Beans, Diced Bell Peppers, and Carrots)

Fried Okra
Coleslaw
♥ Carrots
♥ Broccoli

SOUPS OR BROTHS

Cream of Chicken
Cream of Mushroom
Chicken Noodle
Broth: Beef or Chicken
Low Sodium Soups:
♥ Cream of Mushroom
♥ Hearty Chicken Noodle
♥ Vegetable Beef
♥ Low Sodium Broth: Beef or Chicken

♥ Tomato
Vegetable Beef

♥ Tomato

BREAD

Cornbread
♥ White Bread
♥ Wheat Bread

Garlic Roll
Dinner Roll

FRESH GARDEN SALADS

♥ Chef
♥ Grilled Chicken

Caesar
♥ Garden

SIDE SALADS

♥ Garden
♥ Assorted Fresh Vegetables: (consists of Broccoli, Baby Carrots and Cauliflower)

Caesar

DRESSINGS FOR YOUR SALAD

Balsamic Vinaigrette
Honey Mustard
Thousand Island
♥ Fat-Free French
♥ Fat-Free Italian
♥ Fat-Free Ranch
♥ Fat-Free Thousand Island

Blue Cheese
Caesar
Ranch
Italian

SANDWICHES

Your choice of bread, cheese and toppings:
Fresh Tuna Salad
Homemade Chicken Salad
♥ Fruit and Cottage Cheese
♥ Low-Sodium Turkey
Pimento and Cheese

Potato Salad
Ham
Roast Beef
Turkey

GRILL

Turkey Club Sandwich
♥ Grilled Chicken
Hot Ham and Cheese
Hot Roast Beef Sandwich

BBQ Pork
Grilled Cheese

CHIPS

♥ Fat-Free Plain
Baked Barbeque
Sun Chips

Plain
Barbeque

FROM THE OVEN

Pepperoni Pizza
Vegetarian Pizza

Cheese Pizza

DESSERTS

Lemon Pie
Chocolate Pie
Chocolate Chip Cookie
Banana Pudding
Vanilla Pudding
Chocolate Pudding
Chocolate Milkshake
Vanilla Milkshake
Strawberry Milkshake

Brownies
Sugar Cookie
Pound Cake
Pecan Cobbler

Regular Coffee
Regular Hot Tea
Regular Iced Tea

Coke
Diet Decaf Coke
Sprite
Dr. Pepper
Diet Dr. Pepper
Diet Decaf Dr. Pepper
Orange Gatorade

Chocolate Ice Cream
Vanilla Ice Cream
Strawberry Ice Cream
Sugar Free Chocolate Ice Cream
Sugar Free Vanilla Ice Cream
Sugar Free Strawberry Ice Cream
♥ Angel Food Cake
♥ Orange Sherbet
♥ Jell-O (Regular or ♥ Sugar Free): Orange, Lime, or Strawberry
Popsicle: Cherry, Orange or Grape.

CONDIMENTS

Tartar Sauce
Sweet and Sour Sauce
Ketchup
Lemon Juice
Fat Free Sour Cream
Peanut Butter
Nondairy Coffee Creamer
Honey Dijon Sauce
Margarine
Low Sodium Crackers

Salt & Pepper
Mayo
Mustard
Sour Cream
BBQ Sauce
Jelly
Syrup
Sugar Free Syrup
Wheat Crackers
Saltine Crackers

CHILDREN'S MENU

Chicken Nuggets
Hot Dogs
Peanut Butter and Jelly Sandwich
Spaghetti and Meatballs

BEVERAGES

Milk:
Buttermilk
Chocolate
♥ Nutrish

Juices:

♥ Apple
♥ Cranberry
♥ Grape

♥ Prune
♥ Orange

Decaf Coffee
Decaf Hot Tea
Decaf Iced Tea

Soft Drinks:

Decaf Coke
Diet Coke
Diet Sprite
Lemonade