

# UPMC Bedford Memorial

## Meal Service Times

**Breakfast** - 7:45 to 9:30 a.m.

**Lunch** - 11:45 a.m. to 1 p.m.

**Dinner** - 4:30 to 6 p.m.

## How To Place Your Order

### There are 2 ways to place your order:

1. Our dietary staff will personally contact you each day for your meal selections.
2. You may call Ext. **4420** to place an order.

### Hand Hygiene

We provide a hand wipe with your meal tray so that you can clean your hands before you enjoy your meal.

### Special Food Request

If you have a food allergy/intolerance or other special dietary needs, please contact the Diet Office at Ext. **4420**.

Guest trays are available for an additional fee.

### Dining After Hours

If you would like something to eat after regular meal service times, please ask your nurse about the options available to you.

**All of our menu offerings can be incorporated into a general healthful diet if they are consumed in appropriate portions.**

**The nutritional content of the menu items, to include the carb numbers, may vary due to food product changes.**

### Special Diets

#### Consistent Carbohydrate Diet

This diet provides a consistent amount of carbohydrates (carbs) at each meal to help control blood sugar. Choose the number of carb servings indicated in your diet order when selecting meals. Your selections may be edited to meet your carb order.

The number of carb servings is indicated beside menu items that contain carbs.

*1 carb serving = 15 grams of carbohydrates*

#### Consistent Carbohydrate (Carb) Diets

	Breakfast	Lunch	Dinner
Liberalized	3-5 carbs	3-5 carbs	3-5 carbs
Low	3 carbs	3 carbs	3 carbs
Standard	4 carbs	4 carbs	4 carbs
High	5 carbs	5 carbs	5 carbs

#### Cardiac/Heart-Healthy Diet

This diet is lower in fat and sodium. It is recommended that you choose items designated with a heart symbol (♥).

# Breakfast

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## JUICE

Orange ♥ (1 carb)

Apple ♥ (1 carb)

Cranberry ♥ (1 carb)

Grape ♥ (1 carb)

Prune ♥ (1 carb)

V8® (½ carb)

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## FRUIT

Banana ♥ (2 carbs)

Fresh Fruit Cup ♥ (1 carb)

Canned Fruit Cup ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

Fresh Orange ♥ (1 carb)

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## HOT AND COLD CEREALS

Oatmeal ♥ (1 carb)

*with Brown Sugar (add 1 carb)*

Creamy Wheat Farina ♥  
(1 carb)

Rice Krispies® ♥ (1 carb)

Mini-Wheats® ♥ (2 carbs)

Raisin Bran® ♥ (2 carbs)

Frosted Flakes® ♥ (1½ carbs)

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## YOGURT

Fruited Yogurt

*Strawberry ♥ (1½ carbs)*

*Peach ♥ (1½ carbs)*

Yogurt Whips

*Orange Crème ♥ (1½ carbs)*

*Strawberry ♥ (1½ carbs)*

Light Yogurt

*Vanilla ♥ (1 carb)*

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## HOT ENTREES

Scrambled Eggs

Low-cholesterol

Scrambled Eggs ♥

Cheese Omelet

Belgian Waffle (2 carbs)

Cinnamon French Toast ♥

(1½ carbs)

Breakfast Sandwich on an

English Muffin (2 carbs)

*Egg and Cheese*

*Bacon, Egg, and Cheese*

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## SIDES

Bacon Strips

Turkey Sausage Links

Low-fat Cottage Cheese

Hard Cooked Egg

# Breakfast (continued)

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## BAKERY

English Muffin ♥ (2 carbs)

Blueberry Muffin (2 carbs)

White Bread ♥ (1 carb)

Plain Bagel ♥ (2 carbs)

Whole Wheat Bread ♥ (1 carb)

Low-fat Banana Nut Muffin ♥  
(2½ carbs)

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## ACCOMPANIMENTS

Margarine

Assorted Jelly (½ carb)

Assorted Diet Jelly

Lite Cream Cheese

Syrup (2 carbs)

Diet Syrup

Peanut Butter (½ carb)

Ketchup

# Lunch and Dinner

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## HOT ENTREES

Roast Turkey Breast with Gravy ♥ (½ carb)

Baked Tilapia ♥

Baked Chicken Breast ♥

Salisbury Steak with Gravy (½ carb)

Stuffed Chicken Breast with Gravy (2 carbs)

Beef Pot Roast ♥

Macaroni and Cheese Casserole (1½ carbs)

Swiss Steak (1 carb)

Potato-crust Cod (½ carb)

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## STARCHES

Mashed Potatoes ♥ (1 carb)

Bread Stuffing (1½ carbs)

Potato Wedges (1½ carbs)

Macaroni and Cheese (1 carb)

Herb Roasted Red Skin Potatoes ♥ (1½ carbs)

Steamed Rice ♥ (1 carb)

Roasted Sweet Potatoes ♥ (1 carb)

Seashell Noodles ♥ (1 carb)

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## VEGETABLES

Cut Green Beans ♥ (½ carb)

Whole Kernel Corn ♥ (1 carb)

Sliced Carrots ♥ (½ carb)

Stewed Tomatoes (½ carb)

Broccoli Florets ♥ (½ carb)

# Lunch and Dinner (continued)

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## SOUPS

Chicken Noodle ♥ (*½ carb*)

Cream of Tomato (*1½ carbs*)

Beef Broth

Potato Chowder (*½ carb*)

Garden Vegetable (*½ carb*)

Chicken Broth

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## ENTREE SALADS

Traditional Chef Salad (*½ carb*)

*Dressing: Lite Italian or Lite Ranch (add ½ carb)*

Cottage Cheese and Fresh Fruit Plate ♥ (*2 carbs*)

Grilled Chicken Salad ♥ (*½ carb*)

*Dressing: Lite Italian or Lite Ranch (add ½ carb)*

Large Garden Salad ♥

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## HOT SANDWICHES

Hot Roast Turkey Sandwich with Gravy ♥ (*1 carb*)

Grilled Cheese (*2 carbs*)

Hot Roast Beef Sandwich with Gravy ♥ (*1 carb*)

Hamburger (*2 carbs*)

Cheeseburger (*2 carbs*)

Grilled Chicken Sandwich ♥ (*1½ carbs*)

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## COLD SANDWICHES

Sandwiches are made on your choice of Whole Wheat (*1½ carbs*) or Italian Bread (*2 carbs*).

Turkey Sandwich ♥

Chicken Salad Sandwich

Turkey and Provolone Sandwich

Tuna Salad Sandwich

Peanut Butter and Jelly Sandwich (*3 carbs*)

Egg Salad Sandwich

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## ACCOMPANIMENTS

Lettuce and Tomato

Dill Pickles

Red Onions

# Lunch and Dinner (continued)

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## SIDE SALADS

Garden Salad ♥

*Dressing: Italian, Ranch, or French*

Coleslaw (*½ carb*)

Cottage Cheese and Peaches ♥ (*1 carb*)

Hard Cooked Egg

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## BAKERY

Dinner Roll ♥ (*1 carb*)

Whole Wheat Bread ♥ (*1 carb*)

White Bread ♥ (*1 carb*)

Plain Bagel ♥ (*2 carbs*)

Saltine Crackers (*3 packets = 1 carb*)

Unsalted Soda Crackers ♥ (*3 packets = 1 carb*)

Low-fat Banana Nut Muffin ♥ (*2½ carbs*)

Blueberry Muffin (*2 carbs*)

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## CONDIMENTS

Salt

Pepper

Mrs. Dash®

Margarine

Lite Cream Cheese

Peanut Butter (*½ carb*)

Assorted Jelly (*½ carb*)

Assorted Diet Jelly

Lemon

Ketchup

Mustard

Lite Mayo

Barbecue Sauce  
(*1 carb*)

Sour Cream

Tartar Sauce

# Desserts

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## FRUIT

Applesauce ♥ (1 carb)

Peach Slices ♥ (1 carb)

Pear Slices ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

Pineapple Tidbits ♥ (1 carb)

Banana ♥ (2 carbs)

Fresh Apple ♥ (1 carb)

Red Grapes ♥ (1 carb)

Fresh Fruit Cup ♥ (1 carb)

## COOKIES

Chocolate Chip Cookie (1 carb)

SnackWell's® Vanilla  
Cookies ♥ (1 carb)

Shortbread Cookies  
(1½ carbs)

## CAKE AND PIE

Angel Food Cake ♥ (1½ carbs)

Apple Pie (3 carbs)

Bread Pudding Bites ♥ (2 carbs)

Chocolate Layer Cake  
(2½ carbs)

## YOGURT

Fruited Yogurt

Strawberry ♥ (1½ carbs)

Peach ♥ (1½ carbs)

Yogurt Whips

Orange Crème ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Light Yogurt

Vanilla ♥ (1 carb)

## PUDDING

Vanilla ♥ (1½ carbs)

Chocolate ♥ (1½ carbs)

Diet Vanilla ♥ (1 carb)

## GELATIN

Orange ♥ (1½ carbs)

Diet Orange ♥

Strawberry ♥ (1½ carbs)

## FROZEN DESSERTS

Ice Cream

Vanilla (1 carb)

Chocolate (1 carb)

Fruit Ice

Orange ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Frozen Yogurt

Vanilla ♥ (1 carb)

Sherbet

Orange ♥ (1½ carbs)

# Beverages

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## COFFEE

Regular

Decaf ♥

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## TEA

Regular

Decaf ♥

*Black*

*Black*

*Green*

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## ACCOMPANIMENTS

Sugar (2 packets = ½ carb)

Lemon

Sweet’N Low® or Splenda®

Honey (1 carb)

Creamer

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## HOT COCOA

Regular (1 carb)

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## MILK

Skim ♥ (1 carb)

Fat-free Chocolate Milk (1½ carbs)

2% (1 carb)

Vanilla Soy ♥ (1 carb)

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## SODA

Pepsi® (2 carbs)

Ginger Ale (1½ carbs)

Diet Pepsi®

Diet Ginger Ale

Sierra Mist® (2 carbs)

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## OTHER

Diet Iced Tea

Sweetened Iced Tea (1½ carbs)

Diet Decaf Iced Tea

Lemonade (2 carbs)

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## CROSSWORD PUZZLE ANSWERS

15. Dietitian  
19. Vitamin-D  
22. Water  
23. Lactose

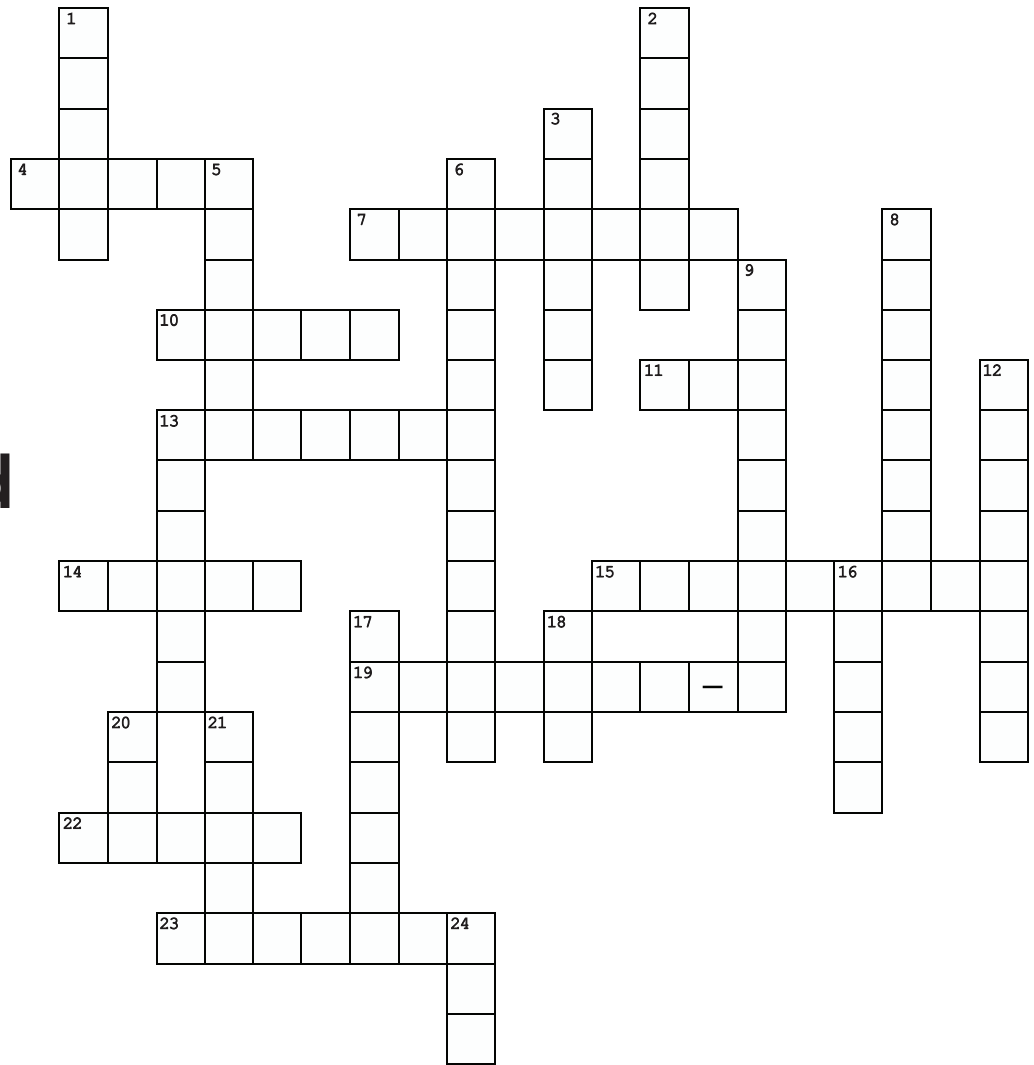
**Across**  
4. Trans  
7. Diabetics  
10. Fiber  
11. BLT  
13. Spinach  
14. Olive

20. Tea  
21. Omega  
24. Egg

9. Saturated  
12. Balanced  
13. Sodium  
16. Tooth  
17. Avocado  
18. BMI

**Down**  
1. Clark  
2. Gluten  
3. Cheese  
5. Shrimp  
6. Carbohydrate  
8. Zucchini!

# Food and Nutrition Crossword Puzzle



## ACROSS:

4. Type of fat in processed food you should avoid.
7. Almost 10% of the U.S. population has this disease associated with obesity.
10. Beans, berries, and brussels sprouts are good sources of \_\_\_\_\_.
11. This sandwich became popular after WWII when fresh lettuce and tomatoes became available year round.
13. Leafy green vegetable with high iron content.
14. Healthy oil used in Mediterranean cooking.
15. Credible nutrition education is available from your Registered \_\_\_\_\_.
19. The major source of this vitamin for most humans is sun exposure, yet deficiency is widespread.
22. Healthier alternative to sugar-sweetened beverages.
23. Sugar in milk that many people have difficulty digesting.

## DOWN:

1. Famous candy bar that originated in Pittsburgh.
2. The 1% of Americans who have Celiac Disease need to avoid this protein.
3. The oldest of all man-made foods.
5. The most popular seafood consumed in the U.S.
6. The healthy version of this nutrient should supply most of the energy your body needs on a daily basis.
8. Popular summer squash whose flowers are edible.
9. Coconut oil and palm oil are \_\_\_\_\_ fats.
12. A recommended diet that includes a variety of foods.
13. Reducing the amount of this mineral in your diet can help you keep your blood pressure at a healthy level.
16. A high consumption of sugar is directly linked to \_\_\_\_\_ decay.
17. A fruit with healthy fat that has twice as much potassium as a banana.
18. Calculated number used to estimate body fatness based on height and weight.
20. After water, it is the most widely consumed beverage in the world.
21. Flaxseed is a good source of this heart-healthy \_\_\_\_\_-3 fatty acids.
24. The protein found in this food is the highest quality of protein found in any food.