

Room Service

The Nutrition Services Department is pleased to offer Room Service for all patients.

The Hospital menu is enclosed. If a food item is not on the menu, please ask and we will do our best to serve you. All orders can be personally selected and are made-to-order by the Nutrition Services Staff.

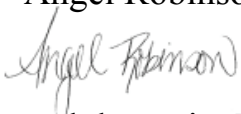
The goal in Nutrition Services is to provide the best possible service during your stay at Henry County Hospital. If there is anything we can improve, please feel free to contact Angel Robinson, Nutrition Services Manager, at extension 814 or 419-591-3814.

Room Service is available from 7:30 a.m. until 6:00 p.m. To order your meal, dial extension 328 (EAT). The Nutrition Services Staff will assist you with your menu selection and answer any of your questions. Your meal will be delivered in 30 minutes or less. You may also have your meals delivered at standard times. Call extension 328 (EAT) and let the Nutrition Services Staff know that this is your preference.

The Room Service Menu is also Weight Watcher friendly. For our patients who are currently on Weight Watchers, ask the Nutrition Services Staff member to assist you with point values.

Thank you for choosing Henry County Hospital!

Sincerely,
Angel Robinson, Manager



and the entire Nutrition Services Staff

Healthy Diet Healthy You

What is a “Healthy Diet?”

The Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruit, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs and nuts;
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Healthy food habits can help reduce three of the major risk factors for a heart attack - high blood pressure, high blood cholesterol, and excess body weight.



Breakfast

Sides

Carbohydrates

Fresh Fruit Cup (seasonal)	1
Fruit (apple, orange, grapes, or 1/2 banana)	1
Hash Browns or Potato Sticks	1
Light Yogurt	1
Sausage or Bacon	0
Yogurt Parfait	3
Diet Yogurt Parfait	2

Cereals

Carbohydrates

Assorted Dry Cereals: Cheerios, Honey Nut Cheerios	1
Total Whole Wheat, Lucky Charms, Wheaties,	1
Cinnamon Toast Crunch, Raisin Bran, Total	2
Oatmeal or Cream of Wheat (both with brown sugar)	1 (2)

Main Dishes

Carbohydrates

Cheese Omelet (American, low sodium American , Cheddar)	0
English Muffin Sandwich (scrambled egg, cheese)	2
French Toast (available with egg substitute)	2
Heart Healthy Sandwich (English muffin, egg substitute, low sodium American cheese)	2
Meat Omelet (ham or bacon)	0
Omelet (make your own: ham, bacon, green pepper, onion, mushroom)	0
Pancakes	3
Scrambled eggs (available with egg substitute)	0

Breads

Carbohydrates

Heart Healthy Muffin	1
Bagels	3
Cinnamon Roll	4
Danish	3
English Muffin	2
Regular Muffin	4
Toast (white, wheat, rye, cinnamon toast)	1
Pop-Tarts	3

Heart Healthy Options - For patients who are on a cardiac diet, foods printed in RED are low sodium, low cholesterol, and low fat.

Lunch and Dinner

<i>Main Dish</i>	<i>Carbohydrates</i>
Beef Stroganoff	2
Fish (baked butter crumb)	1
Macaroni and Cheese	3
Meatloaf	0
Roast Beef	0
Open-face Roast Beef Sandwich	1
With mashed potatoes upon request	1
Open-face Turkey Sandwich	1
With mashed potatoes upon request	1
Pizza	3
Toppings: pepperoni, green pepper, onion, mushroom	0
Shrimp, breaded	2
Spaghetti (marinara or meat sauce)	4
With a piece of French Bread	1
Chicken Strips	1 per strip

<i>Sandwiches (Hot)</i>	<i>Carbohydrates</i>
Angus Beef Hamburger or Cheeseburger on bun	2
Cheese: American, cheddar, or swiss	0
Grilled Chicken on bun	2
Grilled Cheese Sandwich (Heart Healthy available)	2
Grilled Ham and Cheese on bun	2
Tuna Melt Sandwich (Heart Healthy available)	2
Garden Burger on bun	3
BLT Sandwich	2
Hot Dog on bun	2
Fish (baked butter crumb) on bun	3
Fried Fish on bun	3

Heart Healthy Options - For patients who are on a cardiac diet, foods printed in **RED** are low sodium, low cholesterol, and low fat.

Lunch and Dinner

Sandwiches (Cold)

Build your own sandwich (1 slice of bread = 1 carbohydrate, 1 sub bun = 3 carbohydrates)

Bread

Rye, Sub Bun, Wheat, White

Meat

Ham, Tuna Salad, Turkey, Chicken Salad

Cheese

American, Cheddar, Fat Free American, Low-Sodium American, Swiss

Vegetables

Green Pepper, Lettuce, Onion, Pickles, Tomato

Condiments available upon request

Desserts

Carbohydrates

Cookie

1

Custard

1

Dessert of the Day

varies

Gelatin Cup (sugar-free available)

1/0

Ice Cream (chocolate, strawberry, or vanilla)

1

Pie (availability varies)

3

Pudding (chocolate, vanilla, sugar-free)

2/2/1

Sherbet

2

Sugar-Free Ice Cream (vanilla)

1

Beverages

Carbohydrates

Coffee (regular or decaf)

0

Hot Tea (herbal, regular, or green)

0

Hot Chocolate (regular or sugar-free)

1

Iced Tea

0

Juices (Apple, Cranberry, Grape, Orange, Prune)

1/1/1.5/1/1.5

V-8 (low sodium is available)

0

Milk (skim, 2%, chocolate)

1/1/2

Sugar-Free Lemonade

0

Soft Drinks (Pepsi products)

3

Diet Soft Drinks

0

Lunch and Dinner

Sides *Carbohydrates*

Applesauce	1
Baked Potato	2
Carrots	0
Broccoli	0
Green Beans	0
Corn	1
Peas	1
Cottage Cheese	0
Dinner Roll/Bread	1
French Fries	2
Heart Healthy Mashed Potatoes	1
Mashed Potatoes	1
Mixed Vegetables	0
Mozzarella Bread Stick	2
With marinara sauce	0
Pretzels	1
Baked Lays Chips	2
Snack Chips	1
Rice (vegetable pilaf or wild rice)	3
Potato Sticks	1

Soup and Salad *Carbohydrates*

Canned Low Sodium (vegetable, tomato, chicken noodle)	1
Canned Soup (chicken noodle, tomato)	1
Chef Salad	0
Cottage Cheese Fruit Plate	1.5
Garden Salad, Side Salad	0
Grilled Chicken Salad	0
Soup of the Day	1
Vegetable Soup	1
<i>All soups can be served in a bread bowl upon request (available October - March)</i>	2

Diets Defined

Diabetic Diets

- Try to eat at the same time each day and the same amount of carbohydrates.
- Carbohydrate foods include: grains, starchy vegetables, fruit, fruit juice, milk and sweets.
- Portion sizes of carbohydrate foods are important for controlling blood glucose levels. Example: 1 serving of carbohydrate equals - 1 cup milk, 1/3 cup cooked pasta or rice, 1/2 cup Cooked oatmeal, 1 slice of bread, and 1 small piece of fruit (1/2 banana, 17 grapes).

Heart Healthy Options

For patients who are on a cardiac diet, foods printed in **RED** are low sodium, low cholesterol, and low fat.

- Choose foods printed in **RED**.
- Eat three well-balanced meals daily.
- Choose up to 6 oz. of lean meat daily.
- Limit fat to 3-5 teaspoons daily.
- Limit eggs to 4 per week.

Modified Consistency Diets

- This includes patients that are pre/post surgical or have chewing and swallowing difficulties.
- A room service clerk will assist you with menu selections, simply call extension 328.
- If you are unable to place your order, please let your nurse know.

Diabetic Meal Pattern	Carbohydrate Servings per Meal	Carbohydrate Servings per Evening Snack
1200 Calories	3	2
1600 Calories	4	2
1800 Calories	5	1
2000 Calories	5	2
2200 Calories	6	1
2400 Calories	6	2
2600 Calories	6	3
2800 Calories	7	2

Full Liquid Diet

- Chilled Fruit Juice (orange, cranberry, apple, grape or prune)
- Soup (cream of chicken, cream of mushroom or tomato)
- Hot Cereal (oatmeal or cream of wheat)
- Pudding
- Ice Cream (chocolate, vanilla or strawberry)
- Sherbet
- Milk

Clear Liquid Diet

- Chilled Fruit Juice (cranberry, apple or grape)
- Gelatin Cup
- Hot Broth (beef or chicken)
- Coffee (regular or decaffeinated)
- Hot Tea
- Iced Tea
- Popsicle