

UPMC Northwest

Meal Service Times

Breakfast - 7 to 8 a.m.

Lunch - 11 a.m. to Noon

Dinner - 4 to 5 p.m.

How Do I Place an Order?

There are 2 ways to place an order:

1. A meal service host will personally contact you each day for your meal selections.
2. Complete the menu selection sheet delivered by your host and a member of our staff will pick it up.

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 Requests

Special menus are available for **Gluten-free** and **Vegetarian** diets.

If you have a food allergy/intolerance or other special dietary needs, please contact the Diet Office at **676-7106**.

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

HOT AND COLD CEREALS

Oatmeal ♥ (1 carb)
with Brown Sugar (add 1 carb)

Creamy Wheat Farina ♥
(1 carb)

Corn Flakes® ♥ (1 carb)

Rice Krispies® ♥ (1 carb)

Cheerios® ♥ (1 carb)

Frosted Flakes® ♥ (1½ carbs)

Mini-Wheats® ♥ (1½ carbs)

Raisin Bran® ♥ (2 carbs)

FRUIT

Banana ♥ (2 carbs)

Fresh Fruit Cup ♥ (1 carb)

Mandarin Oranges ♥ (1 carb)

Applesauce ♥ (1 carb)

Stewed Prunes ♥ (1 carb)

JUICE

Orange ♥ (1 carb)

Apple ♥ (1 carb)

Cranberry ♥ (1 carb)

Prune ♥ (1 carb)

YOGURT

Fruited Yogurt
Harvest Peach ♥ (1½ carbs)
Strawberry ♥ (1½ carbs)

Light Yogurt
Very Vanilla ♥ (1 carb)
Strawberry 'n Banana ♥ (1 carb)

Greek Yogurt
Vanilla ♥ (½ carb)
Strawberry ♥ (1 carb)

ENTREES

Low-cholesterol
Scrambled Eggs ♥
Scrambled Eggs

Cheese Omelet
Cinnamon French Toast
(1½ carbs)

Roasted Vegetable Omelet
(½ carb)

SIDES

Hard Cooked Egg
Breakfast Potatoes ♥ (1 carb)

Bacon Strips
Turkey Sausage Links

BAKERY

English Muffin ♥ (2 carbs)
Slice of Bread ♥ (1 carb)
Whole Wheat or White

Plain Bagel ♥ (2 carbs)
Apple Cinnamon Muffin
(2 carbs)

Blueberry Crumb Cake
(2 carbs)

ACCOMPANIMENTS

Margarine or Butter
Lite Cream Cheese
Brown Sugar (1 carb)
Peanut Butter (½ carb)

Grape Jelly (½ carb)
Diet Grape Jelly
Syrup (2 carbs)
Diet Syrup

Ketchup
Hot Sauce

Lunch and Dinner

SOUPS

Chicken Noodle ♥ (*½ carb*)

Garden Vegetable (*½ carb*)

Cream of Tomato (*1½ carbs*)

Potato Chowder (*½ carb*)

BAKERY

Dinner Roll ♥ (*1 carb*)

Slice of Bread ♥ (*1 carb*)
Whole Wheat or White

Saltine Crackers (*3 pkgs = 1 carb*)

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

Homemade Banana Bread (*3 carbs*)

HOT ENTREE

Roast Turkey Breast with Gravy ♥ (*½ carb*)

Breaded Chicken Breast (*½ carb*)

Chicken Tenders (*1½ carbs*)

Baked Tilapia ♥

Penne Pasta with Marinara (*3 carbs*)

Macaroni and Cheese Casserole (*1½ carbs*)

Beef Pot Roast

Salisbury Steak with Gravy (*½ carb*)

Potato and Cheese Pierogies (*4 carbs*)

SIDE SALADS

Garden Salad ♥
Dressing: Italian, Ranch, or French

Spinach Salad ♥
Dressing: Italian, Ranch, or French

Coleslaw (*½ carb*)

Cottage Cheese ♥

Cottage Cheese and Peaches ♥ (*1½ carbs*)

STARCHES

Mashed Potatoes (*1 carb*)

Roasted Sweet Potatoes ♥ (*1 carb*)

Macaroni and Cheese (*1 carb*)

Penne Pasta with Marinara (*1½ carbs*)

Steamed Rice ♥ (*1 carb*)

Baked Potato ♥ (*2 carbs*)

Potato and Cheese Pierogies (*1½ carbs*)

VEGETABLES

Green Beans ♥ (*½ carb*)

Carrots ♥ (*½ carb*)

Whole Kernel Corn ♥ (*1 carb*)

Capri Blend ♥ (*½ carb*)

Lunch and Dinner (continued)

DELI AND GRILL

Ranch Turkey Wrap (1½ carbs)

Ham and Cheese Sandwich
on Italian Bread (2 carbs)

Chicken Salad on Wheat Bun (1½ carbs)

Egg Salad Sandwich on Italian Bread (2 carbs)

Peanut Butter and Jelly Sandwich
on Italian Bread (3 carbs)

Hamburger on White Bun (2 carbs)
or Wheat Bun (1½ carbs)

Cheeseburger (2 carbs)

Hot Dog (1½ carbs)

Garden Burger on Wheat Bun (2½ carbs)

Cheese Pizza Wedge (3 carbs)

ENTREE SALADS

Traditional Chef Salad (½ carb)
Dressing: Lite Italian or Lite Ranch (add ½ carb)

Turkey Chef Salad (½ carb)
Dressing: Lite Italian or Lite Ranch (add ½ carb)

Grilled Chicken Salad ♥ (½ carb)
Dressing: Lite Italian or Lite Ranch (add ½ carb)

Fresh Fruit and Cottage Cheese
Platter ♥ (2½ carbs)

Canned Fruit and Cottage Cheese
Platter ♥ (2½ carbs)

ACCOMPANIMENTS

Lettuce and Tomato

Pickles

Onions

SNACKS

White Cheddar Popcorn
(½ carb)

Potato Chips (1½ carbs)
Pretzels (1 carb)

Hummus Cup ♥ (½ carb)

CONDIMENTS

Salt

Pepper

Mrs. Dash®

Peanut Butter (½ carb)

Margarine or Butter

Sour Cream

Lite Cream Cheese

Parmesan Cheese

Assorted Jelly (½ carb)

Assorted Diet Jelly

Ketchup

Mustard

Lemon

Lite Mayo

Barbecue Sauce (1 carb)

Tartar Sauce

Hot Sauce

Desserts

FRUIT

Applesauce ♥ (1 carb)

Pears ♥ (1 carb)

Diced Peaches ♥ (1½ carbs)

Banana ♥ (2 carbs)

Apple Wedges ♥ (1 carb)

Red Grapes ♥ (1 carb)

Fresh Fruit Cup ♥ (1 carb)

COOKIES

Sugar (1 carb)

Chocolate Chip (1 carb)

SnackWell's® Cookies ♥ (1 carb)

Nabisco® Fig Newtons ♥ (1 carb)

DESSERTS

Angel Food Cake ♥ (2 carbs)
with Strawberry Sauce

Chocolate Layer Cake (2½ carbs)

Cherry Pie (3½ carbs)

Apple Pie (3 carbs)

YOGURT

Fruited Yogurt

Harvest Peach ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Light Yogurt

Very Vanilla ♥ (1 carb)

Strawberry 'n Banana ♥
(1 carb)

Greek Yogurt

Vanilla ♥ (½ carb)

Strawberry ♥ (1 carb)

GELATIN

Orange ♥ (1½ carbs)

Strawberry ♥ (1½ carbs)

Diet Orange ♥

Diet Strawberry ♥

PUDDING

Vanilla ♥ (1½ carbs)

Chocolate ♥ (1½ carbs)

Tapioca ♥ (1½ carbs)

Diet Vanilla ♥ (1 carb)

FROZEN DESSERTS

Ice Cream

Vanilla (1 carb)

Chocolate (1 carb)

Sherbet

Orange ♥ (1½ carbs)

Raspberry ♥ (2 carbs)

Beverages

COFFEE

Regular

Decaf ♥

TEA

Regular

Black

Green

Decaf

Black

Chamomile ♥

ACCOMPANIMENTS

Sugar (2 pkgs = ½ carb)

Non-dairy Creamer

Honey

Sweet'N Low® or Splenda®

Lemon

HOT CHOCOLATE

Regular (1 carb)

Diet (½ carb)

MILK

Skim ♥ (1 carb)

Fat-free Lactaid® ♥ (1 carb)

Vanilla Soy ♥ (1 carb)

2% (1 carb)

Fat-free Chocolate (1½ carbs)

Almond Milk (1 carb)

Whole (1 carb)

OTHER

Sweet Iced Tea (1½ carbs)

Pepsi® (2 carbs)

Ginger Ale (1½ carbs)

Diet Decaf Iced Tea

Diet Pepsi®

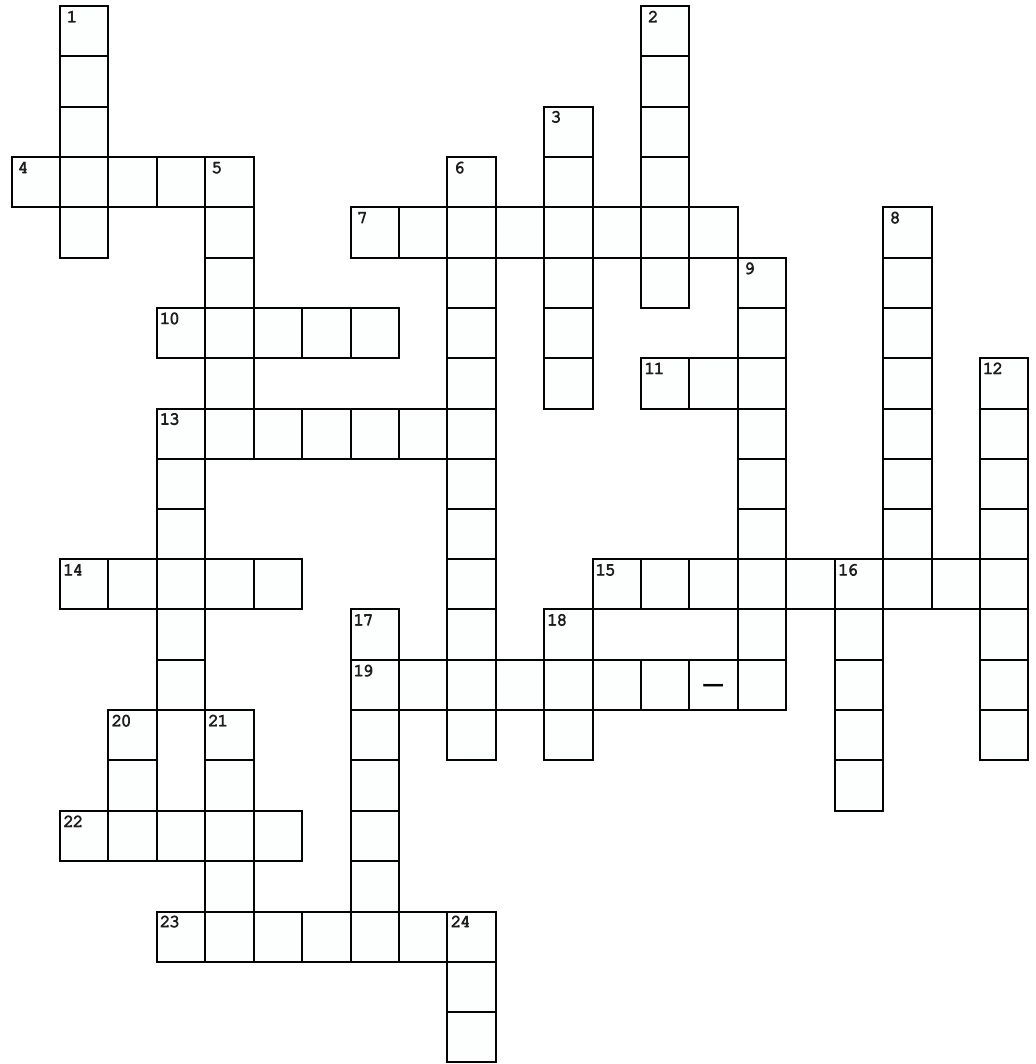
Diet Ginger Ale

Lemonade (2 carbs)

CROSSWORD PUZZLE ANSWERS

| | | |
|---|---|---|
| <p>Across</p> <p>4. Trans</p> <p>7. Diabetes</p> <p>10. Fiber</p> <p>11. BLT</p> <p>13. Spinach</p> <p>14. Olive</p> <p>15. Dietitian</p> <p>19. Vitamin-D</p> <p>22. Water</p> <p>23. Lactose</p> | <p>13. Sodium</p> <p>16. Tooth</p> <p>17. Avocado</p> <p>18. BMI</p> <p>20. Tea</p> <p>21. Omega</p> <p>24. Egg</p> | <p>Down</p> <p>1. Clark</p> <p>2. Gluten</p> <p>3. Cheese</p> <p>5. Shrimp</p> <p>6. Carbohydrate</p> <p>8. Zucchini</p> <p>9. Saturated</p> <p>12. Balanced</p> |
|---|---|---|

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.

