

# General Diet Menu – Breakfast

(Amounts in parentheses are grams of carbohydrates)



## ♥A la Carte

Fresh Fruit – apple (15g), banana (30g), orange (20g), grapes (15g)

Applesauce (15g)

Diced Fruit (15g) – peaches, pears

Mixed Fruit Cup (15g) – *cantaloupe, honey-dew, oranges, grapes and pineapple*

Yogurt – regular (30g), light (15g)

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## Bread & Bakery

Toast – white (15g), ♥whole wheat (15g), cinnamon raisin (25g)

Bagels – cinnamon raisin (45g), plain (45g), ♥whole wheat (55g)

Muffins (20g) – blueberry, apple cinnamon, ♥bran

English Muffin (25g)

*Condiments: margarine, butter, jelly (10g), diet jelly (3g), peanut butter (5g), honey (5g), cream cheese*

## Cold Cereals

♥Cheerios® (15g), Corn Flakes® (20g),

♥Raisin Bran® (35g), ♥Shredded Wheat® (25g),

♥Frosted Mini Wheats® (30g), ♥Complete Bran

Flakes®(25g), Frosted Flakes® (25g),

Froot Loops® (25g), Rice Krispies® (20g),

Cap'n Crunch® (20g), Corn Pops® (25g),

♥All Bran® (40g)

Milk (15g) – ♥skim, 2%, whole

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## Hot Cereals

♥Oatmeal (20g)

Cream of Wheat® (20g)

*Condiments: sugar (3g), brown sugar (30g), Equal®, Splenda®, raisins (30g)*

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## Morning Specialties

♥*Cholesterol-free egg substitute is available.*

Mixed Fruit (30g) & Cottage Cheese (5g)– served with a muffin (20g).

Omelet Bar – cheese, ham, turkey sausage, onion, peppers, mushrooms, tomatoes, spinach

Sunrise Sandwich (25g) – egg, cheese and/or ham

Scrambled Eggs

French Toast (15g)

Buttermilk Pancakes (25g)

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## Hot Sides

Bacon

Turkey Sausage

Hash Brown Potatoes (15g)

*Condiments: syrup (30g), diet syrup (4g), butter, margarine, salt, pepper, Mrs. Dash®, ketchup (2g), hot sauce*