

General Diet Menu – Beverages & Desserts

(Amounts in parentheses are grams of carbohydrates)



Hot Drinks (8 oz)

Coffee – regular, decaf
French Vanilla Cappuccino (25g)
Hot Chocolate – regular (25g), no sugar added (10g)
Hot Tea – regular, decaf
Herbal Tea – lemon, apple & cinnamon, orange & spice, cranberry apple, mint medley

*Condiments: sugar (3g), Equal®, Splenda®,
creamer, non-dairy creamer (2g), lemon,
honey (5g)*

Milk (8 oz)

Milk – ♥skim (15g), 2% (15g), whole (15g),
chocolate (25g)
Rice Milk – original (25g), vanilla (25g)
Soy Milk – original (10g), vanilla (20g),
chocolate (25g)
Lactose-Free Milk (15g)

Juice (4 oz)

♥Juice – apple (15g), orange (15g), cranberry (20g), grape (20g), prune (25g), vegetable (10g), low-sodium vegetable (10g)
Crystal Light® – orange sunrise, raspberry ice

Fountain Drinks (8 oz)

Pepsi® (25g), Sierra Mist® (25g), Mountain Dew® (30g), Root Beer® (30g), Diet Sierra Mist®, Diet Pepsi®, Caffeine-Free Diet Pepsi®, Diet Mountain Dew®, Sugar-Free Lemonade, Iced Tea

Bakery

Chocolate Fudge Brownie (30g)
Apple Pie (45g)
Carrot Cake (35g)
♥Angel Food Cake (35g) – with strawberry sauce (20g)
Cookies (25g) – chocolate chip, oatmeal raisin

♥ On The Lighter Side

Fresh Fruit – apple (15g), banana (30g), orange (20g), mixed fruit cup (15g)
Applesauce (15g)
Diced Fruit (15g)
Yogurt – regular (30g), light (15g)
Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)
Gelatin – regular (15g), sugar-free

Frozen Delights

Ice Cream – regular (15g), ♥fat-free (20g)
♥Sherbet – orange (30g), raspberry (25g)
♥Italian Fruit Ice (20g)
♥Sugar-Free Lemon Sorbet (5g)
♥Popsicles – regular (15g), sugar-free (5g)

Specialty Frozen Beverages (12 oz)

Limited to one per meal

♥Nonfat Frozen Yogurt Shake – vanilla (30g), chocolate (55g)
♥Fruit Smoothie (45g)