

GUNDERSEN

PALMER LUTHERAN HOSPITAL AND CLINICS

Room Service

You May Place Your Order:

7:00 a.m. – 5:30 p.m.

To Place Your Order:

Press “ON” on your bedside phone.

Then, press “1574”.

We will verify your name, room number and the eating plan ordered by your provider.

Some food items do not fit in with the eating plan that has been chosen by your provider. Our Nutrition staff will help you with your selections.

Also, some medications may need to be coordinated with your meal time.



indicates heart healthy items



indicates higher sodium items

Carbohydrate choices are listed for each food item
(15 grams = 1 carbohydrate (CHO) choice)

Your food items will arrive within 45 minutes.

Guest trays are available for \$5.00 each.

This includes an entrée, two side dishes, a beverage and dessert or fruit.

Please have payment ready when tray arrives.

Thank You.

My Plate Planner

Please refer to meal planning guidelines on the back.



My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of fruit.
- Choose 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

For breakfast, use only half the plate.

For lunch and dinner, use the whole plate.



9-inch plate

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***15 GRAMS OF CARBOHYDRATES = 1 CARBOHYDRATE CHOICE/SERVING (CHO)**

Meal Planning Guidelines

Carbohydrates

Choose any 3 servings at each meal.*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:

Breads and starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

Fruits

- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

Milk

- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

Meats and proteins

Choose 1–3 servings per meal.*

Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

Fats

Choose 1–2 servings per meal.*

Examples of one serving:

- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

Free foods

Foods with less than 20 calories per serving

Use as desired:*

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

*Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

Visual Tips for Portion Sizes

1 cup =		=	
1/2 cup =		=	
1/3 cup =		=	
2 Tablespoons =		=	
1 Tablespoon =		=	
1 teaspoon =		=	
1 ounce (oz) =		=	
3 ounces (oz) =		=	

For more information

Medicare Part B and Medicare Advantage customers:
Call 1-877-231-5199 and mention reference code ED06500 to order supplies.

Website: www.PrescriptionSolutions.com/diabetes

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

Prescription Solutions is an affiliate of UnitedHealthcare Insurance Company.

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Prescription Solutions®

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Breakfast Any Time

Cereals

- ♥ Cream of Wheat = 1 Carb
- ♥ Cream of Rice = 1 Carb
- ♥ Oatmeal = 1 Carb
- ♥ Corn Flakes = 1 Carb
- ♥ Cheerios = 1 Carb
- ♥ Rice Krispies = 1 Carb
- ♥ Bran Flakes = 1 Carb
- ♥ Shredded Wheat = 1 Carb



Bread

- White Toast = 1 Carb
- ♥ Wheat Toast = 1 Carb
- ♥ Plain Bagel = 3 Carbs
- ♥ English Muffin = 2 Carbs
- ♥ Bran Muffin = 2 Carbs
- Blueberry Muffin = 2 Carbs

Entrees

- Cheese Omelet = 0 Carbs
- ♥ Egg White Scramble = 0 Carbs
- Hard Cooked Egg = 0 Carbs
- Buttermilk Pancake = 1 Carb
- French Toast = 1 Carb
- 🥞 Bacon = 0 Carbs
- 🥞 Sausage = 0 Carbs
- 🥞 Breakfast Wrap = 2 Carbs
(egg, bacon & cheese in a 10" tortilla)
- Egg & Cheese on an English Muffin = 2 Carbs
- Lowfat "Lite" Yogurt = 1 Carb
- Carnation Instant Breakfast = 2 Carbs
- Sugar Free Carnation Instant Breakfast = 1 Carb



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Soups, Salads & Sandwiches

Salads & Cold Sides

- ♥ Mixed Green Salad = 0 Carbs
- 1% Cottage Cheese = 0 Carbs
- Coleslaw = 1 Carb

Dressings

0 Carbs

- ♥ Oil & Vinegar Caesar Ranch

1 Carb

- 1,000 Island French (regular & fat free)



Soups- Low Sodium

- ♥ Served with saltine crackers. No salt top crackers served with Reduced Sodium diets. 6 saltines (3 pkg) = 1 carb 1 pkg oyster crackers = ½ carb
- Vegetable = 1 Carb Chicken Noodle = 1 Carb
- Tomato = 1 Carb Chicken Broth = 0 Carbs
- Vegetable Broth = 0 Carbs Beef Broth = 0 Carbs
- Regular Soups = 1 Carb (Cream of Chicken, Cream of Mushroom, Soup of the Day)

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Deli Bar

Bread

White = 1 Carb

- ♥ Whole Wheat = 1 Carb

Deli Bun = 2 Carbs

Fillings

Tuna = 0 Carbs

Egg Salad = 0 Carbs

Peanut Butter & Jelly = 1 Carb (with diet jelly = 0 Carbs)

Sliced Meats

- ♥ Turkey = 0 Carbs

Ham = 0 Carbs

Cheese

American = 0 Carbs

Swiss = 0 Carbs

Extras

Lettuce, Tomato, Onion, Pickle = 0 Carbs

Potato Chips, Pretzels = 2 Carbs

- ♥ Lays Baked Chips = 2 Carbs



From the Grill

- ♥ Grilled Chicken Breast on a Bun = 2 Carbs

Beef Patty on a Bun = 2 Carbs

Grilled Cheese Sandwich = 2 Carbs

Vegetarian Burger on a Bun = 2 Carbs

Cheeseburger on a Bun = 2 Carbs

Breaded Fish Sandwich = 2 Carbs

Entrees

Entrees

**Ask about our Entrée of the Day*

Homestyle Meatloaf = 0 Carbs

♥ Baked Cod (Lemon Pepper) = 0 Carbs

🥛 Macaroni & Cheese = 2 Carbs

♥ Stir Fry over Rice (Vegetarian/Chicken) = 2 Carbs

Pot Roast = 0 Carbs

Chicken Tenders = 1 Carb

🥛 4" Cheese Pizza = 2 Carbs

Pasta = 2 Carbs

Marinara Sauce = 1 Carb

Lemon Pepper Filet = ½ Carb



Salad Entrees

♥ Chef Salad – Choose Turkey, Ham, Hard

Cooked Eggs and Cheddar Cheese = 0 Carbs

Side Dishes

Mashed Potatoes (Plain, Gravy, Butter) = 1 Carb

Baked Potato = 2 Carbs

♥ Pasta = 1 Carb

♥ Steamed Rice = 2 Carbs

Oven Potato Wedges = 2 Carbs

♥ Steamed Carrots = 0 Carbs

♥ Steamed Peas = 1 Carb

♥ Steamed Green Beans = 0 Carbs

♥ Steamed Vegetable Blend = 0 Carbs

♥ Celery & Carrot Stix = 0 Carbs

Dinner Roll = 1 Carb



Beverages

Coffee

Regular = 0 Carbs

♥ Decaf = 0 Carbs

Tea

Black = 0 Carbs

♥ Black – Decaf = 0 Carb

Green = 0 Carbs

♥ Green – Decaf = 0 Carbs

♥ Herbal = 0 Carbs

Iced = 0 Carbs

Hot Chocolate (regular & sugar free) = 1 Carb

Lemon Lime Soda (Regular) = 2 Carbs

Lemon Lime Soda (Sugar Free) = 0 Carbs



Juice

Orange = 1 Carb

Cranberry = 1 Carb

Tomato = ½ Carb

Apple = 1 Carb

Prune = 2 Carbs

Grape = 1 Carb

Milk

♥ Skim = 1 Carb

2% = 1 Carb

♥ Soy = ½ Carb

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Desserts

**Dessert of the Day*

♥ Seasonal Fruit Cup = 1 Carb

♥ Canned Peaches = 1 Carb

♥ Applesauce = 1 Carb

♥ Piece of Fruit

Apple = 1 Carb Banana = 1 Carb

Orange = 1 Carb Grapes = 1 Carb

Chocolate Chip or Sugar Cookie = 1 Carb

Ice Cream (Chocolate or Vanilla) = 1 Carb

Pudding (Chocolate or Vanilla) = 2 Carbs

(Sugar Free) = 1 Carb

Sherbet = 2 Carbs

♥ Gelatin (Regular) = 1 Carb (Sugar Free) = 0 Carb



Kids' Corner

 Grilled Cheese Sandwich = 2 Carbs

Chicken Tenders = 1 Carb

 Macaroni & Cheese = 2 Carbs

Pasta w/ Red Sauce = 3 Carbs

Peanut Butter & Jelly Sandwich = 3 Carbs

Oven Potato Wedges = 2 Carbs

Microwave Lite Popcorn = 1 Carb


 4" Cheese Pizza = 2 Carbs

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Condiments

 Salt = 0 Carbs

♥ Pepper = 0 Carbs


♥ Mrs. Dash = 0 Carbs

Sugar = 1 Carb

Splenda = 0 Carbs

Syrup (Sugar Free) = 0 Carbs

♥ Syrup (Lite) = 1 Carb

 Ketchup = 0 Carb

Half & Half = 0 Carb


Non-Dairy Creamer = 0 Carb

Whipped Butter = 0 Carb

Margarine = 0 Carb

Jelly (Regular) = 1 Carb

Jelly (Diet) = 0 Carbs

 Mayonnaise (Lite or Regular) = 0 Carbs

 Pickle Relish = 1 Carb

 Sweet & Sour = 1 Carb

 BBQ Sauce = 1 Carb

 Parmesan = 0 Carb

Sour Cream = 0 Carb

Honey = 1 Carb

 Mustard = 0 Carb

Statement of Mission

The mission of Gundersen Palmer Lutheran Hospital and Clinics is to provide the healthcare and education we would want our loved ones to receive.

Vision

In partnership with Gundersen Health System, we will be the first choice of patients and a leader in community health and wellness.

Values:

Integrity
Excellence
Respect
Innovation
Compassion

GUNDERSEN PALMER LUTHERAN HOSPITAL AND CLINICS

Gundersen Palmer Lutheran Hospital and Clinics does not discriminate in patient admission, room assignments, patient services or employment on the basis of race, color, national origin, gender, religion, disability or age. If assistive or communication aides for impaired hearing, vision, speech or manual skills are needed, Gundersen Palmer will make reasonable accommodations.