**GUIDELINES FOR COMMON NUTRIENT RESTRICTED DIET ORDERS**

**Carbohydrates**

- Order meals at consistent meal times and space meals 
- Additional blood sugar to check your blood sugar levels before you eat your meal at least 3-4 hours apart.

**Protein**

- Each meal-time insulin dose of 80 grams of carbohydrate per meal, 240 grams of at one time as well as the daily total of carbohydrates.

**Fat**

- Available all day

**Calories**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>SATURATED (g)</th>
<th>CARBS (g)</th>
<th>SODIUM (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>123. Scrambled Eggbeaters</td>
<td>140</td>
<td>2</td>
<td>3.4</td>
<td>0.2</td>
<td>8</td>
<td>11</td>
</tr>
<tr>
<td>140. Organic banana</td>
<td>137</td>
<td>1.7</td>
<td>35.2</td>
<td>0.5</td>
<td>0.2</td>
<td>0.2</td>
</tr>
<tr>
<td>121. Scrambled eggs with cheese</td>
<td>238</td>
<td>16</td>
<td>0.7</td>
<td>19</td>
<td>7.9</td>
<td>121</td>
</tr>
<tr>
<td>151. Plain</td>
<td>90</td>
<td>14</td>
<td>7</td>
<td>0</td>
<td>70</td>
<td>212</td>
</tr>
<tr>
<td>133. Pineapple</td>
<td>85</td>
<td>0.9</td>
<td>22.3</td>
<td>0.2</td>
<td>0</td>
<td>185</td>
</tr>
<tr>
<td>153. Strawberry</td>
<td>120</td>
<td>12</td>
<td>17.3</td>
<td>0</td>
<td>53</td>
<td>198</td>
</tr>
<tr>
<td>906. Bbq sauce</td>
<td>41</td>
<td>0</td>
<td>10</td>
<td>0</td>
<td>260</td>
<td>49</td>
</tr>
<tr>
<td>911. Reduced Fat Mayonnaise</td>
<td>40</td>
<td>0</td>
<td>0.5</td>
<td>4</td>
<td>85</td>
<td>8</td>
</tr>
<tr>
<td>918. Non-dairy creamer</td>
<td>14</td>
<td>0</td>
<td>1.4</td>
<td>0.9</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**Breads**

- Fresh Cut Fruit
- Hashbrown triangle
- Bacon (two strips)
- White roll
- Strawberry
- Pineapple

**Foods from Home...**

- Peet's coffee
- Peet's decaf coffee
- Chamomile herbal tea
- Ginger ale
- Gatorade®
- Prune juice
- Lactose free milk
- Low fat milk

**Sodium & Potassium**

- The diet clerk will work with you to meet the doctor's order.
- Refrigorated foods (including the container) will be discarded the morning of the second.
- Ask your nurse if you are approved to bring in food from outside.
- You must order 3 meals and 3 snacks daily. Snacks are
- This diet restricts the sodium and potassium ordered of 800mg of sodium and 4.5g of saturated fat at one.
- The phone clerk will allow you to order a maximum of 800mg of sodium and 4.5g of saturated fat at one.
- UCSF dietitian-approved choice for sodium or fat restricted

**Room Service Menu**

- All Hours
- Sundays
- Daily
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

**Guides, Translations & Scans for All Menu**

- Rooms Service: 10:00 am - 8:00 pm
- **Note:** Each menu item is a link to a full menu description.