



# ROOM SERVICE MENU

## with Nutrition Facts

for carbohydrate control, and for cardiac and renal diets

Open daily 7am ~ 8pm

Guest meals available for \$9 (credit card only)

CALL 3-1111 (415-353-1111) to place order.

Delivery within 60 minutes. All items are à la carte. Please ask for sides & condiments.

Patients at Mission Bay or on 11 Long at Parnassus may order using the bedside tablet or TV

Our kitchen system & clerk know your food allergies and prescribed diet from your health record. There is no charge for this service for patients however there may be limits to the quantity of food you can order daily. The clerk will work with you to find menu items appropriate for your doctor's order and guide you through the meal ordering process.



SCAN FOR ALL  
MENU GUIDES,  
TRANSLATIONS &  
NUTRITIONAL INFO

## GUIDELINES FOR COMMON NUTRIENT RESTRICTED DIET ORDERS

### Carbohydrate Control/Diabetic

- This diet controls the amount of carbohydrates ordered at one time as well as the daily total of carbohydrates
- The phone clerk will allow you to order a maximum of 80 grams of carbohydrate per meal, 240 grams of carbohydrates for the full day

### Patients on Insulin for Blood Sugar Control

To help us manage your blood sugar, your nurse needs to check your blood sugar levels before you eat your breakfast, lunch and dinner. Additional blood sugar checks will be done at 9pm and 2am to ensure your baseline blood sugar levels are well controlled. For the best blood sugar management with room service dining, please do these things:

- Eat 3 times per day & do not skip meals
- Order meals at consistent meal times and space meals at least 3-4 hours apart. Each meal-time insulin dose is active in your body for approximately 4 hours
- Most Important: Wait for your nurse to check your blood sugar before eating your meal

### Cardiac

- This diet restricts the sodium and saturated fat

ordered at one time, as well as the daily total

- This icon [♥] indicates menu items that are lower in sodium and saturated fat
- The phone clerk will allow you to order a maximum of 800mg of sodium and 4.5g of saturated fat at one time, 2500mg of sodium and 13.5g saturated fat for the full day

### Renal

- This diet restricts the sodium and potassium ordered at one time, as well as the daily total. You can also order a maximum of 2 servings of dairy daily
- The phone clerk will allow you to order a maximum of 800mg of sodium and 800mg of potassium at one time, 2500mg of sodium and 2500mg of potassium for the full day

### Gestational Diabetes

- This diet does not allow sweets, and restricts the quantity and timing of dairy and fruit
- You must order 3 meals and 3 snacks daily. Snacks are ordered at the same time as meals
- The diet clerk will work with you to meet the carbohydrate goals set by your doctor