

Heart Healthy

Your doctor has ordered a heart healthy plan for you. This eating plan is low in fat and sodium. A heart healthy plan can reduce the major risk factors for heart attack and stroke – high blood pressure, high cholesterol, and excess body weight. The American Heart Association dietary guidelines for all Americans include:

- **Eat a variety of fruits and vegetables. Choose 5 or more servings daily.**
- **Eat a variety of grain products, including 100% whole grains. Choose 6 or more servings daily.**
- **Eat fish at least twice a week.**
- **Include low fat and fat-free milk products, legumes (beans), skinless poultry, lean meats.**
- **Choose fats and oils with 2 grams or less saturated fat per tablespoon, such as liquid and tub margarine; canola, corn, safflower, and olive oils.**
- **Limit your intake of foods high in calories or low in nutrition. This includes foods with a lot of added sugar like soft drinks and candy.**
- **Limit foods high in saturated fat, trans-fat, and cholesterol such as full-fat dairy products, fatty meats, tropical oils (palm and coconut) and partially hydrogenated vegetable oils.**
- **Eat less than 2400 mg. of sodium per day.**
- **If you drink alcohol, have no more than one drink per day for women or two per day for men. One drink should include no more than 1 ½ oz. of alcohol.**

Our heart healthy plan does not include any caffeine or decaffeinated products. This is because caffeine may interfere with a special test for the heart. If you will not be receiving the test or have already completed the test it may be okay for you to have caffeine. If this is the case, please ask your doctor to order a caffeine allowance for you.

If you would like additional guidance on your heart healthy diet, a registered dietitian can be contacted with questions or to arrange a visit during your hospitalization by calling **317-745-3769**. Individual outpatient consultations are also available with a physician referral.

HOW DO I ORDER?

Welcome to Hendricks Regional Health Danville Hospital. It is with great pleasure that we present our At Your Service room service menu. Our goal is to make your stay with us as pleasant as possible.

Placing your meal order is very simple. Just follow these easy steps:

- **Look over the menu and decide what you would like.**
- **Dial 86300.**
- **Call anytime between 6:45 a.m. and 10:00 a.m. OR 11:00 a.m. and 7:30 p.m. The call center specialist will take your order.**
- **Your meal will be delivered within 45 minutes.**

Any questions you may have can be answered by your At Your Service Lead when they deliver your meal or by the call center specialist when you place your order. Your guests may wish to dine with you. For a fee, guests may order from our Room Service Menu. Please call 86300 for more information. For each patient's safety we are only able to accept your meal selections after your physician has entered your diet order. Not all menu items are appropriate for all diets and some modifications may need to be made when you place your order. We will guide you when placing your order, if necessary.

Should there be any concerns or questions regarding your meals or service, please contact the Nutrition and Dietetics Department at 11745.

Enjoy your meal!

Patient _____

Room Number _____



Hendricks
Regional Health

HENDRICKS.ORG

at your
SERVICE
your choice for dining excellence

Presented by Nutrition & Dietetics Department

Breakfast Selections (HH)

Available during service hours, call 86300

Starters

Juice: Orange • Apple • Cranberry • Grape • Prune • Low Sodium V-8®

Fruit: Banana • Grapes • Fruit Medley • Applesauce • Stewed • Prunes • Cantaloupe

Yogurt: Lite Blueberry • Lite Vanilla • Lite Strawberry Greek
Lite Blueberry Greek

Yogurt Parfait: Vanilla yogurt layered with strawberries & blueberries (Granola topping available)

Cereal

Hot: Oatmeal • Cream of Wheat® • Grits • Cream of Rice®

Cold: Corn Flakes • Rice Krispies® • Special K® • Cheerios®
Raisin Bran® • Frosted Flakes®

Toppings: Brown Sugar • Cinnamon and Sugar • Honey
Shredded Cheddar Cheese

Breakfast Bakery

Toast: White • Wheat • Cinnamon Swirl

Muffins: Blueberry • Bran

Bread: Plain Bagel

Choice of: Margarine • Jelly • Diet Jelly • Lite Cream Cheese
Peanut Butter

(Limit fat servings to 1-2 per meal)

Hot Off the Grill

*only available from 6:30 - 10:00 am

Eggs: Scrambled • Hard Boiled • Hard Cooked Fried in Non-
Stick Pan Spray

Griddle*: Pancake • French Toast

Choice of: Regular Syrup • Sugar Free Syrup

Create Your Own Omelet - Add in: Onions • Mushrooms •
Chopped Tomatoes • Bell Peppers • Cheese

Beverages

Milk: Skim • 2% Low Fat • Soy

Soft Drinks: 7-Up® • Diet 7-Up® • Ginger Ale • Sugar Free
Ginger Ale Pink Lemonade • Sugar Free Lemonade
Bottled Water

Lunch and Dinner (HH)

Available from 11:00 a.m. – 7:30 p.m., call 86300

Homemade Soup Kettle

Low sodium crackers available upon request

Broth: Low Sodium Beef • Low Sodium Chicken

Soups: Low Sodium Chicken Noodle • Low Sodium Tomato •
Low Sodium Vegetable

Fields of Greens

Fruit Plate – An array of fresh fruit with a choice of cottage
cheese or vanilla yogurt (small plate available)

Hummus and Veggie Plate – Plain hummus with crudites of
broccoli, carrots, and grape tomatoes

Side Salads: Mixed Greens • Iceberg • Veggie Relishes • Chef
Cottage Cheese

Dressings: Ranch • Italian • French • Fat Free Ranch • Fat Free
Italian • Fat Free French

Featured Selections

Please limit your selections to one entrée & one to two added
fat servings per meal.

**Tender Pot Roast • Flavorful Roasted Turkey • Savory
Homestyle Meatloaf • Homestyle Chicken & Noodles
Traditional Mac n' Cheese**

**Pan Seared Tilapia Fillet Topped with Lemon Pepper
Charbroiled Salmon Fillet Topped with Lemon**

Featured Sides

Mashed Potatoes • Rice • Noodles • Baked Potato

Featured Vegetables

Broccoli Florets • Baby Carrots • Green Beans
Whole Kernel Corn • Roasted Vegetables

Pasta

Pasta: Noodles • Bowtie

Additions: Grilled Chicken • Grilled Salmon • Broccoli Florets
Parmesan Cheese • Roasted Vegetables

Bread Basket

Freshly baked white rolls • Freshly baked wheat rolls

Lunch and Dinner (HH)

Available from 11:00 a.m. – 7:30 p.m., call 86300

Main Street Grill

**Grilled Chicken Fillet • Grilled Chicken Sandwich
Skinny Grilled Cheese Sandwich**

From the Deli

Build your own sandwich

Fillings: Turkey • Peanut Butter & Jelly

Breads: White • Wheat

Sides: Baked Lays® • BBQ Baked Lays®

Condiments: Lettuce • Tomato Slice • Onion Slice • Fat Free
Miracle Whip® • Ketchup • Mustard

Extras

Sugar • Artificial Sweetener • Pepper • Mrs. Dash®
Additional condiments available upon request

Sweet Endings

Angel Food: Plain • With strawberry fruit sauce • With
raspberry fruit sauce

Cookies: Snickerdoodle • Vanilla Wafers • Rice Krispie Treat®

Pudding: Vanilla • Sugar Free Vanilla • Lemon

Sherbet: Orange • Lime • Raspberry

Ices: Cherry • Orange • Lemon • Popsicle

Regular Gelatin: Strawberry • Orange

Sugar Free Gelatin: Cherry • Orange

Fresh Fruit: Banana • Grapes • Apple • Fruit Medley

Chilled Fruit: Applesauce • Peaches • Pears • Pineapple
Chunks • Cantaloupe • Mandarin Oranges