

Food Guide Pyramid

Your Guide to Daily Food Choices

When it comes to feeling good and being fit, eating right makes all the difference in the world. That's why we've included the Food Guide Pyramid. On it you'll find suggestions for the types and amounts of food you should eat each day. When you pick from each food group over the course of the day, you're sure to get all the nutrients you need for proper health.

Have a question about what to eat? Be sure to ask your Room Service Attendant for some meal suggestions.

Thank you



MyPyramid.gov
STEPS TO A HEALTHIER YOU

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein

For a 2,200-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 7 oz. every day	Eat 3 cups every day	Eat 2 cups every day	Eat 3 cups every day <small>for kids aged 2 to 8, it's 2</small>	Eat 6 oz. every day
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U.S. Department of Agriculture

The staff of Beth Israel Deaconess Medical Center, is committed to delivering EXCELLENT meals and service. In keeping with that goal, we are pleased to offer At Your Request-Room Service Dining®.



Beth Israel Deaconess
Medical Center

AT YOUR REQUEST

Room Service Dining®

To place your food request,
Dial 7FOOD (73663)

Room Service is Available
6:45 am to 7:00 pm

May we suggest the following
ordering times:

Breakfast
7:00 am to 9:00 am

Lunch
11:00 am to 1:30 pm

Dinner
4:00 pm to 6:30 pm

Welcome

AT YOUR REQUEST

Room Service Dining®

Taking Hospital Food to a
Whole New Level!

Soon after your admission to Beth Israel Deaconess Medical Center, your physician will prescribe a specific diet to meet your nutritional needs. You will then be able to order food from our Room Service Dining Program. At Your Request Room-Service Dining® is an innovative new concept in patient meal service. At Your Request-Room Service Dining® gives you more flexibility. With this new program you can order when you feel like eating, and the meal will arrive within 45 minutes.

The ordering process is very simple. All you have to do is dial extension 7FOOD (73663) between the hours of 6:45 am and 7:00 pm. Your order will be taken and delivered to you by one of our qualified staff members. If you're on a modified or restricted diet, our nutrition attendant will help you with your selection. If you cannot place your own order, we prefer that a family member assist you with ordering your meal selections. You may pre-order up to 3 meals in advance. However, if this is not possible, we will arrange for meals to be automatically provided.

If you have a family member or friend who wishes to dine with you, we have guest meals available. You may purchase a ticket for a guest tray in the Beth Israel Deaconess Medical Center for an \$8.00 meal value. The guest's meals may then be ordered by calling 7FOOD (73663).

The Beth Israel Deaconess Medical Center wants all of our patients to receive EXCELLENT meals and service. Feel free to let your room service associate know how we can help satisfy all of your food service needs.

Breakfast

FRUITS AND JUICES

Juices: Orange, Apple, Prune, Cranberry
Juice Cocktail, Reduced Cal
Cranberry Juice Cocktail

Fruits: Banana, Apple, Fresh Fruit Cup,
Applesauce, Pear Halves, Sliced Peaches,
Pineapple Chunks, Prunes

CEREALS ETC.

Oatmeal • Cornflakes
Cream of Wheat • Rice Krispies
Cheerios • Shredded Wheat
Raisin Bran • Frosted Flakes
Fruited Light Yogurt • LF Whipped
Yogurt

BAKERY AND BREADS

English Muffin • Bagel
Wheat Toast • White Toast
Corn Muffin • Apple Danish
Blueberry Muffin • Bran Muffin

BREAKFAST ENTREES

Scrambled Eggs
Low Cholesterol Scrambled Eggs
French Toast
Buttermilk Pancakes
Two Egg Omelet
Low Cholesterol Omelet
Fillings: Cheese, Onions, Peppers,
Mushrooms
Baked Breakfast Potatoes
Turkey Bacon
Turkey Sausage Links
Grilled Turkey Ham

Kosher meals available upon request.

Soup & Sandwich

SOUPS

Chicken Noodle • Chicken Broth
Tomato • Beef Broth
Vegetarian Vegetable

SALADS

Tossed Green Salad • Chef Salad
Low Fat Cottage Cheese • Chicken Caesar Salad
Fresh Fruit & Cottage Cheese Plate • Cole Slaw
Dressings: Italian, French, Ranch, Oil & Vinegar

DELI BAR

Create Your Own Custom Sandwich

<u>Sliced Meats</u>	<u>Cheeses</u>	<u>Fillings</u>	<u>Breads</u>
Turkey Breast	American	Tuna Salad	White
Roast Beef	Swiss	Chicken Salad	Wheat
Turkey Ham	Provolone	Egg Salad	Rye
	LS - Swiss	Seafood Salad	Pita
	LS - American	Peanut Butter & Jelly	Multi Grain Bulkie Roll Wrap

Extras: Lettuce, Tomato, Onion, Pickle, Potato Chips, Pretzels

FROM THE GRILL

Grilled Cheese Sandwich Add Tomatoes
Grilled Chicken Breast
Hamburger on a Bun
Cheeseburger on a Bun
Vegetarian Burger
Fish Sandwich on a Bun
All Beef Hot Dog on a Bun
Chicken Tenders
Meatball Sub

Extras: Tomato, Lettuce, Onion, Pickle, Potato Chips, Pretzels

PIZZA

Individual Cheese Pizza
Toppings: Onions, Peppers, Mushrooms

*If your doctor has prescribed a modified
diet some items may not be allowed.

Entrees & Desserts

Pot Roast
Broiled Chicken Breast
Meatloaf
Roast Turkey Breast
Baked Cod with Bread Crumbs
Macaroni & Cheese • Reg & LS
Vegetarian Stir Fry
Chicken Parmesan
Penne Pasta with Marinara Sauce
Meatballs

ACCOMPANIMENTS

Whipped Potatoes	Sliced Carrots
French Fries	Broccoli
Rice Pilaf	Green Beans
White Rice	Peas
Stuffing	Corn
Dinner Roll	

DESSERTS

Chocolate Cake with Icing
Carrot Cake with Icing
Angel Food Cake
Apple Crisp
Ice Cream: Vanilla Regular & SF, Chocolate, Fruit Ice
Gelatin Cubes: Regular & Sugar Free
Fruited Gelatin Cup Regular & SF
Pudding: Regular & Sugar Free
Vanilla and Chocolate
Cookies: Chocolate Chip, Oatmeal, Sugar

Beverages

Coffee • Decaf Coffee • Tea • Decaf Tea
Hot Chocolate • Diet Hot Chocolate • Iced Tea
Milk (4 oz.) (8 oz.) • 1% Milk (4 oz.) (8 oz.)
Whole Milk (4 oz.) (8 oz.) • Lactaid Skim Milk (8 oz.)
Ginger Ale • Diet Gingerale • Coke • Diet Coke
Sprite • Bottled Water