

INPATIENT MENU

Carbohydrate & Fibre Counts



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CARBOHYDRATE & FIBRE COUNTS
STARTERS: SOUPS

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
chicken noodle	145	7.2	1.1
cream of celery	145	7	1.2
cream of chicken	158	7.9	1.2
cream of mushroom	145	8	0.6
cream of potato	145	7.8	1.1
cream of vegetable	145	6.7	1.1
lentil	145	10.4	2.2
minestrone	145	9.9	2.2
vegetable	145	9.3	1.7

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The gram weight of the food represents the actual portion as served by Nutrition Services

NUTRIENT VALUES ARE SUBJECT TO CHANGE

CARBOHYDRATE & FIBRE COUNTS ACCOMPANIMENTS

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
applesauce packet	19	3.2	0.2
creamer	15	0.6	0
hummus	34	5.7	1.1
jam - strawberry	10	8	0
jam - strawberry (diet)	12	1	0
jelly - grape	10	8	0
jelly - grape (diet)	12	1.2	0
margarine cup	7	0	0
mayonaise (light)	15	1.3	0
milkette	9	0.4	0
mustard	6	0.3	0.2
pickle (bread & butter)	33	6.9	0.3
salad dressing - caesar	18	1.1	0.1
salad dressing - Italian	15	1	0
salad dressing - poppyseed	26	7.4	0.2
sauce - cranberry	14	5.4	0.1
sauce - plum	11	5.9	0.1
sauce - tartar	18	0.6	0
sugar	4	3.5	0
sugar brown	4	3.4	0
syrup	22	13.5	0
syrup (diet)	16	2	0
vinegar	9	0.4	0

CARBOHYDRATE & FIBRE COUNTS SIDE DISHES: VEGETABLE

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
beans (french green)	50	3.9	1.2
beans (mixed)	57	3.7	1.7
beets	75	7.5	1.5
black bean corn salad	59	11	2
broccoli	56	3	1.3
broccoli and cauliflower (mixed)	77	3.6	1.8
carrot coins (yellow and orange)	81	6.6	2.2
carrots (diced)	67	5.2	1.6
corn (cream style)	123	22.4	1.7
squash	100	14.4	1.5
vegetable (PEI medley)	87	6.8	2.1
vegetables (grilled mix)	71	3.4	0.8
vegetables (mixed fancy)	71	8.9	2.1
zucchini	89	2.4	0.9

CARBOHYDRATE & FIBRE COUNTS SIDE DISHES: STARCH

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
potato - herbed (boiled)	100	14.5	1.4
potato - low sodium (mashed)	123	18.1	1.6
potato - parsley (boiled)	100	14.6	1.5
potato - roasted garlic red skin (mashed)	130	21.9	2.1
potato (boiled)	100	14.5	1.4
potato (mashed)	118	20.0	2.9
rice	30	24.1	0.7
rice pilaf	87	19.9	1.2
turkey dressing	70	16.5	1.1

CARBOHYDRATE & FIBRE COUNTS BEVERAGES

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
juice - apple	119	13.5	0.2
juice - cranberry	122	16.5	0
juice - grape	122	18.0	0.2
juice - orange	124	13.7	0.5
juice - prune	128	22.3	1.3
Lactaid (125 ml)	120	3.8	0
Lactaid (200 ml)	192	6.1	0
milk 1% (125 ml)	122	6.1	0
milk 1% (237 ml)	237	11.8	0
milk whole (125 ml)	122	5.9	0
soy milk	200	16.8	0

CARBOHYDRATE & FIBRE COUNTS BREAKFAST BREADS

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
belgian waffle	68	26	1
bread - diet banana loaf	45	18	2
bread - rye	38	14.7	1.1
danish - cinnamon	45	21	1
english muffin - white	57	26.3	2.6
french toast	72	28	1
hash brown	42	9.2	1.1
muffin - apple (wrapped)	50	23	1
muffin - blueberry (gluten free)	62	22.8	1
muffin - bran raisin (wrapped)	50	21	4
muffin - carrot (wrapped)	50	23	1
muffin - chocolate (gluten free)	62	33	1
scone	56	25.8	0.8
scone - cinnamon chip	56	29	1
toast - white	32	15	0.6
toast - whole wheat	32	14.4	1.6

CARBOHYDRATE & FIBRE COUNTS SIDE DISHES: SALADS

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
beet	119	20.3	1.2
carrot and celery sticks	54	3.2	1
carrot sticks	60	5.7	1.5
coleslaw	71	13.5	0.7
greek	87	3.6	0.9
potato	76	14.4	1.5
romaine hearts	39	1.3	0.8
spinach	62	7.7	0.9
tossed salad	40	1.6	0.5
tri-colour chickpea	63	11.3	1.9
vegetable bowl	60	2.7	0.7

CARBOHYDRATE & FIBRE COUNTS
OTHER: SAUCE & GRAVY

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
BBQ sauce	30	14	0
gravy beef	33	1.9	0
gravy pork	37	2.1	0.1
honey garlic	29	18.1	0
sweet and sour	35	20.8	0
turkey gravy	34	2	0

CARBOHYDRATE & FIBRE COUNTS
SIDE DISHES: BREADS

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
dinner roll	35	17	1
white bread	32	15	0.6
whole wheat bread	32	14.4	1.6
whole wheat dinner roll	35	19	2

CARBOHYDRATE & FIBRE COUNTS
CEREAL

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
All Bran sticks	30	22.9	10.1
Bran Flakes	29	23	4.4
brown Rice Krispies (gluten free)	31	26.1	1.0
Cheerios	18	13.1	1.6
Chex (gluten free)	28	23.7	1.2
Just Right	43	33.7	3.2
oatmeal	138	7.8	1.1
Rice Krispies	19	16.5	0.2
Shreddies	28	23	3.2



CARBOHYDRATE & FIBRE COUNTS BREAKFAST ENTRÉES

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
boiled egg	50	0.9	0
cheddar cheese	21	0	0
cottage cheese	113	7.0	0
cottage cheese - lemon	100	14	0
cream cheese	18	0.7	0
egg omelette - cheese	99	4	0
egg omelette - plain	85	3	0
egg, breakfast wrap	113	15	1
peanut butter	18	3.5	1.0
yogurt - Activia	100	12	0
yogurt - fruit Activia	100	14	0
yogurt - vanilla Danone Creamy	175	25	0

CARBOHYDRATE & FIBRE COUNTS ENTRÉES: SANDWICHES

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
chicken salad (1/2 on rye)	75	17.3	1.1
chicken salad (ciabatta)	123	26.3	1.5
chicken salad (multigrain)	146	36.6	3.5
chicken salad (white)	140	35.4	1.3
chicken salad (whole wheat)	140	34.1	3.2
chicken wrap	195	34.6	1.7
egg (multigrain)	141	34.2	3.5
egg salad	70	2.8	0.0
egg salad (1/2 on rye)	73	16.1	1.1
egg salad (gluten free)	134	32.6	3.6
egg salad (white)	134	32.9	1.3
egg salad (whole wheat)	134	31.6	3.2
grilled cheese	105	31.6	3
roast beef with lettuce (whole wheat)	136	29.2	3.4
roast beef (white)	121	30.1	1.3
roast beef with lettuce (gluten free)	136	30.2	3.8
tuna (1/2 on rye)	71	17	1.1
tuna (multigrain)	138	36.1	3.5
tuna salad (gluten free)	131	34.4	3.6
tuna salad (white)	131	34.8	1.3
tuna salad (whole wheat)	131	33.5	3.2
turkey (white)	124	30.6	2.1
turkey and lettuce (gluten free)	139	30.7	4.6
turkey on ciabatta (whole wheat)	123	21.9	2.5
turkey with lettuce (whole wheat)	139	29.7	4.2

CARBOHYDRATE & FIBRE COUNTS
ENTRÉES: CONTINUED

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
chili	202	17.9	9
egg omelette western	97	4	0.3
fish baked (breaded)	113	14	1
fish baked (plain)	113	0	1
halal indian beef stew (spicy)	280	30.4	6.7
lasagna	167	25	1.3
macaroni & cheese	165	26.8	2.5
meatballs honey garlic	115	22.7	0
meatloaf	91	8.0	6
pizza cheese	155	46.0	1
pork loin	90	0.4	0.4
pork roast slice	60	0.8	0.8
salmon asian glazed	99	4.0	0
salmon creamy dill	142	2.0	1.0
shepherds pie	167	21.3	2
spaghetti	175	23.5	1.9
turkey roast slice	60	0.5	0.8
vegetable garden bites	102	21.0	6
vegetarian chana masala	350	62.0	11
vegetarian chili	350	49.1	6
vegetarian dhal	335	43.0	10
vegetarian pasta primavera	420	51.0	8
vegetarian shepard's pie	305	26.9	6.3
vegetarian stew	415	48.0	10

CARBOHYDRATE & FIBRE COUNTS
DESSERTS

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
applesauce	113	20	1.4
applesauce (diet)	113	12	1
applesauce blueberry	113	13	2.0
applesauce peach	113	12.4	1.7
applesauce strawberry	113	12	1.9
arrowroots cookies	12	9.4	0.1
banana	118	27	2.1
berry jello	99	25.8	
blueberries	60	7.2	1.9
butterscotch pudding	99	22	1
canned mandarin oranges	113	12	0
canned peaches (diced)	113	13	0.1
canned pears (diced)	113	13	0
canned pineapple tidbits	107	16.8	1
cantaloupe	121	9.9	0.8
carrot pineapple cake	75	32.8	0.9
chocolate chip cookie (gluten free)	48	30	1
chocolate pudding	99	23	1
chocolate pudding (diet)	113	13	3
chocolate truffle mousse	65	13.5	1.1
cranberry oat crunch cookies	19	14	1
cupcake (diet)	25	14	0.3
cupcakes	50	28	0.7
custard	113	19	0.1

CARBOHYDRATE & FIBRE COUNTS DESSERTS: CONTINUED

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
Dad's oatmeal cookie	37	25.4	1
tropical fruit ambrosia	86	19.7	0.9
digestive cookies	22	15.3	0
fresh fruit apple pkg	57	7.9	1.1
fruit cup (fresh diced fruit)	121	16.1	1
fruit salad	113	13	1
grapes	57	9.7	0.5
lemon pudding	83	25.6	0
lemonicious bar	53	24	0
maple leaf cookie (diet)	17	12.5	0
oatmeal raisin cookie	38	23.2	1.0
orange jello	99	25.8	0
orange sections	110	12.9	2
rasberry mousse (diet)	58	7	0
Rice Krispie square	34	22.9	0.1
rice pudding	113	21	0
rice pudding (diet)	113	14	2
strawberry shortcake (diet)	41	14	0.5
strawberry turnover cookie	27	17.3	0
tangerine mousse (diet)	67	8	0
vanilla bean dream cake	61	24.7	1.0
vanilla cake with raspberry mousse puree	90	21.0	1
vanilla ice-cream	115	14.0	0
vanilla pudding	99	23.0	0

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
vanilla pudding (diet)	113	12.7	3
yogurt peach sundae cup	115	16.0	0

CARBOHYDRATE & FIBRE COUNTS ENTRÉES

RECIPE NAME	GRAMS	CARBS (gm)	FIBRE (gm)
beef pot pie	125	32	3
beef roast (sliced)	56	0.1	0.4
beef stew	192	11.9	1.7
cheese tortellini	240	44	3.8
chicken breast BBQ	103	14	0
chicken breast - plain	73	0	0
chicken breast - honey garlic	102	18.1	0
chicken breast - plain (halal)	90	0	0
chicken breast - sweet and sour	108	20.8	0
chicken cacciatore	143	15.3	2.9
chicken nuggets	90	18	0
chicken pasta primavera	164	15.8	1.3
chicken souvlaki	76	2.7	0.2
chicken stew	147	8.9	1.4