

# Food Planning Using the Hospital Menu

## For people with diabetes

Getting nourished is an important part of your hospital stay. Here are some tips to help you choose foods for the next few days – and plan your meals when you get home.

### 1. Eat smart by building a balanced plate.

#### 1/3 of your plate: Vegetables

##### Choose foods like:

Spinach  
Kale  
Peppers  
Cucumbers  
Broccoli  
Cauliflower  
Cabbage  
Carrots  
Onions  
Tomatoes  
Lettuce  
Green beans  
Mushrooms  
Avocado

#### 1/3 of your plate: High-fiber grains or starches

##### Choose foods like:

Bread: whole grain  
and sprouted grain  
Rice: brown or white  
Pasta  
Noodles  
Corn  
Potatoes or sweet  
potatoes  
Tortilla  
Plain cereal  
Oats  
Hand-tossed pizza  
crust  
Whole grain crackers

#### 1/3 of your plate: Protein-rich foods

##### Choose foods like:

Chicken or turkey  
Fish  
Beef or pork  
Seafood  
Tofu or veggie meat  
Legumes: lentils, chick  
peas (hummus),  
beans  
Eggs  
Cheese

### 2. Add a fruit.

### 3. Choose a calcium-rich food:

Yogurt, plain milk, or a dairy alternative like unsweetened soy, rice or almond milk.

### 4. A note on beverages:

- Water or plain lowfat milk are best choices.
- While you are in the hospital, juices are only for treating low blood glucoses.
- You can try no-sugar-added drinking crystals to flavor your water.

### What time do I order my food?

#### Breakfast AND lunch:

Order both your breakfast and lunch in the morning – order by 7 a.m.

Ask for lunch to be delivered at 12 noon.

Finish breakfast before class starts (class starts promptly at 8:30 a.m.).

**Dinner:** Order your dinner after classes are over.

### To Learn More

- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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