

NAME: _____

PROTOCOL: B5039
ARGININE CONTROLLED

GRAINS:

Cream of wheat
Oatmeal
Raisin bran
Bagel:
Plain
Cinnamon
Croissant
English muffin
Pita bread
Pasta
Waffle
White rice
White/wheat bread

FRUITS:

Apple
Applesauce
Banana
Grapes
Orange
Raisins
Strawberries
Canned fruit:
Mandarin oranges
Peaches
Pears
Pineapples

**OUTPATIENT
FOODS**

VEGETABLES:

Broccoli
Carrots- raw or cooked
Celery
Corn
Cucumber
Green beans
Green pepper
Lettuce:
Romaine
Green Leaf
Onions
Peas
Potatoes-boiled/baked
Tomato

DAIRY PRODUCTS:

American cheese
Cheddar
Cottage cheese
Mozzarella
Parmesan
Swiss
Half & half
Milk:
Skim milk
2 % milk
Whole milk
Soy milk
Yogurt - plain FF

- Line through foods you will not eat
- Circle any preferences

ENTREES:

Canadian bacon
Chicken breast
Ground beef
Ham extra lean
Hard cooked eggs
Tofu
Tuna
Turkey breast
Frozen entrees:
Fr. Bread cheese pizza
Meat lasagna

DESSERTS:

Chocolate chip cookies
Choc chip bar - LF
Chocolate bar
Chocolate pudding
Fig newtons
Gingersnaps
Lifesavers
Nilla wafers
Oreo cookies
Sugar cookies
Pound cake
Sherbet
Vanilla ice cream

BEVERAGES:

Coke
Diet coke
Sprite
Diet sprite
Apple juice
Grape juice
Orange juice
Coffee (cream or sugar)
Herbal tea
Tea (cream or sugar)

SNACK FOODS:

Cashews
Graham crackers
Peanuts
Potato Chips - reg. Lays
Saltine crackers

CONDIMENTS:

Butter/margarine
Catsup/mustard
Cream cheese
Equal
Honey
Jelly
Mayonnaise
Olive oil
Peanut butter
Salt
Sour cream
Soy sauce

NOTES: