

Study Menu



Please look over these menus very carefully before you agree to join the study. On the following pages, you will find the CARB Study Menus A and B. On the back page are lists of the free and low calorie foods that can be added to either diet in limited amounts. There is also an ingredient list for some of our mixed dishes. Please check this over to make sure you are not allergic to any item.

You will be able to drink your own coffee and tea—but limited to three servings per day. However you may only add the sweeteners and milk we give you.

The CARB study menu will repeat every seven days, so you will eat each item at least four times during each feeding period (and some even more). You cannot strongly dislike any of the listed foods, as you must be prepared to eat all the offered menu items. You must not be allergic or intolerant to any food listed (except low-lactose milk [Lactaid-100] can be substituted for regular milk). This menu is designed for research purposes; therefore we cannot make any other substitutions.

If you have any questions about the menu and ingredients, please call Yvonne Schwarz at 206/667-7804, Monday through Friday, 7:00 a.m. to 3:30 p.m. or email at yschwarz@fhcrc.org.



CARB

Carbohydrates and Related Biomarkers
Part of the TREC Study

CARB Study Menu A

DAY	BREAKFAST	LUNCH	DINNER
Monday	Grapenuts cereal Dried cranberries and dates Milk or plain yogurt	Roast beef on white bread ³ Potato salad Raw cauliflower / ranch dressing Canned apricots Fruit roll up and jelly beans	Chicken fajitas with sautéed red & green peppers, onions in a taco shell, with sour cream and salsa Rice Rice pudding
Tuesday	Hard cooked egg Cream of wheat cereal Raisins Milk or plain yogurt Gatorade	Turkey on bagel ³ Split pea soup Celery sticks / ranch dressing Fresh watermelon Vanilla wafers and jelly beans	Meatballs (beef) with mushroom sauce Mashed potatoes with butter Green salad with Italian dressing Angel food cake
Wednesday	Bran flakes cereal Dried cranberries and dates Milk or plain yogurt	Ham ⁴ on white bread ³ Potato salad Raw broccoli / ranch dressing Canned pineapple Fruit roll up and jelly beans	Asian style chicken-vegetable rice bowl (onions, broccoli, red peppers and peapods with soy-ginger sauce) Rice pudding
Thursday	Hard cooked egg Cream of wheat cereal Raisins Milk or plain yogurt Gatorade	Turkey on bagel ³ Split pea soup Celery sticks / ranch dressing Fresh watermelon Vanilla wafers and jelly beans	Beef taco with rice and salsa Cheddar cheese and sour cream Shredded lettuce, tomato and green onion Angel food cake
Friday	Shredded wheat cereal Dried cranberries and dates Milk or plain yogurt	Roast beef on white bread ³ Black bean soup Raw cauliflower / ranch dressing Canned pineapple Fruit roll up and jelly beans	Salmon patties with lemon butter herb sauce Mashed potatoes with butter Green beans Rice pudding
Saturday	Buckwheat pancakes Butter and syrup Gatorade Milk or plain yogurt	Ham ⁴ on bagel Potato salad Raw broccoli / ranch dressing Canned apricots Graham crackers and jelly beans	Meat chili with cheddar cheese Rice Green salad with Italian dressing Angel food cake
Sunday	Buckwheat pancakes Butter and syrup Gatorade Milk or plain yogurt	Tuna salad on bagel ³ Raw broccoli / ranch dressing Black bean soup Canned pineapple Graham crackers and jelly beans	Roast turkey breast Mashed potatoes with butter Winter squash Green peas Angel food cake

Breakfast

1. You can drink your own coffee or tea each day – limit to 3 servings.
2. Sweetener and half & half will be provided, if requested.

Lunch

3. All sandwiches are served with lettuce, tomato, red onion, pickle and condiments (mayo and mustard).
4. If you do not eat ham, turkey or roast beef will be available.

Dinner

Cranberry juice cocktail is the dinner beverage.

Snacks

We will give you a rotation of cheese (Monterey Jack and cheddar), pretzels, saltine crackers, puffed rice cakes, crispbread, and snack bars.

CARB Study Menu B

DAY	BREAKFAST	LUNCH	DINNER
Monday	All-Bran cereal Nut mix ³ Strawberries/blueberries Tomato juice Milk or plain yogurt	Roast beef on pumpnickel bread ⁴ Tabouli Carrot sticks/hummus Canned pears and Peanut M&Ms ⁶	Chicken fajitas with sautéed red & green peppers and onions on flour tortilla Sour cream and tomato salsa Chocolate mousse
Tuesday	Hard cooked egg Apple bran muffin/ butter Grapefruit sections Tomato juice Milk or plain yogurt	Turkey on whole grain bread ⁴ Curried lentil salad Carrot sticks Fresh apple and snack bar	Whole grain spaghetti & beef meatballs in tomato sauce Parmesan cheese Green salad with Italian dressing Chocolate cupcake
Wednesday	All-Bran cereal Nut mix ³ Strawberries/blueberries Tomato juice Milk or plain yogurt	Ham ⁵ on pumpnickel bread ⁴ Tabouli salad Carrot sticks/hummus Fresh orange and Peanut M&Ms ⁶	Asian style chicken-vegetable noodle bowl (onions, broccoli, red peppers and peapods with soy-ginger sauce) Chocolate mousse
Thursday	Hard cooked egg Blueberry bran muffin with butter Grapefruit sections Tomato juice Milk or plain yogurt	Turkey on whole grain bread ⁴ Curried lentil salad Carrot sticks Fresh apple and snack bar	Mexican-style beef and pinto bean burrito on flour tortilla Cheddar cheese, tomato salsa Shredded lettuce, tomato and green onion Pound cake
Friday	All-Bran cereal Nut mix ³ Strawberries/blueberries Tomato juice Milk or plain yogurt	Roast beef on pumpnickel bread ⁴ Black bean salad Carrot sticks Fresh orange and Peanut M&Ms ⁶	Salmon patties with lemon herb sauce Mushroom barley pilaf Green beans Chocolate mousse
Saturday	Whole grain pancakes with butter and syrup Strawberries Tomato juice Milk or plain yogurt	Ham ⁵ on whole grain bread ⁴ Tabouli Carrot sticks/hummus Canned pears and snack bar	Meat chili with beans Tortilla Cheddar cheese Green salad with Italian dressing Pound cake
Sunday	Whole grain pancakes with butter and syrup Strawberries Tomato juice Milk or plain yogurt	Tuna salad on whole grain bread ⁴ Black bean salad Carrot sticks Fresh orange and snack bar	Roast turkey Mushroom barley pilaf Green beans, broccoli, red bell peppers with butter Chocolate cupcake

Breakfast

1. You can drink your own coffee or tea each day – limit to 3 servings.
2. Sweetener and half & half will be provided, if requested.
3. Nut mix includes pecans, almonds, pistachios, pumpkin and sunflower seeds (no peanuts).

Lunch

4. All sandwiches are served with lettuce, tomato, red onion, pickle and condiments (mayo and mustard).
5. If you do not eat ham, turkey or roast beef will be available.
6. For those allergic to Peanut M&Ms, snack bars will be substituted.

Dinner

Apple juice is the dinner beverage.

Snacks

We will give you a rotation of cheese (Monterey Jack and cheddar), dried fruits (apples, apricots, prunes), and snack bars.

Menu items that you can add to both CARB Study Menus.

These items will be provided by the CARB Study and may be used at home or while in the dining room.

BEVERAGES

Diet cola soda
Diet lemon-lime soda
Diet sodas: flavors will vary
Crystal Light flavored drink powder (*flavors will vary*)
Sugar-free iced tea with lemon
Bottled water
Lemon juice packet

OTHER MENU ITEMS

Sugar-free gum
Sugar-free hard candy and mints (*we will limit amounts*)
Sugar substitute
Salt and pepper
Herbs and spices
Hot sauce (*we will limit the amounts*)

These dishes contain the following ingredients:

Mixed nuts (breakfast, Menu B): almonds, pecans, pistachios, sunflower and pumpkin seeds

Apple and blueberry bran muffins (breakfast, Menu B): oat and wheat bran, orange juice, eggs, apples or blueberries and brown sugar

Whole grain pancakes (weekend breakfast, Menu B): oats and buckwheat, eggs and milk

Pumpnickel bread (Monday, Wednesday, Friday lunch, Menu B): dark, dense slightly sour bread made from coarse rye flour

Black bean salad (Friday, Sunday lunch, Menu B): black beans, red bell pepper, corn, red onion with a lime, cilantro and cumin dressing

Tabouli salad (Monday, Wednesday, Saturday lunch, Menu B): wheat bulgur, tomatoes, parsley with a lemon dressing

Curried lentil salad (Tuesday, Thursday lunch, Menu B): lentils, onion, spinach and tomato with a curry dressing

Salmon patties (Friday dinner): canned salmon, fresh lemon, egg, oat bran and dill

Soy-ginger sauce (Wednesday dinner): soy, ginger, garlic and toasted sesame oil

