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GKM Hospital for Diabetes

Our Hospital for Diabetes is named after its founders: Grace, Kristyn, and Margaret. Our facility is a hospital which serves patients who are diagnosed with diabetes on an inpatient basis. Our goal is to help the patient control their diabetes by helping their blood glucose remain in the standard range. We offer diabetic patients low carbohydrate foods that meet nutritional guidelines; therefore, we try to eliminate potential complications of hypoglycemia and hyperglycemia. We strive to teach and help patients individually learn how to eat a well-nutritious balanced diet, teach them how to portion their meals, show them how to have variety in their meals, and to meet their individual goals. All of our faculty members have professional training on how to manage diabetes. At GKM Hospital, we believe that despite the fact that this is a chronic disease, people are not defined by this diagnosis. We also believe that every human being is special and we care for each one of our patients with this in mind.

GKM Hospital for diabetes works to reduce the frequency of acute and chronic complications associated with diabetes by providing treatment plans that meet each individuals’ needs. Since nutrition is a key component of health, our registered dietitians work directly with patients to integrate lifestyle changes and make positive food choices that promote a longer, healthier life. Medical nutrition therapy is an important aspect of managing diabetes and our goal at GKM Hospital is to promote glycemic control, provide sufficient calories to meet metabolic requirements, and to create a discharge plan for follow-up care. Our nutrition plans combine healthy complex carbohydrates while avoiding trans fats and limiting saturated fats. At GKM Hospital, the Food Services Department provides all meals and snacks for patients. Each meal includes: a grain product such as bread, rice, or pasta; a vegetable or fruit; and a meat/meat alternative. Some of the specialty foods we offer on our diabetic menu include high fiber foods, low fat cheeses and desserts, and sugar substitutes. Meals and snacks are spread throughout the day to help manage blood sugar levels because the even distribution of carbohydrates throughout the day is essential for blood sugar control. Ultimately, our menus are designed to allow each patient to choose items that reduce the risk of complications with diabetes.

Our menu is suitable for diabetic patients. First of all, it follows the basic dietary guidelines for Americans (United States Department of Agriculture). Every meal has a hearty portion of fruits and/or vegetables of varying colors, whole grains, and high-quality protein from meat or meat substitutes. Every day’s menu offers at least one portion of legumes, low-fat dairy, and healthy fats. Added sugars are not found in anything that is not a dessert and the amount of added sugar in desserts is minimized. Furthermore, it is specially tailored for diabetes. Every meal has less than 60 grams of carbohydrates and has plenty of healthy fats, protein, and fiber to lower its glycemic index. This ensures the stability of carbohydrate consumption and therefore blood sugar stability. Most of all, our menu items never fail to please all kinds of patients.

**GKM Hospital 3-Day Rotating Menu**

| **Breakfast** | **Grace** | **Kristyn** | **Margaret** |
| --- | --- | --- | --- |
| **Entrée 1** | 2 Eggs: Scrambled, Poached,  Over-easy,  Fried,  Boiled | Southwest Tofu Scramble: Tofu, Red Onion, Red Pepper, Kale | 2 Whole Wheat Banana Nut Pancakes |
| **Entrée 2** | 2 Whole Wheat Bread and Peanut Butter | Strawberry Banana Yogurt Parfait:  Greek Yogurt, Strawberries, Blueberries | Chicken & Broccoli Quiche with Cheddar Cheese |
| **Side 1** | Avocado toast | Zucchini and Date Muffin | Seasonal Fruit Cup |
| **Side 2** | 3 Turkey Sausages | 3 Slices of Tempeh Bacon | Sugar-Free Vanilla Greek Yogurt & Honey Almond Granola |
| **Lunch** |  | | |
| **Entrée 1** | Steak with Brown Rice | Roasted Chicken Sandwich on Whole Grain Bread with Lettuce and Tomato | Grilled Cheese Sandwich with Gruyere,Spinach, Tomato, & Avocado |
| **Entrée 2** | 8 ravioli pieces with chicken and cheese | Three Cheese Veggie Sandwich on Whole Grain Bread with Lettuce and Tomato | Black Bean & Quinoa Mexican-Style Wrap |
| **Salad** | Bowl of Salad: Pinenuts, Spinach, Mandarin, Corn Kernels, Ranch Dressing | Minted Wild Rice and Barley Salad | Sweet Kale Salad with Cranberries and Sweet Poppy Seed Dressing |
| **Soup** | Chicken Rice Soup | Curried Butternut Squash Soup | Cream of Asparagus Soup |
| **Side 1** | (3) - 2 oz Vegetable Dumplings | Roasted Parsnips, Carrots, and Red Onion | Celery Sticks with Peanut Butter and Raisin Dip |
| **Side 2** | ½ cup of Sweet Peas | Broccoli and Whole Grain Rice Casserole | Grilled Zucchini |
| **Dessert 1** | Dark Chocolate Dip (3) Strawberries | Gluten Free Chocolate Cupcake | Chocolate Lava Cake |
| **Dessert 2** | 1 Raspberry cheesecake | Sugar-Free Homemade Vanilla Pudding | Crispy Churro |
| **Dinner** |  | | |
| **Entrée 1** | Whole Wheat Spaghetti Noodles with 4 meatballs | Black Bean Lasagna Rolls | Beef Enchiladas |
| **Entrée 2** | 3 Tacos with Beans, Rice, and Ground | Salmon with Spring Vegetables | Spicy Chicken Curry |
| **Salad** | Bowl of Salad: Tomato, Bell Peppers, Avocado, and Lettuce | Grilled Romaine and Asparagus Salad | Mexican-Style Quinoa Salad |
| **Soup** | Corn Chowder | Red Lentil Soup | Classic Minestrone |
| **Side 1** | 1 Cup of Polenta | Broccoli with Garlic and Lemon | Steamed Broccoli |
| **Side 2** | Pita Bread with Garlic Hummus | Mushroom Quinoa | Fried Rice with Carrots and Peas |
| **Dessert 1** | Acai Bowl with Oatmeal, Blueberry, Dried Bananas | Peanut Butter Cherry Bars | Strawberry Meringue Cupcake |
| **Dessert 2** | Key Lime Pie | Butterscotch Pumpkin Pie | Mint Chocolate Chip Ice Cream |
| **Beverages** | | | |
| #1: Milk | | | |
| #2: Almond Milk | | | |
| #3: Tomato Juice | | | |
| #4: Unsweetened Tea | | | |
| #5: Unsweetened Coffee | | | |

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