

# FOR THOSE ON A DIABETIC DIET

---

## DIETARY GUIDELINES FROM THE AMERICAN DIABETES ASSOCIATION

The Exchange Lists are the basis of a meal planning system designed by a committee of the American Diabetes Association and the American Dietetic Association. While designed primarily for people with diabetes and others who must follow special diets, the Exchange Lists are based on principles of good nutrition that apply to everyone.

A Registered Dietitian can help a person with diabetes determine the amount of carbohydrates that should be eaten per day and at each meal and snack. For consistent blood glucose levels, the amount of carbohydrate eaten should be spread throughout the day to allow for a more even release of glucose into the blood from meal to meal and from day to day. The total number of meals and snacks and their timing throughout the day can differ for each person depending on nutritional needs, lifestyle, and medications.

According to recent research, the amount of carbohydrate in a meal is more important than the type of carbohydrate. Foods high in carbohydrates include grains such as rice, pasta, breads, cereals, and similar foods, white and sweet potatoes, fruits and juices, vegetables, milk and milk products, and anything made with added sugars, such as sweetened beverages, candies, cookies and other desserts.

In addition to the Exchange Lists, many diabetics now use carbohydrate counting. By knowing the carbohydrate goal (the number of grams of carbohydrates to eat) for each meal and snack, choices can be made by counting the total number of carbohydrates in the meal. Each Starch, Fruit, and Milk exchange serving contains roughly 15 grams of carbohydrates and each vegetable exchange serving contains roughly 5 grams of carbohydrates, fat and protein content of foods should also be monitored for overall good health.

## GENERAL GUIDELINES

- Know the number of exchanges or carbohydrates you have available for the meal.
- Request a take-home container at the beginning of the meal. Take home the additional food beyond the servings you can eat at your meal.
- Use the specific information provided for each item to determine the amount of each item you can eat.

---

## EXCHANGES AND CARBOHYDRATE GRAMS FOR SPECIFIC FOODS

### Soups

Karen's "Flying D" Chili

- Cup = 2 High Fat Meat and .75 Starch – 10 Carbohydrates
- Bowl = 4 Medium Fat Meat and 1 Starch – 16 Carbohydrates

Chicken Noodle

- Cup = 1 Lean Meat and 1 Starch – 14 Carbohydrates
- Bowl = 1.5 Lean Meat and 1.5 Starch – 24 Carbohydrates

Tortilla

- Cup = 1.5 High Fat Meat and 1 Starch – 15 Carbohydrates
- Bowl = 2 High Fat Meat and 1.5 Starch – 20.5 Carbohydrates

# FOR THOSE ON A DIABETIC DIET

---

## EXCHANGES AND CARBOHYDRATE GRAMS FOR SPECIFIC FOODS (CONTINUED)

---

### Salads

Dressings to Select: Fresh Lemon or Olive Oil and Vinegar. For other dressings, use 2 Fat Exchanges for each tablespoon of dressing.

#### The Wedge

- Order without bacon.
- Salad – Free

#### Caesar Salad

- Order without cheese, croutons and Caesar dressing.
- Salad – Free
- For Caesar dressing, add 2 Fat for each Tablespoon.

#### Grilled Chicken Caesar or Cedar Plank Salmon Caesar

- Order without cheese, croutons and Caesar dressing.
- Salad – Free
- Salmon – 4.5 Lean Meat removed Fat
- For Caesar dressing, add 2 Fat for each Tablespoon.
- Chicken – 6 Lean Meat

#### Grilled Salad

- Order without cheese, bacon, egg and croutons.
- Salad – Free
- Salmon – 4.5 Lean Meat
- Add Chicken, Bison patty or Cedar Plank Salmon.
- Chicken – 6 Lean Meat
- Bison Patty – 6 Med Fat Meat

#### House Salad

- Order without croutons.
  - Salad – Free
- 

### Sides

#### Steamed Vegetables

- Order without butter.
- Vegetables – 1 Vegetable – 5 Carbohydrates

#### Mashed Potatoes

- 1.5 Starch and 2.5 Fat – 25 Carbohydrates

#### Sweet Potato

- Order plain.
- 1 Starch – 20 Carbohydrates (1/2 potato)
- Recommend eat half and take other half home.

#### Baked Potato

- Order plain.
  - 2 Starch – 32 Carbohydrates (1/2 potato)
  - Recommend eat half and take other half home.
-

## FOR THOSE ON A DIABETIC DIET

---

### EXCHANGES AND CARBOHYDRATE GRAMS FOR SPECIFIC FOODS (CONTINUED)

---

#### Burgers and Chicken Sandwiches

Order Ground Bison or Chicken. Choose a cup of chili as a side.

Naked

- Bison – 5 Lean Meat
- Chicken – 6 Lean Meat
- Beef – 5 High Fat Meats
- Bun – 2.5 Starch, 1 Fat Exchange 37.5 Carbohydrates

Skinny Dip (topping only)

- 1.5 Fat Exchanges 4.8 Carbohydrate

Veggie Burger

- 3 Lean Meat, 2 Vegetable - 10 Carbohydrates
- 

#### Featured Entreeés

Order tomato slice or broccoli, carrots or asparagus steamed (1 Vegetable - 5 Carbohydrates).

Prime Rib (in select locations)

- Order tomato slices or broccoli or asparagus steamed.
- Steak – 8 High Fat Meat, 1 Fat Exchange
- Vegetables – 1 Vegetable – 5 Carbohydrates
- Caesar, Wedge or House Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates

Cedar Plank Salmon – 7 oz.

- Order tomato slices or broccoli or asparagus steamed.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat - 25 Carbohydrates
- Salmon – 6.5 Lean Meat
- Vegetables - 1 Vegetable - 5 Carbohydrates

Cedar Plank Salmon – 9 oz.

- Order tomato slices or broccoli or asparagus steamed.
  - Order with fresh lemon.
  - Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
  - Can add Caesar, Wedge or House Salad.
  - Salmon – 8 Lean Meat
  - Vegetables – 1 Vegetable – 5 Carbohydrates
-

## FOR THOSE ON A DIABETIC DIET

---

### EXCHANGES AND CARBOHYDRATE GRAMS FOR SPECIFIC FOODS (CONTINUED)

---

#### Featured Entrees (continued)

##### Tenderloin Filet (beef and bison)

- Order without lemon butter.
- Add Caesar, Wedge or House Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Order tomato slice or broccoli or asparagus steamed.
- Tenderloin – 5 Meat, 2 Fat Exchange
- Vegetables – 1 Vegetable – 5 Carbohydrates

##### Bison Kansas City Strip Steak

- Order without lemon butter.
- Add Caesar, Wedge or House Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Order tomato slice or broccoli or asparagus steamed.
- Bison Striploin – 7.5 Lean Meat
- Vegetables – 1 Vegetable – 5 Carbohydrates

##### Delmonico (beef and bison)

- Order without lemon butter.
- Add Caesar, Wedge or House Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Order tomato slice or broccoli or asparagus steamed.
- Steak – 10.5 Medium Fat Meat
- Vegetables – 1 Vegetable – 5 Carbohydrates

##### French Dip (select locations)

- Order without French fries or Horseradish sauce.
- 5 High Fat Meats, 2 Starch – 30 Carbohydrates
- Order tomato slice or broccoli or asparagus steamed.

##### Cranberry Glazed Roasted Chicken

- Remove skin from chicken and order tomato slice or broccoli or asparagus steamed.
- Chicken – 12.5 Lean Meat Exchanges, 2.5 Fat
- Vegetables – 1 Vegetable – 5 Carbohydrates
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates

##### Roast Turkey

- Order tomato slice or broccoli or asparagus steamed.
  - Dressing – 1 Starch and 1 Fat – 15 Carbohydrates
  - 1.5 oz gravy – 2 Fat Exchange
  - Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
  - Turkey – 8 Very Lean Meat Exchanges
  - Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
  - Vegetables – 1 Vegetable – 5 Carbohydrates
-

## FOR THOSE ON A DIABETIC DIET

---

### GENERAL GUIDELINES FOR KIDS' MENU

Diabetic exchanges and carbohydrate counting are included for insulin dependent diabetic children following a diet prescription from a registered dietitian. Food information is included so items may be used in daily diet planning as based on each child's exchange and carbohydrate availability. This information is not meant to replace recommendations from medical experts and is provided as a means to make menu planning easier.

---

#### Milk

- 1 Milk – 12 Carbohydrates

#### French Fries

- 1 Starch and 2 Fat – 16 Carbohydrates

#### Sliders

- 4 Medium Fat Meat and 5 Starch 3 Fat – 73 Carbohydrates

#### Chicken Tenders

- Chicken - 3 Lean Meat, 1 Fat, 1 Starch – 15 Carbohydrates
- Honey Mustard Sauce 3 Fat, 4 Carbohydrate

#### Mac 'N Cheez

- 2 High Fat Meat, 3.5 Starch 1 Fat – 57 Carbohydrates

#### Ice Cream (3 oz)

- 1 Starch and 3 Fat – 16 Carbohydrates
- 

### Sides

#### Steamed Vegetables

- Order without butter.
- Vegetables – 1 Vegetable – 5 Carbohydrates

#### The Wedge

- Order without bacon.
  - For dressings, use 2 Fat Exchange for each Tablespoon Dressing.
  - Salad - Free
- 

\*A carbohydrate exchange contains 15 carbohydrates and can be substituted for 1 Starch, Fruit or Milk exchange as individual plans allow.

Menu items are prepared to order so slight variations may be present. Occasionally, recipes may change, ingredients altered, and products may vary by local vendor or Ted's Montana Grill Location. Allergen information was gathered by approved product manufacturers. Products may come in contact with each other during preparation.

The nutritional and dietary recommendations were prepared for Ted's Montana Grill by Registered Dietitians of EcoSure<sup>SM</sup>, a service of Ecolab<sup>®</sup> as a service to our customers. Ted's Montana Grill, EcoSure<sup>SM</sup> and Ecolab<sup>®</sup> assume no responsibility for its use and any resulting liability of consequential damages is denied. This information should not be considered a substitute for individualized medical advice from personal physicians or registered dietitians.

## FOR THOSE ON A HEALTHY HEART PROGRAM

---

The American Heart Association developed the 2006 Diet and Lifestyle Recommendations which address heart healthy lifestyle changes which include diet. This plan was developed by looking at the latest evidence for factors that influence cardiovascular health and utilizing the expertise of many prominent medical and nutrition experts. The recommendations are listed below:

- Balance calorie intake and physical activity to achieve or maintain a healthy body weight.
- Consume a diet rich in vegetables and fruits.
- Choose whole grain high fiber foods.
- Consume fish, especially oily fish, at least twice a week.
- Limit your intake of saturated fat to <7 % of energy, trans fat to < 1% of energy, and cholesterol to 300 mg per day by doing the following:
  - Choosing lean meats and vegetable alternatives.
  - Selecting fat free (skim), 1%-fat and low fat dairy products.
  - Minimizing intake of partially hydrogenated fats.
- Minimize your intake of beverages and foods with added sugars.
- Choose and prepare foods with little or no salt.
- If you consume alcohol, do so in moderation.
- When you eat food that is prepared outside of the home follow the AHA Diet and Lifestyle Recommendations.

---

### GENERAL RECOMENDATIONS

- We use only trans fat free oils in our kitchen but to reduce the overall amount of oil, select items that are baked or broiled and ask for oil to be held or used only sparingly.
- Ask for a take home container at the beginning of the meal when portion sizes exceed your daily allotment.
- Choose at least two vegetables and ask for them to be steamed without butter.
- Avoid French fries, onion rings and mashed potatoes. Although these are all fresh vegetables at the time of preparation, they are higher in fat.
- Ask for salad dressings to be served on the side so you can use them sparingly. Try some fresh lemon wedges or plain vinegar to have a totally fat free option.
- Ask for your meats to be prepared without any salted seasonings if you are watching your sodium intake.
- Take advantage of the fish we offer, both the salmon and trout are among the recommended varieties for beneficial omega three fatty acids. You will be on your way to the recommend minimum servings of two per week.
- Cut away any excessive fat from meats and remove the skin from poultry.
- If you drink alcohol, drink in moderation. That means one drink per day if you're a woman and two drinks per day if you're a man.

---

### A WORD ABOUT TRANS FAT AND FATS FOR A HEART HEALTH PROGRAM:

Dietary fat is only one factor of a heart healthy diet and like all the other factors of a healthy lifestyle it is important. Hopefully we have outlined just a few ideas that you can implement to help achieve the recommendations of the American Heart Association. Fats are both naturally occurring as well as added to items. There are many types of fats in our foods and some are better than others when it comes to health. Trans fatty acids are both naturally occurring in foods as well as manufactured to be used in foods to achieve desired attributes in food quality. Trans fatty acids are naturally occurring in meats and dairy products and while we can't take them out, you can limit those by choosing lean meats and fat free or low fat dairy products and eating them within the recommended amounts. We have selected manufactured ingredients that are trans-fat free.

---

# FOR THOSE ON A HEALTHY HEART PROGRAM

---

## SPECIFIC MENU RECOMMENDATIONS

---

### Soups

- Karen's "Flying D" Chili - Based on daily caloric and sodium intake, consider ordering cup instead of bowl.
- 

### Salads

Dressings to select: Vinaigrette, Fresh Lemon or Olive Oil and Vinegar.

- The Wedge – Order without bacon.
  - Caesar Salad, Grilled Chicken Caesar or Cedar Plank Salmon Caesar – Order without cheese and croutons.
  - Grilled Salad – Order without cheese, bacon, egg and croutons. Add chicken, bison patty or Cedar Plank Salmon.
  - House Salad – Order without croutons.
- 

### Burgers and Chicken Sandwiches

Order Ground Bison, Chicken or a Veggie Burger. Order Oatie wheat buns. Ask to NOT have your bun "floated." Choose a cup of chili as a side. Order without Ted's burger seasoning.

- Naked
  - Skinny Dip
-

## FOR THOSE ON A HEALTHY HEART PROGRAM

---

### Featured Entrées

- Pot Roast – Order without mashed potatoes. Order tomato slices or broccoli or asparagus steamed. Choose a sweet potato or baked potato without toppings. Select a Wedge or House Salad to complement your meal.
- Cedar Plank Salmon – Order without fish seasoning. Order without mashed potatoes. Order tomato slices or broccoli or asparagus steamed. May order sweet potato or baked potato without toppings. Select a Wedge or House Salad. Order with fresh lemon.
- Tenderloin Filet – The bison filet will save 32 grams of fat. If ordering the beef filet take half home for later. Order without Ted’s seasoning and lemon butter. Order without mashed potatoes. Order tomato slices or broccoli, carrots or asparagus steamed. May order sweet potato or baked potato without toppings. Select a Wedge or House Salad as on previous page.
- Bison Kansas City Strip Steak – Steak will be equal to two portions of meat so consider taking half home. Order without Ted’s seasoning and lemon butter. Order without mashed potatoes. Order tomato slices or broccoli or asparagus steamed. May order sweet potato or baked potato without toppings. Select a Wedge or House Salad as on previous page.
- French Dip (select locations) – Order without French fries or Horseradish sauce. Order tomato slices or broccoli or asparagus steamed. Ask to not have your bun “floated.”
- Pecan Crusted Trout – Choose sweet potato or baked potato without toppings and order tomato slices or broccoli or asparagus steamed.
- Cranberry Glazed Roasted Chicken – Remove skin from chicken. Order without mashed potatoes. Order tomato slices or broccoli or asparagus steamed.
- Roast Turkey – Order without turkey dressing and mashed potatoes. Order tomato slices or broccoli or asparagus steamed. Select a Wedge or House Salad as above.

---

Menu items are prepared to order so slight variations may be present. Occasionally, recipes may change, ingredients altered, and products may vary by local vendor or Ted’s Montana Grill Location. Allergen information was gathered by approved product manufacturers. Products may come in contact with each other during preparation.

The nutritional and dietary recommendations were prepared for Ted’s Montana Grill by Registered Dietitians of EcoSure<sup>SM</sup>, a service of Ecolab<sup>®</sup> (a third-party consultation service) as a service to our customers. Ted’s Montana Grill, EcoSure<sup>SM</sup> and Ecolab<sup>®</sup> assume no responsibility for its use and any resulting liability of consequential damages is denied. This information should not be considered a substitute for individualized medical advice from personal physicians or registered dietitians.

# FOR THOSE ON A WEIGHT LOSS PROGRAM

---

## GENERAL RECOMMENDATIONS

- Based on daily caloric intake, request take-home container at beginning of meal. Cut meat, poultry or fish portion in half and place in container when you receive it.
- Ask to have entrées prepared without added fat.
- Order double vegetables instead of mashed potatoes, French fries or onion rings. If ordering sweet potato or baked potato, order without the toppings and only eat half. If limiting sodium, note that baked potato skin is pre-salted.
- Cut any visible fat from meat.
- Sauces and dressings that can be chosen are Fresh Lemon and Olive Oil and Vinegar. Vinaigrette can be ordered on the side and used sparingly.
- Sliced tomato, broccoli, carrots and green beans can be ordered with entrées. Ask that vegetables be steamed and not prepared with butter or oil.
- Begin the meal by enjoying a glass of water or unsweetened iced tea garnished with a lemon.
- Enjoy the atmosphere and the company you are with as you savor your meal. Eat slowly and place fork on your plate between bites.

## SPECIFIC MENU RECOMMENDATIONS

---

### Soups

- Karen's "Flying D" Chili - Order cup instead of bowl.
  - Chicken Noodle
  - Tortilla
- 

### Salads

Dressings to select: Fresh Lemon or Olive Oil and Vinegar. Vinaigrette can be ordered on the side and used sparingly.

- The Wedge – Order without bacon.
  - Caesar Salad, Grilled Chicken Caesar or Cedar Plank Salmon Caesar – Order without cheese and croutons and request dressing on the side.
  - Grilled Salad – Order without cheese, bacon, egg and croutons. Add chicken, bison patty or Cedar Plank Salmon.
  - House Salad – Order without croutons.
- 

### Burgers and Chicken Sandwiches

Order Ground Bison or Chicken. Order Oatie wheat buns. Ask to have it served with Barbecue sauce if desired.

- Naked
  - Veggie Burger
-

## FOR THOSE ON A WEIGHT LOSS PROGRAM

---

### FEATURED ENTRÉES

- Pot Roast – Order without mashed potatoes and gravy. May order sweet potato or baked potato without toppings and only eat half. Order tomato slices or broccoli or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page.
- Cedar Plank Salmon – Order without mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slices or broccoli or asparagus steamed. Can add Caesar, Wedge or House Salad as on previous page. Order with fresh lemon.
- Tenderloin Filet (beef or bison)— Order without mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slices or broccoli or asparagus steamed. Can add Caesar, Wedge or House Salad as on previous page.
- Bison Kansas City Strip Steak – Order without mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slices or broccoli or asparagus steamed. Can add Caesar, Wedge or House Salad as on previous page.
- French Dip (select locations) – Order without French fries or Horseradish sauce. Order tomato slices or broccoli, carrots or asparagus steamed. May order sweet potato or baked potato without toppings and only eat half.
- Josie’s Veggie Plate – Choose at least 3 servings of the non starchy vegetables and limit yourself to one serving of other vegetable sides or potato to minimize calories.
- Cranberry Glazed Roasted Chicken – Remove skin from chicken. Order without mashed potatoes. Order tomato slices or broccoli or asparagus steamed. Can add Caesar, Wedge or House Salad as above. May order sweet potato or baked potato without toppings and only eat half.
- Roast Turkey – Order without turkey dressing and mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slices or broccoli or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as above.

---

Menu items are prepared to order so slight variations may be present. Occasionally, recipes may change, ingredients altered, and products may vary by local vendor or Ted’s Montana Grill Location. Allergen information was gathered by approved product manufacturers. Products may come in contact with each other during preparation.

The nutritional and dietary recommendations were prepared for Ted’s Montana Grill by Registered Dietitians of EcoSure<sup>SM</sup>, a service of Ecolab<sup>®</sup> (a third-party consultation service) as a service to our customers. Ted’s Montana Grill, EcoSure<sup>SM</sup> and Ecolab<sup>®</sup> assume no responsibility for its use and any resulting liability of consequential damages is denied. This information should not be considered a substitute for individualized medical advice from personal physicians or registered dietitians.