

Guidelines

The following are guidelines to help you achieve a balanced diet:

Bread, rice, pasta, cereals and potatoes

Select something from this group at every meal.

Meat, fish, eggs and alternatives

Select something from this group twice per day.

Fruit and vegetables

Have five portions every day including fruit juice.

Milk, yoghurt, cheese and other dairy foods

Have three portions of milk or milk based products per day.

Foods high in fat and sugar

Eat in moderation unless you are trying to increase your energy intake.

Drinks

8 – 10 cups of fluid per day unless your doctor tells you otherwise.



Need extra help at mealtimes?

All staff are committed to ensuring your stay is as comfortable and trouble free as possible. If at any time you need extra help please let a member of the nursing staff know, for example:

- assistance choosing a suitable meal for your dietary requirements
- help cutting up your food
- extra support or assistance with feeding
- extra support to open food packaging
- adapted cutlery is available
- anything else

Food brought in from home

Relatives and/or friends are discouraged from bringing certain foods in to hospital for patients as it is difficult to ensure the safety of products not provided by the Trust.

Food not suitable to bring into hospital:

- Patés
- Raw meat or fish
- Cooked meat and poultry
- Fresh or artificial cream
- Sandwiches
- Eggs
- Cooked rice
- Ready prepared meals (freshly made or microwavable meals)
- Other foods that need to be refrigerated or heated

Where there are extenuating circumstances, for relatives and /or friends to bring food that needs to be refrigerated the food should ideally be consumed immediately or should be given to the nurse and:

- a) marked with the patient's name
- b) date labelled (date the meal was bought to the hospital)
- c) content labelled, an indication of the meal content
- d) stored within the ward patient food fridge

Unused refrigerated food must be discarded after 24 hours.

Patients, relatives and friends must note the hospital staff are not authorised to reheat patient meals brought in by patients, relatives or friends.