


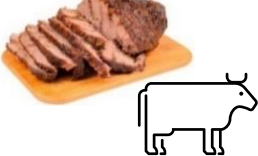
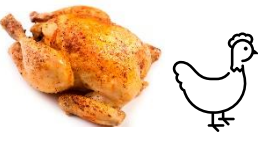

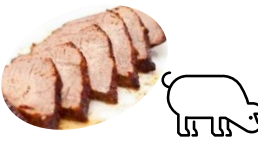




Helping You Eat Well in Hospital

Your body needs healthy food and nutrition to get better in hospital. You may need more food than usual when you are sick.






Eating well in hospital

Foods with protein help to keep muscles strong and heal your body. Choose foods higher in protein at meals and snacks. Make every bite count!

Eat foods higher in protein first

 Eggs	 Beef	 Chicken & turkey	 Fish	 Pork
 Milk, cheese, cottage cheese, & yogurt	 Tofu & fortified soy beverage	 Nut butter	 Beans & lentils	

Tell staff if you have a low appetite, feel full quickly, and:

 drink liquids between meals or at end of meal.	 eat small amounts. Ask for snacks between meals.	 bring your favourite foods into the hospital to enjoy*. *Ask your healthcare team before bringing in outside foods.
 ask about nutrition supplements at meals or snacks.	 take medicine with milk or nutrition supplements.	

Let your healthcare team know if you need:



help to sit up and get ready for mealtime



help to reach your tray and food more easily



help to open packages and cut your food



help to eat or drink



special plates, utensils, or cups



softer foods for easier chewing and swallowing



help to improve nausea, vomiting, or diarrhea



your food or hot drink reheated, if able*



food changes for allergies, likes, and dislikes

*Some healthcare teams and hospitals may not be able to reheat food or drinks.

For more support



- Ask to talk to the dietitian in hospital.
- Talk to your healthcare team.