

Eating and Drinking whilst in Hospital

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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Who to contact and how:

Notes:

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Information for patients

Introduction

Eating a varied and healthy diet is important for all of us. The body needs a variety of nutrients from the food we eat, so eating a balanced diet is essential.

During times of ill health you may need to change the balance of your diet to include different foods. It may also be helpful to alter when or how often you eat to make sure you try to eat enough. These may be short term or long term changes depending on your treatment and illness.

Eating and drinking well while in hospital plays an important part in getting better. It can:

- Help you to get better quicker
- Reduce the risk of complications
- Help you to get home earlier

Your Appetite

Injury and illness can affect your appetite.

You may not want to eat the same amount of food that you would normally and in some cases you may lose your ability to taste food because of your injury or illness.

What Happens when I Come into Hospital?

When you are admitted to hospital nursing staff will carry out an assessment called nutritional screening. This lets them know if you could be at risk of under nutrition (for example if you are underweight for your height).

If a risk is identified staff will discuss this with you.

What will I eat and drink?

We aim to provide you with tasty and nutritious menu choices.

Times vary slightly from ward to ward but generally meals and drinks are served between the following times:

- Breakfast – time served – 07:45am – 08:30am. (Porridge, cereals and toast)
- Lunch – time served – 11:45am – 12:15pm (3 courses served)
- Tea – time served – 16:30pm – 17:00pm (3 courses served)

You will be provided with a jug of fresh water at your bedside. This is refreshed at least twice a day. If you run out of fresh water please ask a member of the nursing team who will re fill your jug for you.

Information for patients

It is very important that you drink enough fluids. You should aim to drink at least 1.6 litres or 3 pints 8-10 cups a day (unless we have advised you that we need to restrict the amount of fluid you drink for medical reasons).

Staff will come round with a choice of hot drink at least 6 times each day. You will be offered drinks with all your meals. Drinks are offered at the approximate times: (this may vary slightly from ward to ward):

- Breakfast
- Mid-morning: 10am – 10:30am
- Lunch
- Afternoon: 3pm – 3:30pm
- Tea
- Evening: undertaken by nursing staff between 8pm – 10pm

How do I order my Meals?

Each day – nursing staff will ask you to choose from that day's menu. If you need help to complete the menu card – please ask a member of the nursing team looking after you.

Many dishes on the menu card have a key (e.g. V for vegetarian) to assist you with your choice.

Please let the nursing staff know if you are on a therapeutic diet at home (such as gluten free) or if you have any food allergies.

Halal, kosher and vegan meals are also available.

Meals are available in small, standard and large portions – please follow the instructions on the menu if you would like a smaller or larger portion size.

What if I Miss a Meal?

There may be times when you are away from the ward for treatment or investigations. If this happens at mealtimes – the ward will order a fresh meal from the main kitchen as soon as you return. If you are required to attend a different hospital for any investigations – you will be provided with a packed lunch to take with you.

Where are meals Served?

Meals are served at your bedside whilst you are in bed or sat in the chair.

Please wash your hands before meal times – let the nursing staff know if you need help to do this.

What are Protected Mealtimes?

All our wards operate a system called protected mealtimes. This means that you will have enough time to have your meals without too much interruption.

Information for patients

It also means that nursing staff can spend as much time as possible with patients who need help with eating and drinking.

If you require assistance with eating and / or drinking, or we are monitoring the amount of food you are eating (as you have been identified as at risk of under nourishment) – your meal will be served on a salmon pink tray. This alerts the catering staff so that your meal can be served as soon as a member of the nursing team is available to assist you. This will ensure your meal does not get cold.

Can my family and friends bring food into Hospital?

Yes – however we ask that only small amounts of food are brought in at any one time.

Food must be labelled with your name on and the date.

All wards have a fridge for use by patients to store items of food in – this is checked regularly by staff and any food that has gone out of date is disposed of.

Unfortunately wards do not have facilities to heat up any food that you may bring in.

Supplementary Drinks

While you are in hospital you may be prescribed special liquid nutritional supplements. These drinks may be taken in place of food or in addition to your usual meals. You will be advised as to how many drinks you need to take each day. These drinks are available in a wide variety of flavours and as milk shake style drinks or juice / squash supplement.

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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