

# Food & fluid myths in hospital

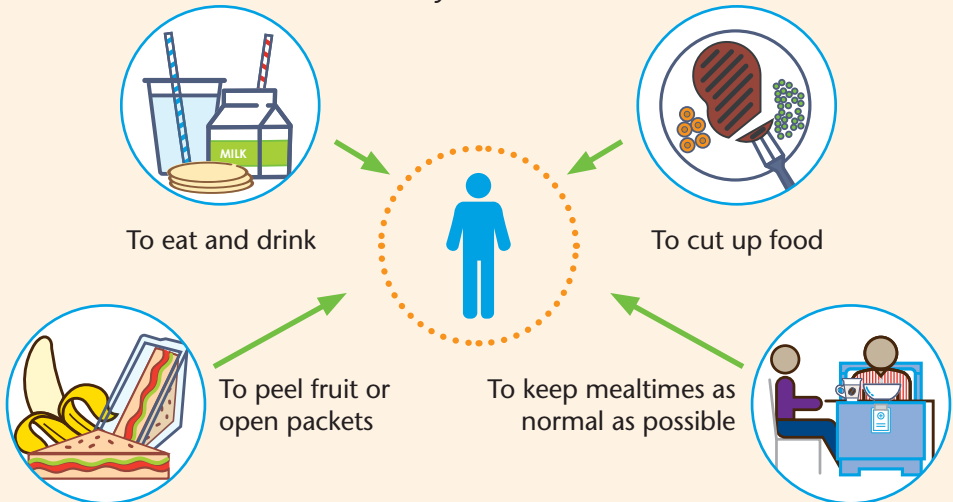
**Myth: Family members should be excluded during mealtimes**

**FALSE**

Family, friends and carers can all play an **important role** in encouraging patients with small appetites to **eat a little bit more**.

Providing the right level of assistance is just as important as making sure a patient gets the right food. Families should be encouraged to discuss with staff how they can help with mealtimes on wards.

Patients may need assistance:



**Nursing staff will help patients who need assistance to eat.**