

Food & fluid myths in hospital

Myth: Food shouldn't be brought
into hospital

FALSE

Visitors are welcome to bring in extra high calorie snacks for patients who are not managing to eat well and would benefit from 'a little bit of what they fancy' in addition to hospital food.

Suitable snacks for patients who are able to eat and drink normally can include:



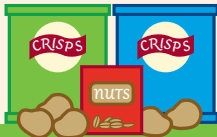
Pre-wrapped
cakes, biscuits and
teabread



Fresh (pre-washed)
fruit or dried fruit



Pre-wrapped
chocolates or sweets



Sealed packets of crisps and
other savoury snacks



Drinks in a plastic container
(no alcohol)

For patients on a **modified diet**, check with nursing staff about the **most appropriate foods** for them.