

Food & fluid myths in hospital

Myth: High calorie choices shouldn't be on our hospital menus as they're not healthy

FALSE

Our menus must include higher calorie meals so we can cater for patients with **small or poor appetites** as well as those who wish to eat more healthily.

Our menus follow the **NHSScotland Food in Hospitals catering and nutrition specification** and are coded to show which dishes are higher in calories and those which are healthier choices.



Contains more energy for patients with small appetites or who need to gain weight



Controlled fat and sugar for patients with diabetes, those on a lower fat diet or who are trying to lose weight



Suitable for vegetarians



For patients who require an **easy to eat/soft food option**