## F I R S T



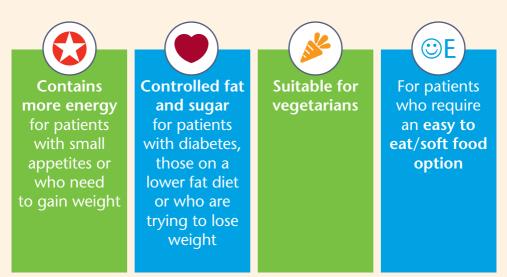
## Food & fluid myths in hospital

## 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.



For further information: www.nhsggc.org.uk/foodfirst