

# Food & fluid myths in hospital

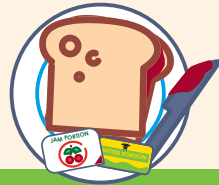
Myth: Food isn't as good as a supplement drink

**FALSE**

There are many foods and snacks available in the hospital ward that can be as **beneficial as a supplement drink**. A combination of foods and drinks can provide similar amounts of energy to nutritional supplements:



A glass of full cream milk with 2 digestives with butter and jam  
(336kcal, 9 grams/protein)



A jam sandwich made with 2 slices of bread with butter  
(288kcal, 8 grams/protein)

**Oral nutritional supplements are specially formulated foods or drinks that contain energy, protein, vitamins and minerals.** They can be prescribed for patients who are unable to eat enough food to help them recover from illness.

However, encouraging a 'food first' approach is preferable to maintain a 'normal' eating experience.