

# Food & fluid myths in hospital

Myth: Hospital food  
is poor quality

**FALSE**

We only use high quality ingredients and familiar household brands to produce meals for our patients.



## Nutrient standards

Offers guidelines for both 'nutritionally vulnerable' and 'nutritionally well' patients



## Food-based standards

Recognises the Scottish dietary targets, including the need to provide a minimum of 5 portions of fruit and vegetables a day



## Menu planning standards

Assists caterers and menu planning groups to develop menus that ensure the dietary and nutritional needs of patients are met

Within NHS Greater Glasgow and Clyde we serve around **9,900 meals every day.**