

Things you need to know about food in hospital



The Central Coast Local Health District aims to help you meet your nutritional requirements while you're in hospital. This brochure provides information to help you meet these needs and keep you healthy and safe.



Nutrition

By providing our bodies with adequate nourishment we can have several health benefits. Some of these include:

- Lowering risk of heart disease and type 2 diabetes
- Keeps your eyes, skin and teeth healthy
- Supports muscles tone
- Strengthens bones
- Boosts immunity
- Helps the digestive system function
- Helps achieve and maintain a healthy weight



To help you achieve these benefits we will assess your height and weight on admission.

Food delivery

- When you're admitted to hospital your meals will be delivered at the bedside.
- By keeping your table clear the food delivery person can provide your meal to you promptly.



Remember to keep your food tray clear.

Do you have an allergy?

- It's important that you alert staff of any food allergies or sensitivities so that we can order you the correct diet.



Do you need thickened drinks or soft/mashed or pureed food?

- Its important to tell staff of any food, texture or thickened fluids you require so that the correct diet and fluids can be ordered.

Can I bring my own food to hospital?

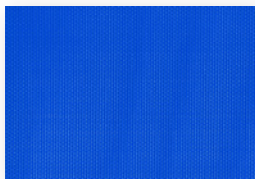
- NSW Health is committed to providing our patients with safe, nutritious meals. This is an important part of caring for our patients.
- Bringing food from home is not encouraged, however if you do bring occasional food, please first check with your nurse, doctor, dietitian, or speech pathologist.
- There may be times when it is not ok for you to bring food from home, and we want to put your safety first.

What is a placemat?

I've been told I'm on a **blue placemat**, what does this mean?

You may see a blue placemat under your food tray. This is to help you by alerting staff that you may need:

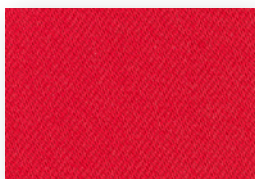
- Feeding assistance
- Meal set-up
- Some supervision
- Extra time with your meals



I've been told I'm on a **red placemat**, what does this mean?

You may see a red placemat under your food tray. This is to help keep you safe by alerting staff that you have:

- Significant swallowing difficulties and are at high risk of food or drink going down the wrong way into your lungs. This can make you very unwell.
- Patients on a red placemat will have a qualified nurse supervise them while eating and drinking.



Resources available

To ensure we meet your needs and keep you safe there may be times that you may be referred to a Speech Pathologist or Dietitian. You can also request a nurse or doctor to place a referral for you.

The Central Coast Local Health District is committed to providing high quality and nutritious food. We can provide specialised diets for religious reasons and dietary requirements for people with diabetes, allergies and swallowing problems.

Flip Charts

You will notice a flip chart with different colours in your bed space.

Diet flip charts are used to alert staff, families, and visitors that there maybe specific dietary restrictions, allergies and/or fluid restrictions.

- This flip chart is used for patients with swallowing difficulties or on thickened fluids and is placed above the patient's bed or on their communication board.



Why am I Nil By Mouth?

- We may need to do tests/procedures to rule out various illnesses while you're in hospital. Some of these tests require an empty stomach.
- If your swallowing has been affected due to illness we may need to make you NBM until checked by trained professionals for the right oral diet.



For further information scan the QR code below.



Guidelines for bringing occasional foods to patients

www.cclhd.health.nsw.gov.au/wp-content/uploads/Guidelines_for_Bringing_Occasional_Food_to_Patients.pdf

