

## Nutrition

### During Hospitalization

The priority is good nutrition to promote healing. Follow these general guidelines:

- Eat a variety of foods.
- Drink plenty of fluids.
- Maintain your weight.
- Be sure to select items on your menu to ensure your food preferences are honored.
- Be sure to include calcium rich foods in your diet (low fat milk, low fat cheese, yogurt, low fat cottage cheese, broccoli).

*If you have questions about your diet, please ask to see the Dietitian during your stay.*

### Guidelines For Weight Gain

- Keep nutritious snacks on hand (yogurt, juice, cheese, milk and ice cream).
- Eat several small meals and snack frequently.
- Use high calorie, high protein foods (yogurt, cheese, pudding, ice cream, peanut butter, cottage cheese, Carnation Instant Breakfast drink, for example).
- Eat your favorite foods.
- Add diced meat, cheese or vegetables to sauces, soups and casseroles.

### Guidelines For Good Nutrition For Weight Loss

- Cut back on portion sizes.
- Use sugar in moderation.
- Avoid fried foods, rich desserts, whole milk, cheeses made with whole milk, excess salad dressing, gravies and sauces.
- Choose lean meats, low fat milk and cheeses, plain desserts such as angel food cake or fruits.

- Avoid too many sweets such as cakes, pies, cookies, ice cream, candy, soft drinks, donuts and danish.
- Eat at regular meal times
- Avoid eating while watching television, reading or driving. Sit at the table, eat slowly and concentrate on each bite.
- Try reduced-calorie margarine, mayonnaise and salad dressing.
- Choose plenty of vegetables, fruits and grain products.

*Nutritional counseling is available prior to admission and after discharge by physician referral.*