

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.