



Did you know?

1 in 3 patients admitted to St. James's Hospital are malnourished or at risk of malnutrition

What is malnutrition?

Malnutrition means you are not getting the right balance of nutrients from your food. This can:

- Increase your risk of getting an **infection**
- Slow down **wound healing**
- Reduce your **mobility**
- Lead to a **longer stay** in hospital

What can cause malnutrition?

- If you are **not eating enough** of the right foods to meet your nutritional needs
- If you have a **long term illness or disease**
- If you have had **surgery** recently
- If you have an **infection or wound**

Why is good nutrition important in hospital?

When you are ill, your body needs extra nourishment from the food you eat to help you get better.

Your body needs:

- **Protein** and **energy** to repair wounds, fight infection and recover from illness
- **Vitamins** to help fight infection
- **Iron** for healthy blood
- **Calcium** for healthy bones
- **Fibre** to prevent constipation
- **Fluid** to prevent dehydration

Eat a variety of colourful fruits and vegetables each day to get enough **vitamins**

Eat foods like bread, cereals, potatoes, rice, pasta, nuts, butter and dairy for **energy**

Eat meat, chicken, fish, eggs, beans, lentils, nuts and dairy foods each day to get enough **protein**

Eat foods like milk, cheese, yoghurts and milky desserts to get enough **calcium**

Eat red meat, chicken, eggs, oily fish, green vegetables, beans and peas regularly to get enough **iron**

How do I eat well in hospital?

Try to eat oily fish and eggs a few times each week to get enough **vitamin D**

Drink milk, water, juice, soup, tea or coffee regularly to get enough **fluid**

