

### Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

**Whittington Health NHS Trust**  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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## How to choose from the hospital menu if you have diabetes

### A patient's guide



**If you are unwell, your body needs energy and protein to ensure a speedy recovery. Therefore, whilst you are in hospital, a strict, healthy diet may not be appropriate.**

### Have regular Meals

- Eat three meals a day - breakfast, lunch and evening meal.
- If you normally eat late in the evening, you may need to have a snack before bed, to make sure your blood sugars don't go too low over night.

### Try Low sugar meals

- Some of the desserts on the menu are low sugar such as custard, which is made with sweetener. Small portions of sponge pudding and pies are okay too.
- Ask friends and relatives to bring you fresh fruit, sugar free fizzy drinks or squashes, so that you can have these on your bedside cabinet.
- Choose low fat yoghurts, fruit or plain biscuits for snacks between meals.

### Choose high fibre starchy food

Make sure that you have some starchy food with each meal:

- Breakfast - cereal, bread (toast)
- Lunchtime- jacket potato, sandwiches, salad with a bread roll
- Evening meal - potatoes, rice, pasta

### Eat fruit and vegetables

- If you want to drink fruit juice – only one hospital portion per day is recommended, try to have this with breakfast.
- Aim for 5 portions a day – the hospital menu offers you a selection of salad side dishes at lunchtime, with fresh fruit or fruit pots as a dessert.
- Fruit contains fibre (which is good for you) and carbohydrates (which can affect your blood glucose). So, try to eat fruit throughout the day, rather than eating a big portion in one go. You can eat any fruit you like.

Items on the hospital menu have been coded to help you choose the appropriate diet for you; the menu is coded for **Better Choice**.

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Try and choose items which promote a balanced diet.

***Better Choice** options are lower in fat, salt and sugar and are suitable choices. These are the best options for patients with diabetes.*

### Menu swaps for healthier meals



If you want to have fizzy drinks try to have zero sugar options such as diet coke.



A portion of fruit is roughly what will fit in the palm of your hand.



Aim to have some of each of these at each meal time to ensure a balanced plate.



**Starchy carbohydrates**



**Protein**



**Vegetables**



Our custard is made with sweetener so you are able to have this as part of your meals along with other items on the menu marked with the

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