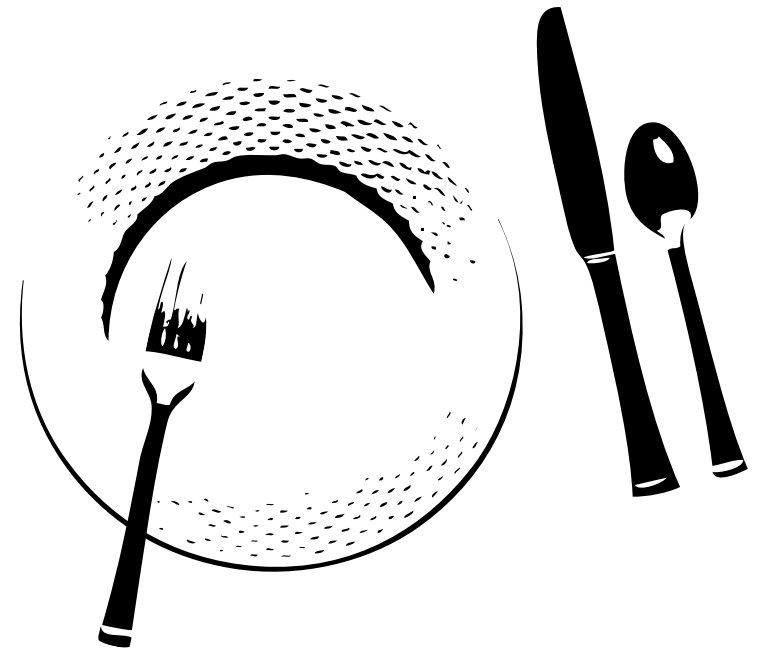


Engelska
Den viktiga maten

Food is important

Food is important for making you feel as well as possible despite illness, and coping with any planned treatment.



When people are ill, they often lose their appetites, and it can therefore be difficult to finish food portions.

Energy-rich food ("E-food") is served in smaller portions to make it easier to finish. As it is enriched, it still contains as much energy (calories) and nutrients as ordinary food. This food is therefore often recommended in cases of poor appetite.

Please tell the staff if you have lost weight or have problems that reduce your ability to eat, for instance loss of appetite, pain, nausea, dry mouth, diarrhoea, constipation, or problems with chewing or swallowing.

When should you eat?

Eat often. If your appetite is poor, it is easier to eat all the meals if they are spread across as large a part of the day as possible. Sometimes, night meals may also be necessary.

Apart from breakfast, lunch and supper, you should eat at least three snacks per day.

By eating snacks, you increase your chances of eating sufficient energy and nutrients. Most wards serve snacks with added calories. Apart from the snacks served, there are often other alternatives to choose from. Please ask the staff! It is important to say if you would like something in particular; your wish will be fulfilled if possible.

If you cannot cope with the ordinary snacks, there are nutritious drinks with extra energy that can replace or supplement the snacks.

An example of mealtimes:

08.00	breakfast
10.00	snack
12.15	lunch
15.00	snack
17.15	supper
20.30	snack

What can you do for yourself?

If your appetite is poor, it is important to choose drinks and side dishes that contain a lot of energy (calories). Remember therefore to ask for standard products instead of reduced fat products, and ordinary fruit squash instead of reduced sugar squash. Cream with desserts and extra fat in your porridge, on your potatoes and vegetables also add energy to the food without making the portion bigger.

If you have diabetes, you should avoid ordinary sweetened drinks. Otherwise, the advice above can be followed.

What is a food and liquid intake check?

Sometimes it is necessary to do a food and liquid intake check. During a food and liquid intake check, everything you eat and drink during at least 48 hours is registered on a special form. Using this, the staff can calculate how much energy (calories) you have eaten. This information is necessary to determine whether the food you have eaten covers your energy needs.