

## Ideas for Foods That Can Be Brought into Hospital for Patients Requiring a High Protein, High Calorie Diet

### **Savoury snacks:**

(if preferred/needed use dairy-free or gluten-free alternatives)

Individually packed sandwiches

Crisps, pretzels, crackers or chickpea and lentil-based snacks

Nuts, seeds (ask a nurse about ward allergies)

Crackers with cheese or hummus

Bhajis, pakoras, samosas

### **Sweet snacks:**

(if preferred/needed use dairy free or gluten free alternatives)

Individual dessert pots, e.g. trifle, mousses, custards, rice pudding, jelly

Biscuits

Thick and creamy full fat yoghurt, yoghurt bar / curd bar

Cake slices, caramel shortbread, flapjack, chocolate bars, sweets, cereal bars

Pastries, scones, crumpets, teacakes, fruit cake, malt loaf (with butter, cream and jam)

Dried fruit

Milkshakes (nourishing drinks leaflet available upon request)

### **We would strongly discourage bringing in chilled meals or high-risk foods such as:**

Cooked meats and meat products

Fish paste and fish products

Egg products

**There is also an assortment of snacks freely available on the ward; please ask your dietitian or ward nurse for information. Any food for patients to be left in ward fridge/freezer should be dated and labelled with patient's name. This list is not exhaustive, if you have any questions or queries please check with the ward nursing staff.**

## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Admin Team, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269 or email [Nutrition&Dietetics@york.nhs.uk](mailto:Nutrition&Dietetics@york.nhs.uk).

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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