

Eating Well in Hospital

What you should expect





Eating well and enjoying your food is an important part of your care whilst you are in hospital

The Catering service will provide meals that are healthy, wholesome and appetising for every patient. This includes providing meals that meet your lifestyle choice, ethnic and religious needs and special dietary needs. If you suffer from food allergies, tell the nurse looking after you of your allergy. You should be asked to choose your meals each day and sometimes, because of your condition, you may need a special or restricted diet.

Within 24 hours of arriving on the ward, nursing staff should do some simple checks to see if you have any special dietary needs or problems. This should include measurement of your weight and height and questions about how you have been eating, and whether you have recently lost weight unintentionally. If these checks identify that you have special dietary needs or problems the nursing staff should create a 'care plan' that sets out how they will meet those needs. Nursing staff may also refer you to a dietician who can provide specialist advice on how your diet should be managed whilst you are in hospital.

If you need special help, the ward you are on will have a way of ensuring nurses and catering staff know this. Some hospitals use red food trays to do this. Others may use a red napkin, or put a special sign above or beside your bed.

It is important that you drink properly and fresh water should always be available while hot drinks, like tea and coffee, should be served at different times throughout the day. You should be served with at least seven of these during the day.

Before your meal arrives, ward staff should tidy up the ward and, if necessary, help you sit up and get comfortable. You should also be given the opportunity to clean your hands before you eat.

It is important that your meal should be free of unnecessary interruptions and hospitals should ensure that doctors' ward rounds and other activities do not interfere with mealtimes. This is called the protected mealtime. This also means that your visitors may be asked to leave the ward at mealtimes, unless they are there to help you eat your meal.

Sometimes because you have special tests done, you may miss your meal. If this happens, ward staff should be able to provide you with another meal. If you are hungry between meals, snacks are available. Ask the ward staff if you want a snack.

If nursing staff or dieticians identify that you have dietary problems, they will keep a check on what you eat and drink during your hospital stay, recording it on a special chart.

If you have any worries about how your dietary needs are being met during your stay in hospital, please let the nursing staff know as soon as possible. If you want to talk to someone from the catering service about the food you are receiving, the ward staff can arrange this for you.

Find out more

For more information on the Auditor General for Wales' work on hospital catering and patient nutrition, please visit **[audit.wales](https://www.audit.wales)**

Weiðia, gan eich bod yn cael profion arbenig,
efallai y byddwch yn methu eich pryd bwyd.
Os bydd hyn yn digwydd, dylai staff y ward
ddarparu pryd bwyd arall i chi. Os ydych yn llwgu
rhng prydau bwyd, mae byrbrydau ar gael.
Gofynnwch i staff y ward os hoffech gael byrbryd.
Os bydd staff nysio neu ddeietegwr yn nodi bod
gennyh problemau deietegol, byddant yn cadw
golwg ar yr hyn rydych yn ei fwya a'i yfed yn
ystod eich amser yn yr ysbty, gan ei gofnodi ar
siat arbenig.

Os oes gennyh unrhyw bryderon am sut y caiff
eich anghenion deietegol eu diwallu tra'ch bod
yn yr ysbty, dylech roi gwybod i'r staff nysio cyn
gynted â phosibl. Os hoffech siarad â rhywun o'r
gwasanaeth arlwyo am y bwyd rydych yn ei gael,
gall staff y ward dreñu hyn i chi.

Dysgwch fwy

I gael rhagor o fanylion ar waith Archwilydd
Cyffredinol Cymru ar arlwyo a maeth cleffion
mewn ysbty, gwelwch archwilio.cymru

Os oes angen help arbenig arnoch, bydd gan eich ward ffordd o sicrhau bod nyrsys a staff arlwyo yn gwybod hyn. Mae rhai ysbyta'i'n defnyddio hambyrddau bwyd coch i wneud hyn. Gall eraill ddefnyddio napcyn coch, neu roi arwydd arbenig uwchben eich gwely neu wrth ei ochr.

Mae'n bwysig eich bod yn yfed digon a dylai dwr ffres fod ar gael drwy'r amser tra y dylai dioddydd poeth, fel te a choffi, gael eu gwneini ar wahanol adegau yn ystod y dydd. Dylech gael o leiaf saith o'r rhain yn ystod y dydd.

Cyn i'ch pryd o fwyd gyrraedd, dylai staff y ward dacuso'r ward ac, os bydd angen, dylent eich helpu i eistedd i fyny a'ch gwneud yn gyfforddus. Dylech hefyd gael cyflie i olchi eich dwyllo cyn i chi fwyta. Mae'n bwysig eich bod yn gallu bwyta eich pryd o fwyd heb i ddim byd diangen dorri ar eich traws a dylai ysbyta'i sicrhau nad yw rowndiau ward meddygon a gweithgareddau eraill yn tarfu ar amseroedd bwyd. Gelwir hyn yn amser bwyd a ddiogelir Mae hyn hefyd yn golygu y gellir gofyn i'ch ymwelwyr adael y ward yn ystod amseroedd bwyd, oni bai eu bod yn o'i'ch helpu i fwyta eich pryd bwyd.

Mae bwyta'n iach a mwynhau eich bwyd yn rhan bwysig o'ch gofali yn yr ysbdytŷ



Bydd y gwasanaeth Arlwygo yn darparu prydau bwyd sy'n iach, yn llesol ac yn fflasus i bob claf. Mae hyn yn cynnwys darparu prydau bwyd sy'n cyd-fynd â'ch ffordd o fyw ac sy'n diwallu eich anghenion ethnig a chrefyddol ac anghenion deietegol arbennig. Os ydych yn dioddef o alergeddau bwyd, rhoch wybod i'ch nyrs sy'n eich gofaliu am eich alergedd. Dylai staff ofyn i chi dde wis eich prydau bwyd bob dydd ac weithiau, oherwydd eich cyfiwr, efallai y bydd angen deiet arbennig neu gyfyngedig arnoch.

O fewn 24 awr i chi gyrraedd ar y ward, dylai staff nyrsio gynnal rhai archwiliadau syml i weld a oes gennyh unrhwyw anghenion neu problemau deietegol arbennig. Dylai hyn gynnwys mesur eich pwysau a'ch taldra a holi cwestiynau am eich arferion bwyta, a ph'un a ydych wedi collu pwysau'n antwraddol yn ddiweddar. Os bydd yr archwiliadau hyn yn dangos bod gennyh anghenion neu problemau deietegol arbennig, dylai'r staff nyrsio lunio 'cynllun gofali' sy'n nodi sut y byddant yn diwallu'r anghenion hynny. Gall staff nyrsio hefyd eich cyfeirio at ddeietegydd a all roi cynngor arbennigol i chi ar sut y dylid rheoli eich deiet pan fyddwch yn yr ysbdytŷ.



Bwyta'n lach yn yr Ysbyty

Yr hyn y dylech ei ddisgwyl