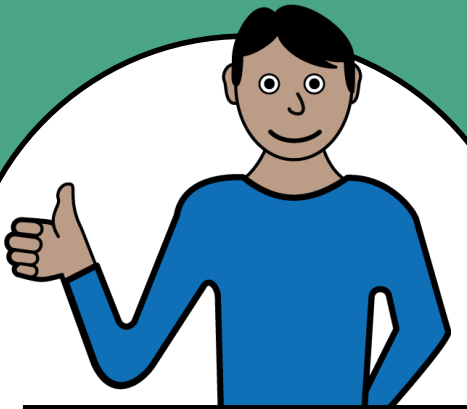


Eating well in hospital

Information for patients,
carers and relatives

**Easy
Read**

The NHS logo is displayed on the side of a building with a brick-patterned roof.

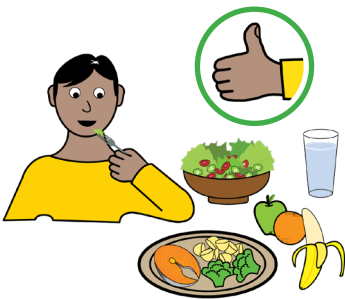
easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

healthy eating



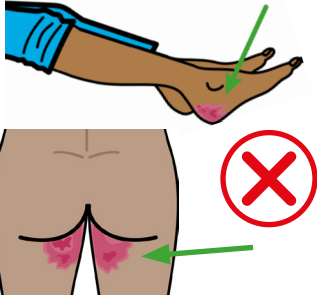
Eating well is important.

healthy



For keeping you healthy.

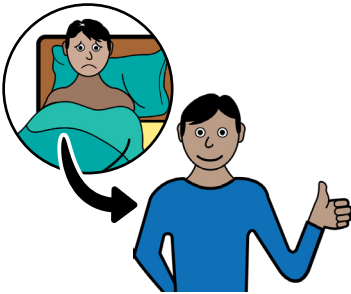
pressure injury



Eating well can help prevent skin damage.

Also known as pressure injury.

help recovery



Eating well will help you recover after illness.

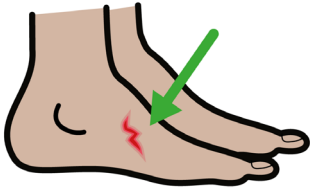
drink water



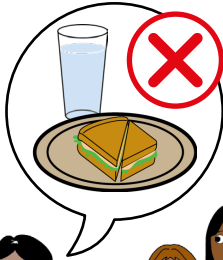
Drinking water will stop you getting dehydrated.

This is important.

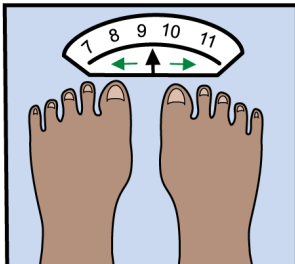
tear on foot



let staff know



lost weight



Dehydrated skin can be dry and is easy to tear.

Please let staff know:
if you are struggling to eat or drink.

If you have lost weight.

feel sick



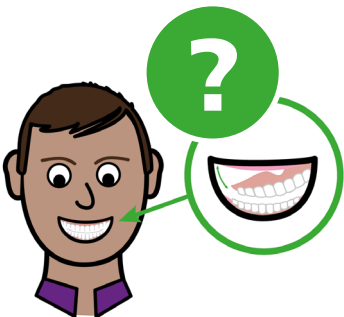
Please let staff know:
If you feel sick.

pain in mouth



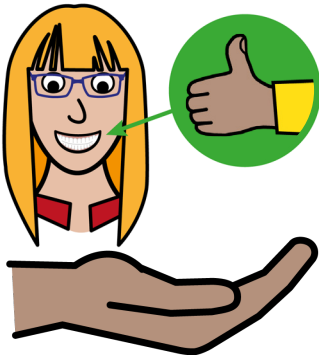
Or you have any pain in
your mouth.

dentures fit



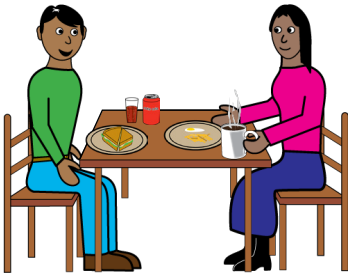
Make sure your
dentures fit.

mouth clean



And you have the right support to keep your mouth clean.

sit at table



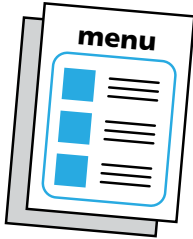
Try to sit out at a table and chair for your food.

special menu

breakfast	lunch	evening meal	supper
✓	✓	✓	

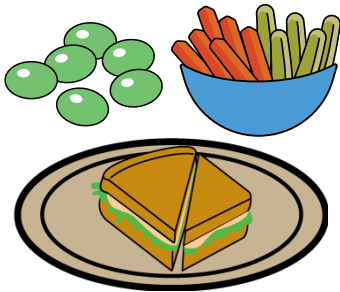
Please tell staff if you need a special menu.

different menus



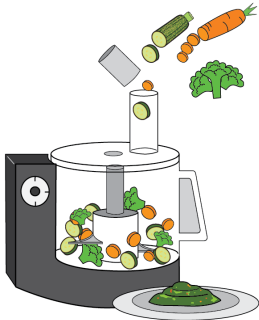
The hospital has lots of different menus to meet cultural, religious or medical needs.

finger food



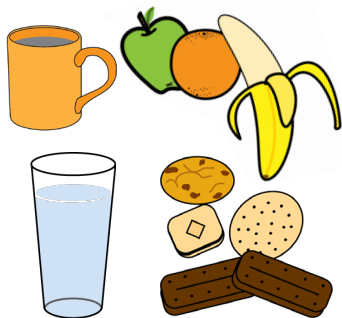
They also have finger food menus.

pureed food

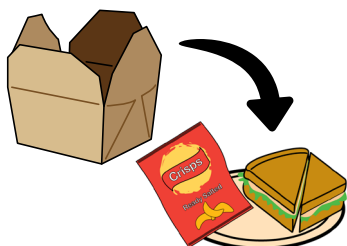


And pureed menus.

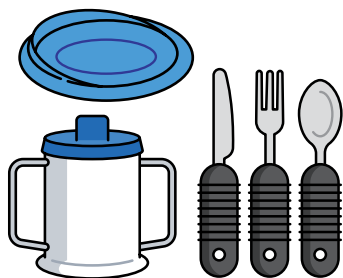
snacks and drinks



missed meal box



support to eat

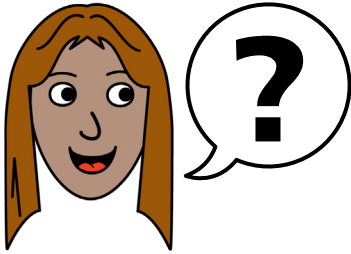


A choice of snacks and drinks are available between meals.

If you have missed a meal in hospital you can order a 'Missed meal Box'.

The hospital also has special plates, cups and cutlery if you need.

ask



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

leedsth-tr.lidautism@nhs.net

easy read leaflets



We have other easy reads to support you.

Scan this QR code to see our range of easy read leaflets.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 1st edition Ver 1.0

Developed by: Kathleen Smith • Quality Improvement Clinician for Learning Disability and Autism. All images / Resources Copyright © LYPFT easyonthei
Produced by: Medical Illustration Services • MID code: M20231121_016/DG

LN005754
Publication date
12 / 2023
Review date
12 / 2026