

Dietary Coding of Patient Menus - Guidance for Ward Staff

Type of Diet	LTHT Dietary Code	Comments
High Protein and Energy	↑ Higher Energy	This is suitable for people who are identified as having higher nutritional needs through the nutritional screening tool (MUST). Items coded as ↑ Higher Energy are suitable for patients who have a small appetite or require food high in energy due to their illness, weight loss or surgery. This may include patients with diabetes if they have a poor appetite or unable to manage their normal dietary intake. Patients requiring the Higher Energy choices will also require 2 snacks a day from the Red Tray / Higher Energy Snack Menu.
Diabetes	♥ Healthier Choices	The majority of people with diabetes who are well are recommended to follow a balanced diet which is restricted in fat, added sugar, salt and usually calories, and so the ♥ Healthier Choices code is suitable. However many people with diabetes who are in hospital may not be well, and may have a reduced appetite and therefore may require the ↑ Higher Energy choices on the menu. Some people with diabetes are 'Carbohydrate Aware' and manage their treatment (insulin) around what they eat. They may require more information about the carbohydrate content of the menu and can choose from the full range of items on the menu. Information about the carbohydrate content of the menu is available for patients on the patient catering pages of the Trust website.
Low Fat	♥ Healthier Choices	All items marked as ♥ Healthier Choices have a restricted fat content and are therefore suitable lower fat options. If a very low fat diet is required then further guidance from the ward Dietitian will be required and this will need to be controlled at ward level. A Chyle leak diet is also a very restricted fat diet and this requires careful monitoring and supervision by the ward Dietitians and nursing staff. Items for this diet can be ordered using the Chyle leak Order Form.
Healthy Eating	♥ Healthier Choices	All items marked as ♥ Healthier Choices are restricted in fat, added sugar, salt and calories and are suitable for patients who are 'nutritionally well' and would like to follow a healthy diet as recommended for the general population.
No Added Salt	♥ Healthier Choices	All items marked as ♥ Healthier Choices have a restricted salt content and are therefore suitable lower salt options. However the items marked ♥ Healthier Choices on the menu are also likely to be lower in calories and so caution should be taken for patients who are advised to take a restricted salt diet but who may also need a Higher Energy diet. The amount of salt in the Higher Energy choices has also been limited when choosing items for the menu.
Easy to Chew	EC Easy Chew	Items coded Easy Chew are normal everyday foods of a soft/tender texture that are easily eaten and easy to chew, they are suitable for people who have chewing but not swallowing problems (for example poor teeth, badly fitting dentures or tire easily). Patients with dysphagia (clinically diagnosed swallowing problems) should be offered the appropriate Texture Modified Menu, as advised by clinical staff.
Vegetarian	V Vegetarian	Items coded V are suitable for lacto-ovo vegetarians and are free from meat, poultry, fish, and gelatine.
Vegan	Vg Vegan	Items coded Vg are suitable for people who take a diet which does not use or include animal products (including meat, fish, shellfish, insects, dairy, eggs and honey).
Gluten Free	GF Gluten free (NGCI)	This code identifies items on the menu which are free from gluten containing ingredients and therefore suitable for people with Coeliac Disease or Dermatitis Herpetiformis. A Gluten free (NGCI) Menu is also available to provide additional choice for people who require this.

Allergen Information - information on the Allergen content of all the menus is available to give to patients on request for: Cereals, Crustaceans, Eggs, Fish, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame Seeds, Sulphur Dioxide, Lupin & Molluscs. This information is provided by all our suppliers.