

Your meals are part of your recovery

Eating well during your stay can help you heal and get home sooner

Your food helps you heal

- Helps your body repair and rebuild
- Reduces your chances of getting sick
- Keeps your energy up for daily activities
- Helps you get home sooner



Make the most of your tray

- Go for protein first, eggs, meat, fish, dairy, nuts or legumes
- Add milk to your coffee or tea
- Save your breads and vegetables until the end of your meal



Finding it hard to eat?

- Ask staff about nourishing snacks and drinks between meals
- Tell your nurse or dietitian if eating feels tough
- Ask family or friends to bring in your favourite foods when they visit



If you have questions or concerns about your meals, appetite or nutrition, speak to your healthcare team.

Updated September 2026