

# Can All Hospital Food Be Healthy Food?



A strong public health message can be sent out by hospitals to a significant number of people from all socio-economic groups, about the impact food has on health.

Currently many hospitals, whilst promoting healthy eating, sell or provide unhealthy foods, particularly in terms of saturated fat, sugar and salt. This is likely to undermine strategies which promote healthier food choices.

## Aim

Improve availability of good quality, healthy, nutritious food for staff, patients and visitors.

## Method

Reduce availability of high saturated fat, sugar and salt foods.  
Replace such products with healthier choices.  
Include all on-site food providers.  
Take a phased approach to change.

## Contact Details

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## What we have done so far

Increased availability of fruit and vegetables.  
Fat and salt levels reduced across the menus.  
Unhealthy snacks reduced.  
In discussion with external food providers.

## The next step

Analyse nutritional value of food and drink available.  
Introduce Food Standards Agency 'Traffic Light Labelling'.  
Provide nutritional information to consumers to enable informed choices.

Are we

measuring up to  
**healthy eating?**