

Nutrition Standards for Hospital Diets



Department of Dietetics

All India Institute of Medical Sciences, New Delhi

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MESSAGE

Food is fundamental to patient care. Every hospital has a responsibility to provide the highest level of care possible for their patients and this, without question, includes the quality and nutritional value of the food that is served and eaten. Over the past several decades, there has been increasing focus on patient-centered care and value-based health care, as hospitals are ever more attentive to their impact on patients, staff, communities, the health system, the environment, and society at large.

It gives me immense pleasure to learn that Department of Dietetics, AIIMS, New Delhi has developed Nutrition Standards for Hospital Diets (NSHD). I am sure that the content of the manual will strengthen current dietetic practices and will be well-utilized for guidance in meal planning for different ages, conditions and needs for hospital dieted patients at AIIMS, New Delhi.

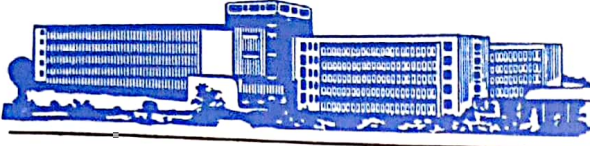
I would also like to compliment the team that has worked tirelessly for several months to produce the manual. I strongly recommend this as a ready handbook to Dietitians, Doctors, food service managers and policy makers. Together, we must continue to ensure that patients have a positive experience during their stay, including when it comes to their nutrition.

(Prof. Randeep Guleria)

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FROM THE MEDICAL SUPERINTENDENT'S DESK

Food, in all types of collectives, is a challenge for health professionals who have the responsibility of designing, planning, scheduling and controlling the elaboration of diets. There are many factors related to intake that must be taken into account when designing the performance of the dietetic or food service: hospital resources, organizational, geographical, cultural... without forgetting the nutritional and gastronomic factors, a balance that makes the act of eating happen spontaneously and satisfactorily.

I am pleased to know that Department of Dietetics, AIIMS, New Delhi has developed Nutrition Standards for Hospital Diets (NSHD) according to modern nutritional knowledge. Since, Hospital meals are considered an integral component in the management of indoor hospital dieted patients, which facilitate recovery and improve patient satisfaction regarding the overall treatment experience.

I am hopeful that this manual will support the current culture change surrounding hospital catering to one that recognizes the fundamental importance of providing appropriate food provision for every patient as part of his or her treatment. This in turn will positively influence health and recovery.


(Dr. D. K. Sharma)

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FOREWORD



Eating well and enjoying food is fundamentally important for every individual's health and wellbeing. In a hospital setting appealing food and good nutrition is more than this, here it is vitally important. Dietary Services in AIIMS hospitals should always be exemplary, promoting a healthy balanced diet for patients. The challenge requires efficient service delivery, coordination, and excellent communication to share information, knowledge and understanding of principles of nutrition.

In a diverse hospital population, food must meet the nutritional requirements of patients as well as providing food that is appropriate for different age groups, religious, cultural and social backgrounds across a range of medical conditions. Food provided for patients needs to be familiar, appealing and available at appropriate times. Above all it needs to be eaten and enjoyed. Maximizing opportunities for individuals to eat and drink and delivering quality and choice are fundamental to improving consumption.

It is expected that by the development of Nutrition Standards for Hospital Diets (NSHD), majority of patients will be benefited and would be able to meet nutritional requirements. The full implementation of the nutrition standard for hospital diets in AIIMS, New Delhi will not only continue to improve patient care and outcomes but also serve as a cost effective way of providing nutrition for malnourished and nutritionally vulnerable people in our care.

Dr. Mahesh R.

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PREFACE



Hospital meals are considered as an essential constituent to facilitate recovery and improve patient satisfaction regarding the overall treatment experience. Therefore, providing nutritionally appropriate and microbiologically safe food that satisfies the patient's nutritional needs and appetite should be the primary aim of every hospital food service.

In the above milieu, diet scales for various diseases are developed for indoor General and Private Ward hospital dieted hospitalized patients. The given diet scales manual will enable maintenance of effective inventory control and kitchen management and assist in indenting and issuing rations in precise and accurate quantity in a hospital kitchen, as per their diet type and disease profile.

For this manual, the following assumptions have been made:

1. The reader has a satisfactory background in nutrition sciences, physiology, medical terminology, biochemistry, basic pharmacotherapy, and interpretation of biochemical data to understand the abbreviations, objectives, and interventions in this manual.
2. Ability to use current diet guidelines for any diet modification lists if required; as comprehensive lists are not included.
3. Except where specifically noted for children, nutrition therapy plans are for individuals over the age of 18.
4. Most evidence points to the benefits of whole foods to acquire phytochemicals and yet unknown substances. Healthy persons should obtain nutrients from a balanced diet as much as possible. The use of functional food ingredients, such as antioxidant foods, is highly recommended. A well-balanced, varied diet uses the National Institute of Nutrition, Hyderabad, India, Food Pyramid Guidance System and various ethnic, pediatric, geriatric, or disease state food guides for menu planning and design.
5. Ethics, cultural sensitivity, and a concern for patient preferences should be considered and practiced at all times. When available, the wishes and advanced directives of the patient are to be followed. This may preclude aggressive use of artificial nutrition. Indeed, current knowledge strengthens the role of nutrition as therapy, and not just adjunctive support. I am hopeful that the profession of dietetics would continue to evolve and gradually build up a deeper understanding of the prominence of nutrition in health promotion and disease management.

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TABLE OF CONTENTS

INDEX		PAGE NO.
All India Institute of Medical Sciences, New Delhi		1
Dietetics		2
Role of hospital diets		3
Hospital dietary standards planning guidance		4
Recommended dietary allowances for Indians		5
Guide to complete nutritional care of in-patients		7
Steps to optimal nutrition support		8
Digital dietary module		12
SECTION-I		
Balanced diets	Adult	17
	Pediatrics	18
	Pregnancy	21
	Lactation	23
	Geriatrics	25
SECTION-II		
Normal diet modifications	Clear liquid diet	29
	Full liquid	30
	Semi solid diet	31
SECTION - III		
Clinical nutrition	Therapeutic diets	35
	Weight reducing diet	36
	High protein high energy diet	37
	Chronic obstructive pulmonary disease	38
	Diabetes mellitus	39
	Renal diseases	41
	Dialysis	42
	Reduced salt diet	43
	Reduced potassium diet	44
	Reduced phosphate diet	44
	Cardiovascular disease	45
	Cholesterol restricted and fat controlled diet	46
	Gout	47
	Chronic liver disease	48
	Celiac disease	49
	Low fibre diet	50
High fibre diet	51	
Burns	52	

	Trauma injury	54
	Cancer treatment	55
	Neutropenic diet	59
	Surgery	60
	Solid organ transplant	61
	Bariatric surgery	62
	Eating disorders	64
	Neurological disorders	65
	Epilepsy	66
	Chylothorax	68
	COVID-19	69
SECTION -IV		
Enteral nutrition	Enteral nutrition support	73
	Recommendations for feeding in the intensive care unit (ICU)	77
Hospital based feeds	Standard feed	79
	Diabetic feed	79
	Renal feed	80
	Dialysis feed	80
	Curd feed	81
	Diabetic curd feed	81
	COPD feed	82
	Chyle leak feed	82
	Common commercial formulas marketed in India	83
APPENDICES		
	Nutrition assessment guidelines	91
	Energy requirements for adults	93
	Estimated protein needs	96
	Estimated fluid needs	98
	Pediatric nutrition assessment	102
	Food exchange list	104
	Nutritive value of common food items	105-112
	Cyclic private ward menu	113
	Cyclic general ward menu	114
	Private ward meal plan	115
	General ward meal plan	116
	Equivalents, conversions and portion sizes	117
	Nutritive value of special foods	123

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