

Trust Headquarters
Russells Hall Hospital
Dudley
West Midlands
DY1 2HQ

Date: 09/08/2012

FREEDOM OF INFORMATION ACT 2000 - Ref: FOI/011189

With reference to your FOI request that was received on 23/07/2012 in connection with 'Average calories in Trust meals'.

Your request for information has now been considered and the information requested is enclosed

Further information about your rights is also available from the Information Commissioner at:

Information Commissioner

Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF
Tel: 0303 123 1113
Fax: 01625 524510
www.ico.gov.uk

Yours sincerely

Information Governance Manager
Room 34a, First Floor, Esk House, Russells Hall Hospital, Dudley, DY1 2HQ
Email: FOI@dgh.nhs.uk

Please find below the responses to your request:

How many calories on average are in each of the trusts hospital meals please?

Can you break this down so I have the figures for breakfast, lunch and dinner please?

As the information is not held in the format that you have requested due to patient choice, the following information has been offered in response.

Delivering Nutritional care through food and beverage services

A menu needs to do the following

Meet Estimated Average Requirements (EARs) and Reference Nutrient Intakes (RNIs)
1200-2500 kcal per day

Meet the specific therapeutic dietary requirements of different patient groups

Address public health issues

The structure of the patient day should be based on meeting patient needs

They should be structured so as to avoid undue hunger whilst intervals are also long enough to encourage appetite

Hospital food and beverage services must be capable of providing a range of modified texture foods and fluids
Nutritional targets

1200-2500 kcal per day

A minimum of 300kcal per meal and 500 kcal for an energy dense meal
18grams of protein for a main meal (or 12grams if vegetarian)
(A main meal is entree+starch+vegetables+sauce/gravy)

Look appealing on the plate dish

Follow government recommendations such as 5 a day