

Figure 2

Example of food labelling at the NRH

BEEF LASAGNE 708 Calories per portion

LOW SUGAR

MEDIUM SALT SATURATED FAT FAT

SUITABLE FOR:

- DIABETES
- LOW FAT

The calorie information provided is calculated using average figures and based on a typical serving size.

WARNING STOP ALLERGIES

In Summary being aware of the **calorie content of food and drink** can help ensure you to make healthier food choice while you are at the NRH.

Contact details:

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The [National Rehabilitation Hospital](http://www.nrh.ie) is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards



An tOspidéal Náisiúnta Athshlánúcháin

Menu Labelling

Helping you make healthy food choices



How to use food labelling at the NRH to help you choose a healthy diet

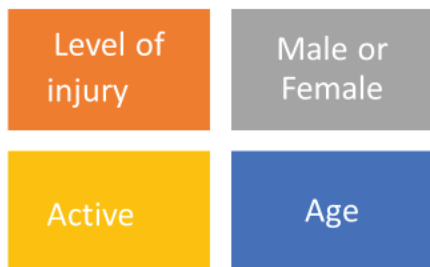
Menu Labelling—What does it mean?

Maintaining a healthy weight is important for good health and reducing the risk of heart disease and diabetes in the future.

To help you to manage your weight, our menus are labelled with calorie information and are available in the patients' canteen and the coffee shop. This will help you to make better choices around the foods you eat.

How many calories do we need?

After a spinal cord injury, the number of calories you need each day to be a healthy weight may have changed. This depends on your age, weight, level of injury, activity and whether male or female.

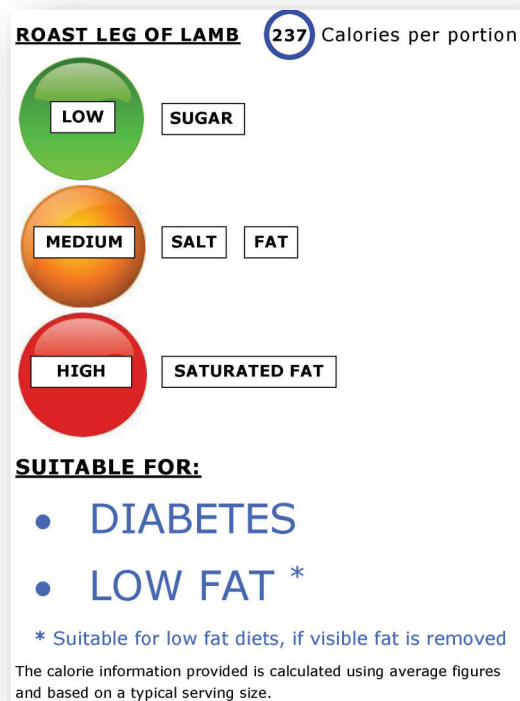


Nutritional information available in the NRH

Each week our menu is available in the patients' canteen. A member of staff will be happy to show you where it is displayed. Food and drinks available in the coffee shop are labelled also.

Figure 1 below is an example of the type of information you will see. The information will tell you how many calories are in each dish — calories are a way of describing the energy we get from food and drinks we eat.

Figure 1



How you can use this information

In the example above, the **meat** will provide 237 calories

- ⇒ If you add **potatoes** this will add 157 calories
- ⇒ If you add **vegetables** this will add 50 calories
- ⇒ If you add **gravy** this will add 105 calories

Therefore, if you have a portion of roast lamb with potatoes, vegetables and gravy, the total **calorie intake of the meal is 549 kcals**.

This is about right for a main course. Remember this is only one meal and you need to think about all the calories you will eat and drink in the whole day.



Tips for managing your weight

Choose the option which is suitable for 'low fat' each day. Try using a smaller plate and avoid second helpings.

Be mindful of dishes like Lasagne (Figure 2 overleaf). These dishes already contain pasta. It is best to eat these dishes with a portion of salad or vegetables rather than add potatoes or chips to keep the calories down.

Have one main meal each day and a smaller meal in the evening.

A cold meat salad or a sandwich with salad can be a good choice in the evening.