



Nutritional Evaluation of meals in hospitals of the Community of Madrid (Spain)

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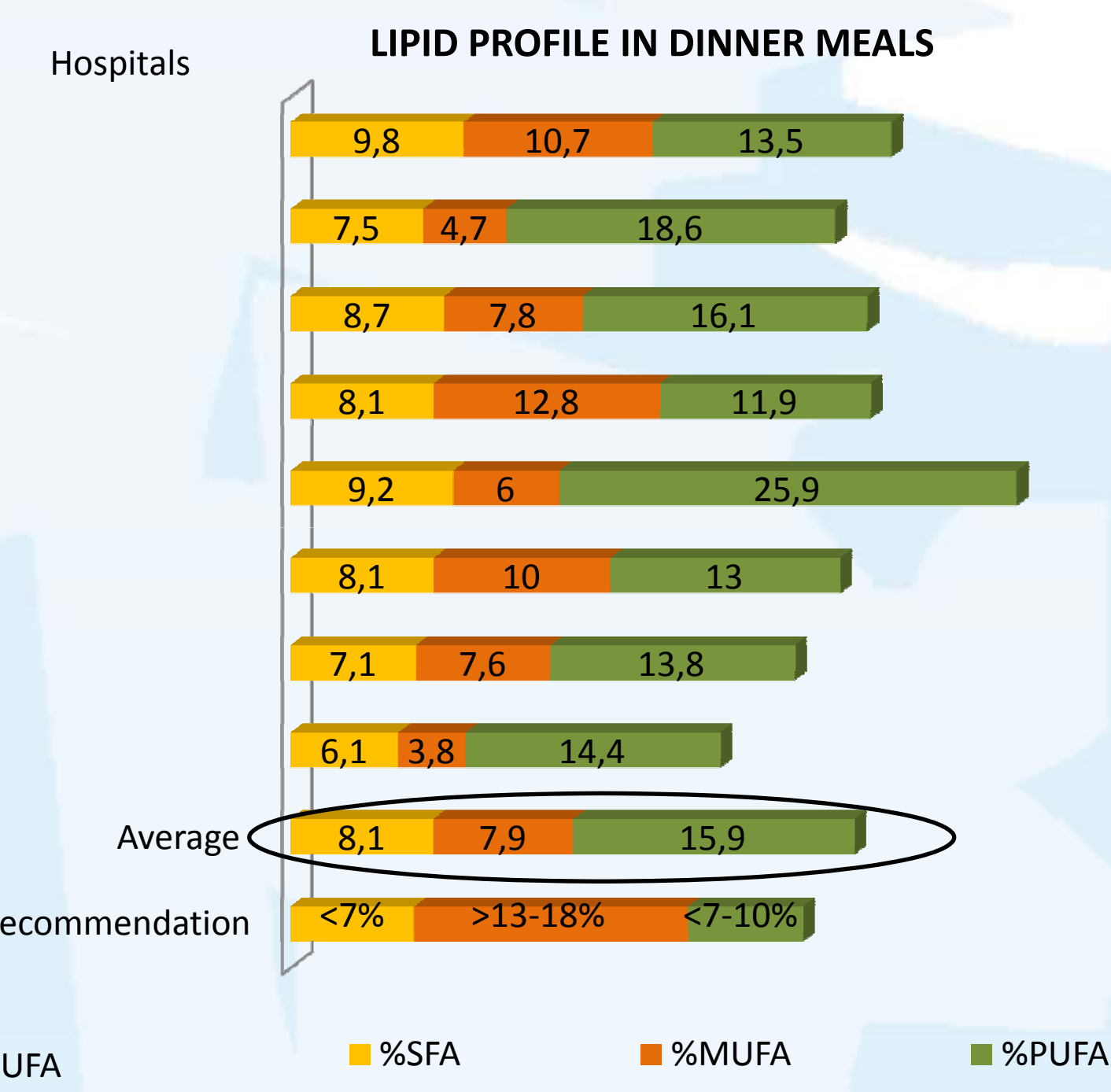
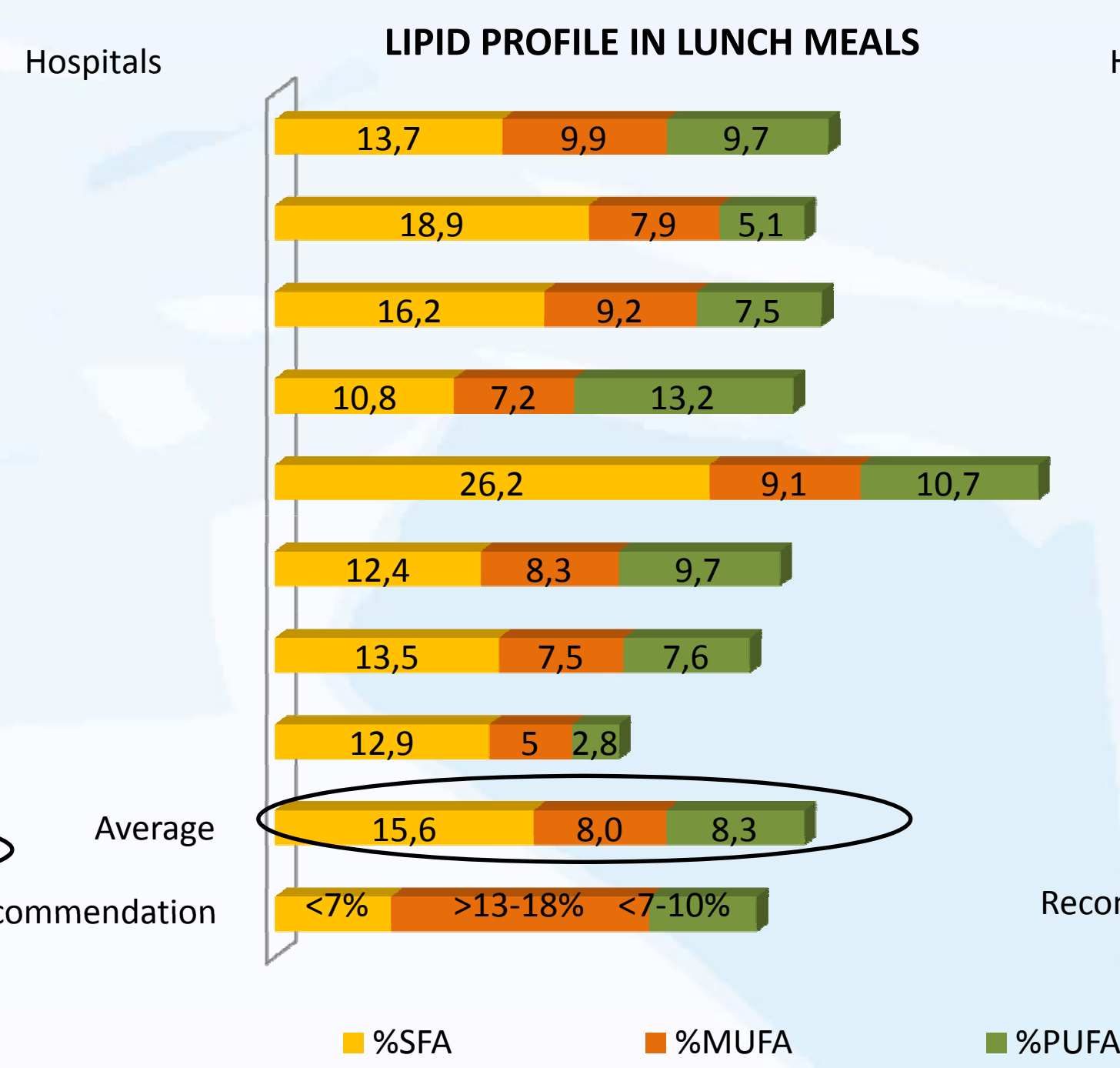
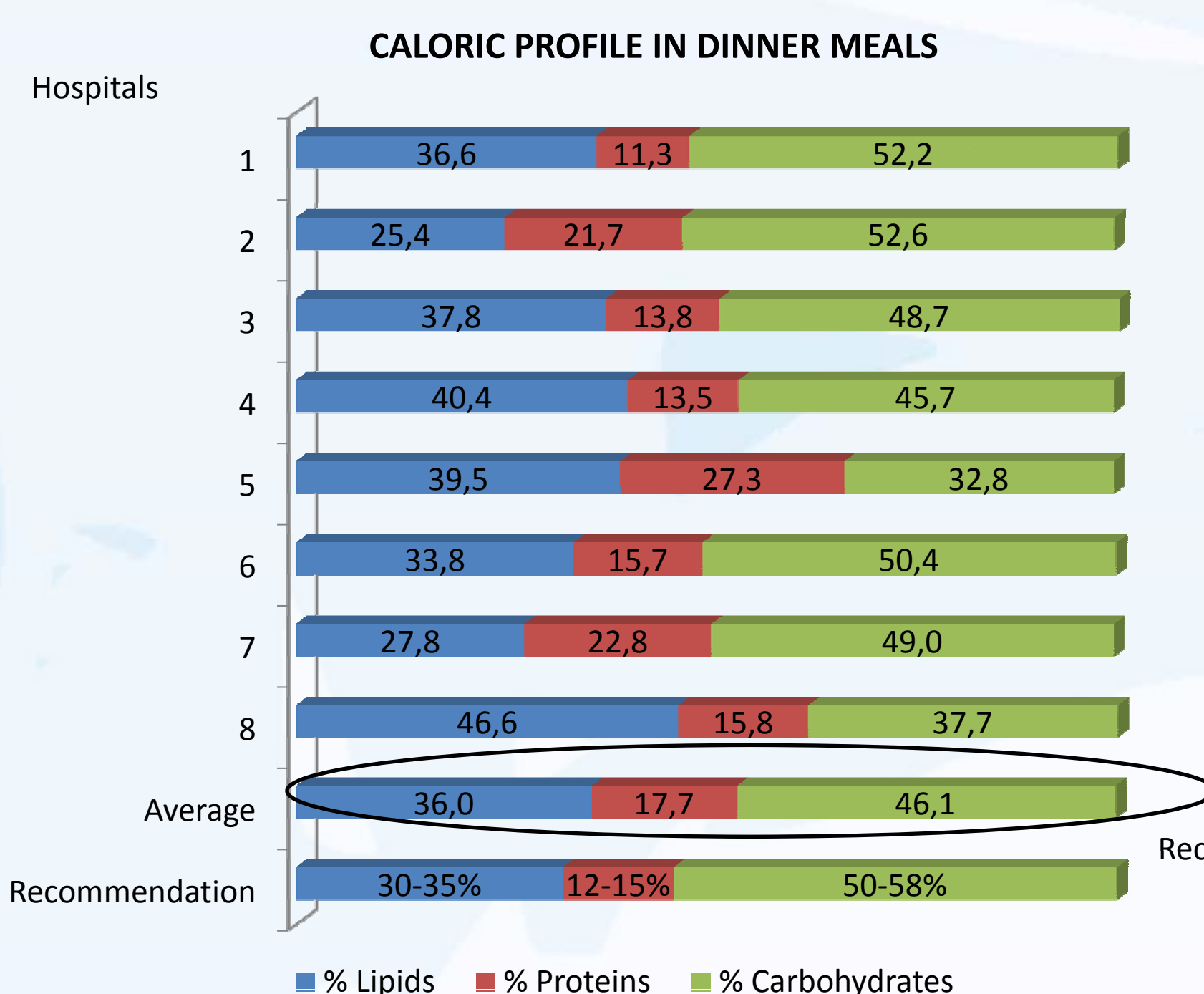
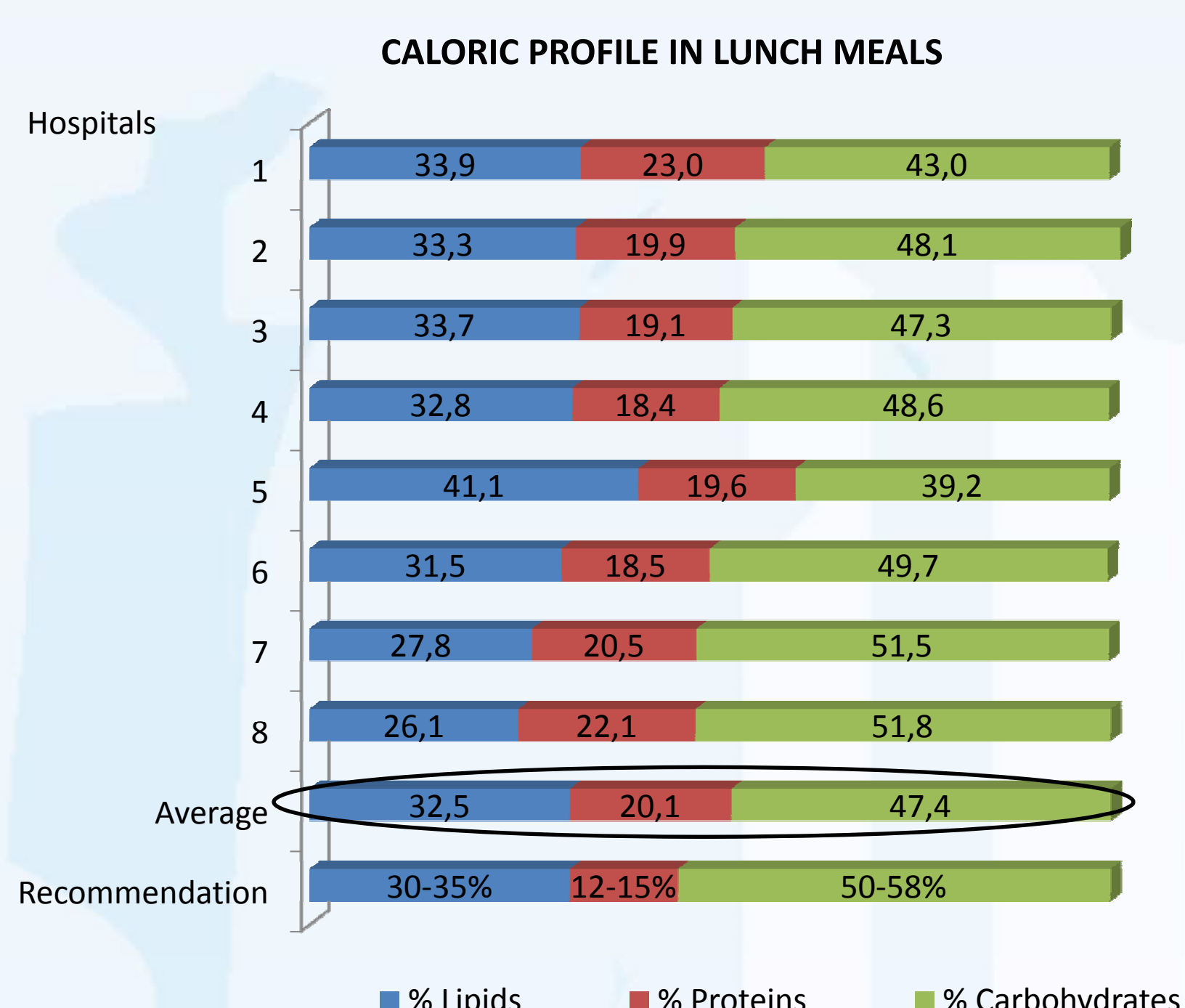
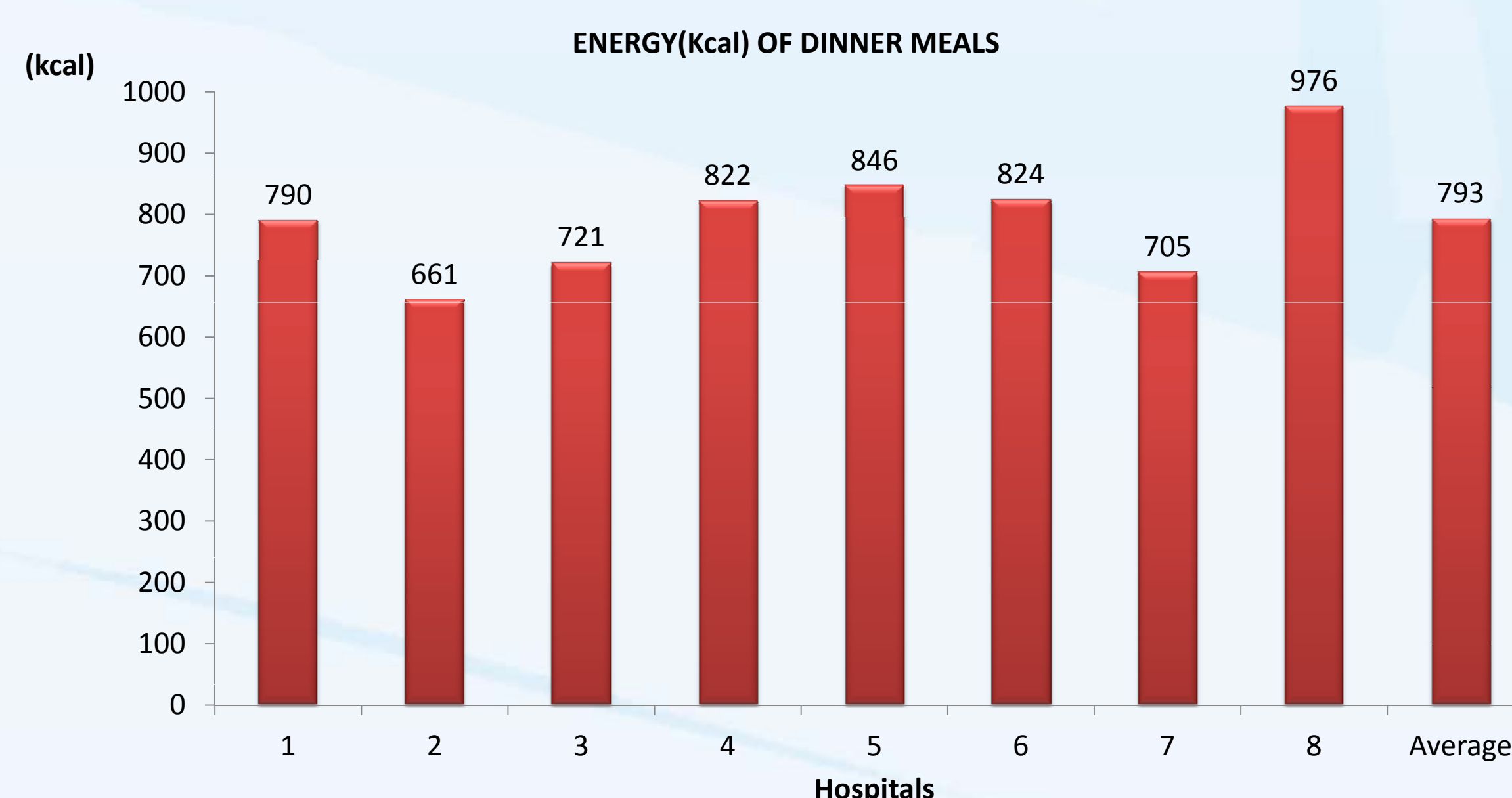
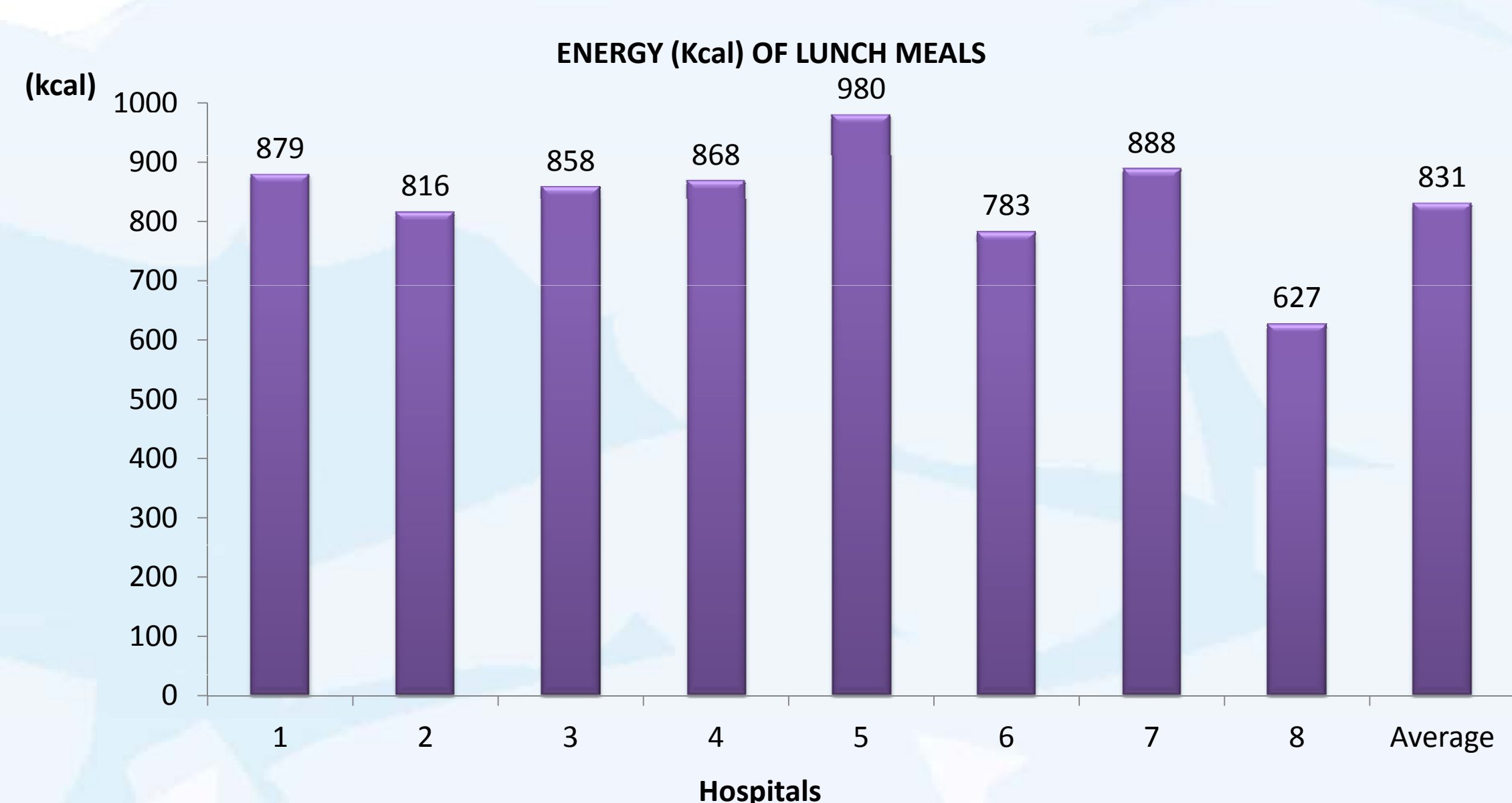
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INTRODUCTION: The food services in hospitals are commonly very heterogeneous and not well accepted by the users. The main objective of an hospital is to improve the health of the patient, and no doubt, to have a good dietary organization in the hospitals will be a step towards this.

OBJECTIVES: The aim of this study was to analyze the nutritional values of the hospital meals and to compare the weights of the different ingredients of the receipt to the ones indicated in the Standard Operating Procedures (SOP).

METHODS/DESIGN: The sample consisted of 55 menus (46 of them were collected at lunch and 9 at dinner) of 8 public hospitals in Madrid during 2009-2010. A duplicate portion meal was collected for nutritional analysis and also to compare the weight with the SOP, taking into account the edible portion and the possible loss or gain of moisture during cooking.

RESULTS: The average energy intake from lunches was 831±210 kcal and 797±109 kcal for dinner. The contribution (%) of macronutrients to energy consumption from lunch was 33±10% lipids, 20±5% proteins and 47±8% carbohydrates whereas for dinner was 36±7% from lipids, 18±6% proteins and 46±8% carbohydrates. The dietary fat quality from lunches was 16±3% SFA, 8±6% MUFA and 8±4% PUFA; from dinners was 8±3% SFA, 8±4% MUFA and 16±3% PUFA. In relation to the comparison of weights, mean differences up to 100g were observed, mainly in the second course, between the food cooked and the technical sheets in SOP.



CONCLUSIONS: Although the nutritional results are close to the recommendations, it would be necessary to improve the coordination with the kitchen staff to adapt the meals served to the technical sheets designed by experts.