

Culturally inclusive diets: Patients can feel confident in the food they are served

00:00:00:000 - 00:00:05:305

Krista Peraza, Administrative Dietitian, Support Services

At London Health Sciences Center, we offer a wide variety of diets.

00:00:05:305 - 00:00:12:812

Krista Peraza, Administrative Dietitian, Support Services

We offer different therapeutic diets as well as different religious-based diets or preference-based diet.

00:00:12:812 - 00:00:17:517

Krista Peraza, Administrative Dietitian, Support Services

And then we also offer any sort of allergy related diet as well.

00:00:17:584 - 00:00:24:090

Laura Harries, Coordinator, Support Services

When we're reviewing our diets, we will engage different partners within the community, such as religious leaders,

00:00:24:157 - 00:00:28:361

Laura Harries, Coordinator, Support Services

to make sure that it is compliant for that diet.

Krista Peraza, Administrative Dietitian, Support Services

We are constantly updating. We're

00:00:28:361 - 00:00:32:999

Krista Peraza, Administrative Dietitian, Support Services

looking to see if the manufacturers have updated any of their ingredient information,

00:00:32:999 - 00:00:39:005

Krista Peraza, Administrative Dietitian, Support Services

so, myself and my colleagues that work very closely together, we are always looking to see if there's any changes.

00:00:39:005 - 00:00:44:144

Laura Harries, Coordinator, Support Services

It's really important that our patients have a variety of options to select from when they are choosing foods.

00:00:44:144 - 00:00:47:247

Laura Harries, Coordinator, Support Services

Nourishment is going to help them get better while they're in hospital.

00:00:47:247 - 00:00:52:285

Laura Harries, Coordinator, Support Services

So, we want to make sure that there's foods that are available, that are enjoyable, that they would like to eat.

00:00:52:285 - 00:00:59:459

Krista Peraza, Administrative Dietitian, Support Services

Food is so personal to everyone. Everyone enjoys things differently. Everyone has different preferences. Overall, food is medicine.

00:00:59:459 - 00:01:03:863

Krista Peraza, Administrative Dietitian, Support Services

It's really essential to their care here in the hospital while they're in hospital.

00:01:03:863 - 00:01:09:002

Laura Harries, Coordinator, Support Services

Patients can feel confident in the food that they're served at LHSC because it does go through so many different steps

00:01:09:002 - 00:01:15:909

Laura Harries, Coordinator, Support Services

in the process to ensure that it is compliant with their diets, whether it's therapeutic, religious or an allergy-based diet.