

**Food is
Medicine**



FROM HOSPITAL TO HOME

Important nutritional facts that are important to your recovery:

Community resources available to you for nutritional support:

Who will be monitoring your appetite and weight?

Types of food to keep stocked on the shelves and refrigerator:

Nutritional status—to be shared with family physicians and healthcare workers:



Canadian
Malnutrition
Task Force*

le Groupe de
travail canadien
sur la malnutrition*

Advancing Nutrition Care in Canada / Améliorer les soins nutritionnels au Canada

