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**A Clinicians’ Guide to Meal Plans**

The mental health dietitians across Oxford Health Trust have worked together to create a standardised meal plan system.

The exact content of meal plans will vary across locations; however, the overall nutrition is now similar.

This means if a patient is admitted to your service on a meal plan if you know the letter you will also know the approximate kcals.

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| Meal plan | Estimated calories |
| Pre A | 1000-1200 (24-48hrs) |
| A | 1400-1500 (1 week) |
| B | 1800-2000 (1 week)  |
| C | 2300-2500 (increase as indicated) |
| D | 2800-3000 |

**Key points to remember:**

* Not all meal plans will meet a patient’s nutritional requirements. For example, meal plan pre A should only be used for a short amount of time under supervision from a dietitian.
* Make them person centred where possible.
* Ask your dietitian for advice around adjusting meal plans.
* Meal plans are never a fixed number of kcals, they are only an approximation.