

Supplementary material 1: questionnaire

Evaluation of patient nutrition in hospitals

Dear Sir or Madam,

as part of the activities of the Student Scientific Society of Lifestyle Medicine operating at III Department of Internal Diseases and Cardiology of the Medical University of Warsaw, we run a study to analyse menus of hospital diets received by patients.

Our scientific investigations aim to answer the question: is the composition of the diabetic diets in line with the latest governmental "Good meal in hospital" recommendations? We want to perform multicentre research. Its results will show the current nutrition situation in Polish hospitals and create an opportunity to discuss the scale of the problem and any necessary changes. Please complete the questionnaire below and attach the decade menu (from 10 consecutive days) or, in the absence of it, a weekly (7-day) basic (standard) diet and for a diabetic patient, if they are available in your ward. The menus should contain the grammage of the ingredients. Any data you provide to us will be anonymized so that they do not indicate a specific facility. We will be very grateful for your help, without which the study will not be possible.

If you have any doubts about the survey, menus or the study itself, please contact us e-mail: badanie.kardiologiczne@gmail.com

Gratefully,

Alicja Jodczyk

Dr. med. Alicja Kucharska

Dr. med. Daniel Śliż - supervisor of SKN Lifestyle Medicine of the Medical University of Warsaw

1. Please provide an e-mail address
2. Name and Surname
3. E- mail address for contact
4. Name of the hospital
5. Type of the hospital (choose only one answer)
 - 1st degree of reference
 - 2nd degree of reference
 - 3rd degree of reference
6. City
7. How many beds in total are there in your hospital?
8. How many internal medicine beds are there in your hospital? *
9. How many cardiology beds are there in your hospital? *
10. Is there a dietitian in your ward? (choose one answer)
 - Yes
 - No
11. Is there nutrition education for patients in your ward provided? (you can choose more than one answer)
 - Yes, by a nutritionist
 - Yes, by a doctor
 - Yes, by a nurse
 - Yes, occasionally by people outside the hospital

- NO

12. Where are meals prepared for patients in your hospital? *(choose one answer)

- Hospital kitchen

- Catering

13. Please provide the contact to the hospital kitchen or the person responsible for nutrition in your hospital

14. Name and contact of the catering company

15. Is a diabetic patient on a special diet in your hospital?

16. Does a "cardiac" patient in your hospital get a different dedicated diet?

17. Can a patient choose a vegetarian (meatless) diet in your hospital? *

18. Can a patient choose a vegetarian (meatless) diet in your hospital? *

19. Please attach the menus below or send them by e-mail: badanie.kardiologiczne@gmail.com