

Food Med 07

GOOD MEDICINE—*how one Chicago area hospital did it!*

Swedish Covenant Hospital is Chicago's only hospital uniquely dedicated to healing—body, mind and spirit. Recognizing the importance of nutrition in the healing process, our Patient Food Services and the Nutrition Action Team have implemented several changes to improve the patient experience.

Using the adage “we are what we eat,” Swedish Covenant Hospital has made a commitment to our patient's health and well-being through the use of sustainable produce. It's simple—if patients don't like the food they're served, they don't eat. If they don't eat, they don't get the nutrition they need. If they don't receive proper nutrition, they won't heal as quickly as they should.

Presented here are just a few ways we have improved our patients' hospital visits through their stomachs.

ORGANIC PRODUCE

- Higher levels of vitamins, minerals, antioxidants and nutrients
- Lower pesticide levels
- Less toxic chemicals
- No genetic modification

GRASS-FED BEEF

- High in omega-3 fatty acids
- Lower saturated fat
- Lower cholesterol and essential fats
- No hormones or antibiotics

INTERNATIONAL MENUS

- Familiar foods, patients get nutrition they need
- Relaxes and comforts patients
- Nurturing, assists in creating a home-like atmosphere



Swedish Covenant Hospital
TECHNOLOGY CHANGES. COMPASSION DOES NOT.™