

Adult Psychiatry

Child and Adolescent Psychiatry

NPAMATEM
Addiction Center

Neurology

Pediatric Neurology

Neurosurgery
(Brain, Nerve, and
Spinal Cord Surgery)

Bariatric and General Surgery

Orthopedics and Traumatology

Cardiology

Otolaryngology
(Ear, Nose, and Throat)

Gastroenterology

Internal Medicine

Infectious Diseases

Physical Medicine
and Rehabilitation

Operating Rooms

General Intensive Care



ROOM HANDBOOK

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NP İSTANBUL
Brain Hospital

ROOM HANDBOOK

Brain, Nerve,
and Spinal
Cord Center

Psychiatry and
Addiction Center

Physical
Therapy and
Rehabilitation
Center

Neurology
Center

General
Surgery

Patient-Focused
Premium Healthcare



NP İSTANBUL
Brain Hospital



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Dear Guest,

Welcome to NPİSTANBUL Brain Hospital.

We are here to restore your health using all the possibilities of medicine and technology. Our hospital is accredited by JCI (Joint Commission International), the world's largest and most prestigious healthcare accreditor, proving our commitment to prioritizing patient privacy at every step. Services at our hospital are provided in accordance with International Accreditation Standards and Quality Policies.

Starting in 1999 with the Memory Center, we have combined our goal of becoming a center of excellence with NPİSTANBUL Brain Hospital's understanding of service quality that exceeds global standards, aiming to be an "authority" in our field on a global scale. With our multidisciplinary approach, over 25 years of experience, expert staff, and scientific collaboration with Üsküdar University, we are committed to excellence in our field.

OUR FIRSTS

- We are the first institution in Turkey to implement genetic-based (pharmacogenetic) diagnosis and treatment protocols in the field of neuropsychiatry.
- We are the first hospital to adopt neuroimaging-based (brain mapping) diagnosis and treatment protocols, including brain stimulation therapies such as rTMS and tDCS for treatment-resistant patients, as well as Deep TMS to specifically reduce cravings in addiction patients, through our multidisciplinary approach.
- We are the first hospital to use biofeedback-supported virtual reality therapy in psychotherapy, bringing anxiety-inducing stimuli into the therapy room. This method allows real-time monitoring of changes in the autonomic nervous system while the individual experiences anxiety-inducing situations using virtual reality goggles, helping them confront and cope with their fears, anxieties, and obsessions.
- We are among the first hospitals to apply Ketamine Treatment for psychiatric disorders such as Major Depression, Bipolar Disorder, Postpartum Depression, Post-Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorder (OCD), Anxiety Disorders, and Fibromyalgia.
- We take pride in being a pioneering institution that offers the "Advanced Brain Check-up," used in the diagnosis of many disorders today. Therefore, we consider it our mission to guide those who seek to embrace the future with treatment methods that utilize thought technology and measure brain functions.



There are three stages in medicine: curative medicine, early diagnosis medicine, and preventive medicine. We strive to excel in our field by using technology in curative medicine, implementing check-up programs in early diagnosis medicine, and engaging in social activities in preventive mental health medicine.

We consider all our patients members of our family and serve them with that sentiment. This philosophy underlies the successes we have achieved so far, and we see the fruits of this in the kind wishes and hopes expressed to us.

During your stay with us as our guest, we promise that we will provide the necessary care for our patients' recovery, make maximum use of our knowledge base for their benefit, and diligently research the latest treatment methods and tools needed by our patients.

Sincerely,

Prof. Dr. Nevzat Tarhan
Chairman of the Board



“One of the forms of harming a patient is leaving the patient without treatment.”

Prof. Dr. Nevzat Tarhan



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THINGS YOU NEED TO KNOW ABOUT OUR HOSPITAL

1. EMERGENCY SERVICES: Our emergency department is available 24/7 to respond to all your health needs with a team of emergency medicine specialists and on-call physicians.

2. AMBULANCE: Our ambulances are available 24/7 at (0216) 633 0 633. If you would like to use ambulance services upon discharge, simply contact your floor nurse.

3. CELL PHONES: Please keep your cell phones silent, especially in the intensive care and operating room areas. Cell phone noise may interfere with patient recovery.

4. CALL CENTER: The NPİSTANBUL Brain HOSPITAL Call Center is staffed with specially trained personnel to provide you with the best and fastest service regarding any information you may need about our hospital and clinics. It's much easier to make inquiries by calling our 24-hour uninterrupted call center!

Services Offered by the Call Center:

- Appointment scheduling
- Appointment confirmation
- Changing appointment dates/times
- Information about the hospital, outpatient clinics, departments, and doctors
- Information about clinics
- Information about examination and testing fees

- Information about contracted institutions
- Appointment reminders one day in advance

Benefits of the Call Center:

- Ability to make appointments by calling a single phone number for all branches
- Quick access and easy processing
- Ability to submit suggestions and complaints
- Access to appointments and laboratory results without coming to the hospital
- 365-day service availability

5. FLOWERS: Flowers are not allowed in patient wards due to the risk of infection. Any flowers brought will be collected by our reception staff and returned to you upon discharge. Our reception desk in the lobby will assist you with this matter.

6. NUTRITION ASSESSMENT: Our Nutrition and Diet Specialist will visit you on your first day of stay to evaluate your appetite and health status. With your doctor's approval, they will plan your dietary regimen according to your treatment program.





7. NURSING SERVICES: For any questions regarding nursing services, you can communicate with the responsible nurse on your ward.

7.1 Individualized Nursing Care: Throughout your outpatient or inpatient treatment at our hospital, we assess your health-related needs in a holistic, patient-centered manner using evidence-based nursing methods.

We identify your needs and risks through nursing diagnosis and process management, and we provide individualized patient-centered nursing care based on our care planning.

We focus on creating a therapeutic environment, maintaining health, treatment, rehabilitation, prevention of pressure ulcers, conducting nutritional assessments, and evaluating infection risks while ensuring infection control. We also provide individualized patient-centered nursing care in the education processes for both patients and their families. You and your relatives will be informed about your treatment and care at home by your nurse.

7.2 Nurse Call System: Your nurse will always be available when you need assistance. The nurse call system, located at your bedside and in the bathrooms, allows you to reach your nurses as quickly as possible.

8. WORSHIP: We provide religious books and prayer rugs for our hospitalized patients upon request. You can seek assistance from your ward nurse regarding this matter. There is a place of worship available for patient relatives on the B1 floor.

9. INTERNET: Our hospital offers a wireless internet system for patients and their relatives. To connect, select the "nrmisafir" network on your mobile device, enter "nrmnet.16" on the password screen, select connect, and enter your identification information on the next screen to gain access.

10. CAFETERIA SERVICES: Our meal service to patient rooms starts at 07:00 and ends at 22:30. You can find drinking water at the water dispensers located on each floor.

11. SAFE: Each floor has secure lockers assigned for your personal belongings. You can seek assistance from your

ward nurse for information on using the safe.

12. HOUSEKEEPING SERVICES: Housekeeping staff will visit you daily to keep your room and surroundings clean.

13. HAIRDRESSING SERVICES: Upon request, hairdressing services are available at an additional cost from external providers.

14. PARKING SERVICES: During your stay at the hospital, you and your relatives can utilize free valet and parking services.

15. PAYMENTS:

15.1 Admissions Requiring Surgery: The payment collected during your admission is the package fee for the surgery. If any procedures outside the package are needed, the medical accounting department will inform you, and charges will be reflected in your bill during your stay.

15.2 Admissions Requiring Medical Treatment: During your stay, you will be asked to pay 50% of the estimated charges based on your expected length of stay, and a receipt will be provided. If your treatment process is extended, you will be informed, and the advance amount may be increased. You can obtain all information regarding the status of your treatment costs and payments from the medical accounting department during your stay. After your discharge, your bill and detailed service report will be provided by the medical accounting department.

16. ACCOMPANYING PERSON: A single bed and menu are available for your companion. Visitors present in the room after 22:00 will be accepted as companions.

17. QUIETNESS: Your efforts to create a quiet environment within the hospital will contribute positively to our patients' recovery processes.

18. SMOKING: Smoking is prohibited except in designated smoking areas.

19. DISCHARGE PROCEDURES: Your discharge process will be initiated by your physician, and you will be informed about the entire process by the Patient Admission-Discharge Accounting and Inpatient Consultants.

20. TELEPHONE: You can use the telephone in your room and the speed dial buttons to order from the cafeteria or



reach your nurse or the nursing station. Please note that external calls made from your room will incur additional charges.

21. NİSTANBUL TELEVISION CHANNEL LIST:

The television in your room includes the following channels. After turning on the TV, you can enter the TV/RADIO section to view the list of channels, and select the channel you wish to watch by pressing the OK button on your remote. To see the channel list again, simply press the OK button. You can watch channels including Digiturk Series, Movies, Documentaries, League TV, and National Channels.

22. TECHNICAL SERVICE: Our technical service is available 24 hours a day for any issues related to equipment in your room (TV, sofa, wardrobe, bed, etc.). To request technical service, please consult your ward nurse.

23. TRANSPORTATION SERVICES: The medical secretaries on your floor will assist you with taxi requests. You can also seek help from the information desks in the lobby regarding this service.

24. MEAL SERVICE: Breakfast, lunch, and snack services will be provided under the supervision of our dietitian by the meal service staff. A predetermined optional menu is available for patients and their companions. Meal Service Times:

- Breakfast: 06:30 - 07:30
- Lunch: 12:00 - 13:00
- Dinner: 17:00 - 18:00

We kindly ask that you do not bring food from outside the hospital. Please do not accept food and beverages from outside to protect your health.

25. VISITING HOURS: Our visiting hours are from 10:00 to 22:00 every day. Children under the age of 6 are not permitted as visitors.

- We kindly ask that you avoid accepting multiple visitors at the same time.
- Please keep visit durations brief.
- We appreciate your attention to the guidelines regarding cell phone usage. Thank you for your understanding.

SIRA	KANAL
1	NP TV
2	ÜÜ TV
3	beIN SERIES 3
4	beIN SERIES COMEDY HD
5	beIN SERIES VICE HD
6	beIN SERIES 4
7	beIN MOVIES COMEDY HD
8	beIN MOVIES FESTIVAL HD
9	beIN MOVIES PREMIER HD
10	beIN MOVIES PREMIER 2 HD
11	beIN MOVIES STARS HD
12	beIN SERIES 1
13	beIN MOVIES ACTION 2 HD
14	beIN SERIES 2
15	beIN MOVIES TURK HD
16	beIN İZ HD
17	beIN GURME HD
18	beIN HE HD
19	SHOW TV HD
20	TRT 1 HD
21	KANAL D HD
22	ATV HD
23	FOX HD
24	STAR TV HD
25	TV 8 HD
26	TV 8,5
27	BLOOMBERGHT HD
28	A HABER HD
29	TRT HABER HD
30	KANAL 7 HD
31	A2
32	BEYAZ TV HD
33	ÜLKE TV HD
34	NTV
35	CNN TURK HD
36	HABERTURK HD
37	Halk TV
38	beIN MOVIES OSCARS HD
39	TRT SPOR HD
40	EUROSPORT 1 HD
41	EUROSPORT 2 HD
42	beIN SPORTS HD 1
43	beIN SPORTS HD 2
44	beIN SPORTS HD 3
45	beIN SPORTS HD 4
46	Bein Sports 5
47	beIN SPORTS MAX HD 2
48	A SPOR HD
49	DMAX

SIRA	KANAL
50	BBC FIRST
51	RAI 1
52	TV5 MONDE EUROPE
53	RTR PLANETA
54	BBC WORLD NEWS
55	TRT WORLD HD
56	CNN INT
57	RUSSIA 24
58	AL JAZEERA English
59	EURONEWS
60	Al Quran Al Kareem TV
61	Al Sunnah Al Nabawiyah TV
62	TRT COCUK
63	MINIKA GO
64	MINIKA COCUK
65	NICKELODEON HD
66	NAT GEO HD
67	NAT GEO WILD HD
68	Al Jazeera Arabic
69	TRT BELGESEL HD
70	BBC EARTH HD
71	MTV LIVE HD
72	TRT Müzik
73	KRAL FM
74	KRAL POP FM
75	NTV RADYO
76	MBC 1
77	MBC 2
78	MBC 3
79	MBC 4
80	MBC MAX
81	MBC Action
82	MBC DRAMA
83	MBC Bollywood
84	AQUARIUM TV
85	KURUMSAL
86	ODA TANITIM
87	AMELIYATHANE/OPERATING R.
88	Blues
89	CLASSICAL MUSIC
90	DREAMY
91	HIP HOP R&B
92	HOTTEST HITS
93	LOVE SONGS
94	PAL NOSTALJI
95	PAL STATION
96	VAV RADYO
97	80'S HITS
98	90'S HITS



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Organization Accredited
by Joint Commission International

RIGHTS OF PATIENTS AND THEIR RELATIVES

1. Right to Benefit from Services in a Fair and Just Manner

Patients requesting services from our hospital have the right to fully utilize existing diagnostic, treatment, and rehabilitation opportunities, regardless of their beliefs or social characteristics.

2. Right to Request Determination of Priority

In situations where service availability is limited, priority rights are determined based on medical criteria in an objective manner. Emergency patients, patients with disabilities, judicial cases, the elderly, children, pregnant women, and patients in pain have the right to receive priority care.

3. Right to Respect and Dignity

Our patients have the right to undergo examinations and treatment with respectful, compassionate, and friendly behavior, ensuring their personal dignity is maintained at all times and under all circumstances.

4. Right to Information and Informed Consent

Patients have the right to receive verbal and written information regarding their possible or definite diagnosis, the procedures to be performed, treatment options, their benefits, potential risks, alternative treatment methods, and the fundamental consequences that may arise if treatment is declined, provided it does not adversely affect their health. This information may be obtained through the patients themselves or their legal representatives from the coordinating physician responsible for their treatment.

5. Right to Communication

If available and affordable, a patient who does not understand the official language has the right to request an interpreter for communication purposes.

6. Obtaining Patient Consent

Unless mandated by medical and legal obligations, a patient has the right to approve or reject decisions regarding their treatment after being thoroughly informed about the chances of success, potential risks, and issues related to the recovery period.





RIGHTS OF PATIENTS AND THEIR RELATIVES

7. Right to Choose and Change Personnel and/or Healthcare Institution

Our patients have the right to choose their physician and/or healthcare institution and to change them at any stage of treatment. Subject to compliance with regulations and procedures established by our hospital, patients have the right to freely select and change the personnel providing their healthcare and to request consultations from other doctors.

8. Obligation to Provide Medical Care

Personnel are required to demonstrate the medical care necessary for the patient's condition. Even if it is not possible to save the patient's life or preserve their health, efforts must be made to alleviate or relieve their suffering.

9. Right to Privacy

Patients have the right to keep information about them confidential. Information regarding a patient cannot be overheard or shared with others without their consent. Patient records stored on computers can only be accessed by those responsible for patient care.

10. Right to Receive Social and Psychological Support

As long as they do not interfere with diagnosis or treatment processes under hospital rules, our patients have the right to wear their personal clothing, engage in practices related to their beliefs and/or use symbols, receive social and psychological support, have a companion with the physician's permission, and accept visitors.

11. Right to Know Healthcare Institution Rules and Practices

Patients have the right to be informed about the current rules and practices of the hospital. Our patients also have the right to request corrections to any inaccurate information regarding their disease, treatment procedures, and billing records in medical records.

12. Respect for Human Values and Right to Visit

Patients have the right to receive healthcare services in an environment that respects their personal values. All personnel involved in healthcare services must treat patients, their relatives, and visitors with a friendly, gentle, compassionate manner, in accordance with relevant regulations and guidelines.

13. Prohibition of Interventions Outside Medical Necessities

No actions that could lead to death, pose a life-threatening risk, violate bodily integrity, or reduce mental or physical resistance may be taken or requested without the purpose of diagnosis, treatment, or protection.

14. Prohibition of Euthanasia

Euthanasia is prohibited. Under no circumstances, whether citing medical reasons or otherwise, can the right to life be waived. No one's life may be ended, even at their own request or that of another.



RIGHTS OF PATIENTS AND THEIR RELATIVES

15. Rights of Personal Data Owners

As personal data owners, you can submit requests regarding your rights by completing the “Personal Data Information and Request Form” available on our website. You can deliver this form signed by hand to the hospital where you received services, send it via notary, or submit a signed email with your secure electronic signature. Alternatively, you can send a “Word or PDF” file signed with your secure electronic signature to kisiselveri@npistanbul.com NPİSTANBUL Brain Hospital will process your request free of charge, depending on the nature of the request, as quickly as possible and no later than thirty days.

16. Right to Refuse and Halt Treatment

Patients have the right to approve or reject decisions regarding their treatment after being fully informed about the treatment to be applied, except for medical and legal obligations.

17. Right to Consultation

Patients or their first-degree relatives have the right to request a consultation with another specialist, subject to their approval.

18. Right to Know Costs of Examinations and Treatments

Patients or their legal representatives have the right to request and receive a clear and detailed invoice for the fees they will pay for services provided by the healthcare institution.

19. Right to Security

Our hospital takes necessary measures to ensure the safety and security of patients and visitors.

20. Right to Have a Companion

During examination and/or treatment, patients may request to have a companion, depending on the facilities available in the institution and as deemed appropriate by the responsible physician based on the patient’s health condition.

21. Right to Keep Personal Belongings During Hospitalization

Patients may bring their personal belongings to the hospital. However, materials that pose a safety risk to the patient will be collected by the nurse and stored safely, with the understanding that they will be returned to the patient for use when needed.

22. Right to Fulfill Religious Obligations and Access Religious Services

Our patients have the right to fulfill their religious obligations and benefit from religious services within the framework of the measures taken and the hospital’s facilities.

23. Right to Make Complaints and Appeals

Patients have the right to file complaints, request that their complaints be considered and evaluated, and to be informed of the outcome.

RIGHTS OF PATIENTS AND THEIR RELATIVES

24. Right to Request a Second Opinion

Patients have the right to obtain information about their health status from another physician working in the same specialty, designated by the institution or chosen by the patient/legal representative, aside from the physician involved in their treatment.

25. Medical Research and Practice

At NPİSTANBUL Brain Hospital, medical research for experimental, research, and educational purposes cannot be conducted without the permission of the Ministry and

the consent of the patient. During the consent process, the patient is informed about the purpose, method, potential benefits and harms of the research, the right to refuse, and that they can withdraw their consent at any stage of the research.

26. Right to Information on Organ Donation

Patients applying to NPİSTANBUL Brain Hospital for organ donation will receive the necessary information and processing in accordance with legal regulations from the Medical Directorate.





RESPONSIBILITIES OF PATIENTS AND THEIR RELATIVES

Responsibilities Regarding Visitor Acceptance

Patients should accept visitors in accordance with the rules set by the healthcare institution. Visiting hours and days are communicated to patients and their relatives upon admission to the hospital. Visitors are not allowed outside these designated hours and days.

Providing Information

Patients or their relatives must provide accurate and complete information regarding the patient's medical history, whether they have been hospitalized, treatments received, medications used, and their health status.

Compliance with Recommendations

Patients and their relatives are required to adhere to the treatment plan recommended by the responsible physicians. They should not engage in any behavior that disrupts the implementation of the care plan by nurses and other relevant healthcare personnel in accordance with the physician's instructions.

Refusal of Planned Treatment

If a patient refuses treatment or does not comply with their physician's instructions, they are responsible for the consequences that arise.

Medical Expense Responsibilities

Patients and their relatives must inform the hospital during the application phase about how healthcare expenses will be covered. They are obliged to pay the amount owed for treatments rendered in accordance with the procedures and timelines established by the institution.

Infectious Disease Cases

Patients suspected of having or diagnosed with an infectious disease should not request discharge without the permission of their physician.

Compliance with Hospital Rules and Practices

Patients and their relatives must comply with hospital rules and practices.

Showing Respect

Patients and their relatives should respect the rights of other patients and hospital staff. They should avoid situations that could jeopardize the treatment process of other patients.

Inappropriate Requests

Patients and their relatives should not request medications or procedures deemed inappropriate by the physician, nor should they request the termination of life.

Liability for Damages

Patients and their relatives will be liable for all damages caused to the hospital's property or materials due to negligent use or intentional acts.





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PATIENT AT HIGH RISK OF FALL

Dear Patients,

Falls can occur at any moment in our daily lives, and they may also happen during your hospital stay, depending on your illness and treatment process.

According to key element of JCI quality accreditation, to assess your fall risk during hospitalization, our nurses evaluate all risk factors, including your fall risk, using internationally recognized scales and observations.

Patients identified as having a fall risk will receive education from our nurses. To ensure that all our staff can assist you with this matter, you will be informed about your fall risk, and a **“HIGH FALL RISK PATIENT”**  sign will be placed on your room door.

Please do not feel anxious about this; simply following the training provided by our nurses and cooperating with us will be sufficient.





Measures Taken in Our Hospital

- Floors are kept clean and organized.
- A special substance is added to the cleaning water to prevent slipping.
- Items that the patient frequently uses are placed within easy reach, and patients are informed to ask for help when retrieving items.
- A nurse call system is utilized, and patients are requested to use the call button when they need assistance.
- Adequate lighting is provided according to the patient's individual needs.
- Patients at risk of falling are placed in a room across from the nurse's station.
- High-risk patients are placed in motorized beds with all four sides raised.
- The patient's bed and chair are always kept locked.
- For patients without psychiatric risks, walkers and canes are provided.
- Non-slip slippers are supplied to patients.
- All staff are informed about the patient's fall risk.
- A **"HIGH FALL RISK PATIENT"**  sign is placed on the patient's door.

What We Will Do Together During Your Stay

- When you need assistance, please use the Nurse Call Device taught to you upon admission to request help from your nurses.
- Place your personal items, such as glasses, cups, and phones, within reach in a suitable area.
- When getting up to go to the bathroom, make sure all lights are on.
- If you feel dizzy in the bathroom, do not get up; press the nurse call device.
- When getting out of bed, your blood pressure may drop due to prolonged lying down. Therefore, we kindly ask you to sit on the edge of the bed for 5 minutes to rest.

- Please wear the non-slip slippers provided by our hospital.
- If you are starting a new medication, especially sedatives or tranquilizers, be sure to heed your nurses' warnings before getting up.
- When standing up, keep your cane or walker nearby; if it's out of reach, ask your nurse for help. If you use hearing aids, prosthetics, glasses, etc., please put them on before getting up.
- If the nurse has raised the bed rails for your safety, please do not lower them without informing the nurse.
- If the floors have just been cleaned or there are wet signs posted, please refrain from getting up.

Precautions You Can Take at Home After Discharge

- Secure or remove rugs, carpets, or mats that may cause slipping.
- If the bathroom and toilet floor is slippery, use non-slip materials for support.
- If you have difficulty walking, install handrails in corridors, staircases, and by the bed and in the bathroom/toilet.
- Consult your doctor and nurses about the potential side effects of medications that may increase your fall risk.
- Problems like insomnia and diarrhea can lead to dizziness and weakness; avoid sudden movements and seek help when needed.
- Keep your phone close by at home.
- Write emergency phone numbers on all home phones using large numbers.
- Store your medications in easily accessible areas.
- Ensure there are electrical switches and night lamps by your bed and at the head of your bed.
- It's advisable to install grab bars in your bathroom for support.
- Place a non-slip mat just in front of the tub/shower.



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Dear Guest,

During your stay in our hospital, it is very important for us that you consume all the foods in the specially planned menus for your treatments. Adhering to the nutrition guidelines before and after surgery will accelerate your recovery process and contribute positively to your treatment.

In our hospital, which adopts the World Health Organization (WHO) definition of health, we recommend that you follow healthy eating rules to maintain your physical, mental, and social well-being.

According to healthy eating guidelines:

- **Increase Water Intake:** It is essential to drink 2-2.5 liters of water per day. Without sufficient water, your metabolism cannot function properly. Drinking 200 ml (1 cup) of water every hour is most beneficial. Consuming water with meals aids in the digestion of food.
- **Diverse Foods:** We recommend consuming different foods every day and at each meal. Your breakfast can remain standard, but other meals should vary. For example, you might have chicken one day and vegetables, red meat, fish, or legumes on other days.
- **Include Eggs:** You should not exclude eggs from your diet. Aim to eat eggs for breakfast 3-4 days a week. Eggs increase your feeling of fullness and help revitalize your metabolism with their protein and vitamins.
- **Try New Grains:** Experiment with different grains. As the

variety of grains increases, so does your intake of B vitamins, which are beneficial for your nervous system and can help you feel better during your recovery.

- **Eat Vegetables:** Ensure you consume vegetables at every meal, even in small amounts. Increasing your fiber intake will help your digestive system function properly. It's important to eat salads or cooked vegetables provided during your meals.
- **Balance Your Meals:** Each main meal should include four food groups (protein, dairy, grains, and vegetables/fruits). This includes dairy products, eggs, meat, chicken, fish, legumes, bread, pasta, and rice. Aim for 2 servings of vegetables (cooked or in a salad) and 3 servings of fruits daily.

We encourage you to consume all the food groups provided in your specially prepared meals.

Your health is valuable to us...

Wishing you healthy days ahead ...

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” — WHO

