

THE QUALITY OF NUTRITION OF PATIENTS IN THE WARDS OF TWO HOSPITALS IN THE ZENICA-DOBOJ CANTON OF THE FEDERATION OF BOSNIA AND HERZEGOVINA DURING 2021.

Goal of study:

The goal of this study was to evaluate nutrition in the two general hospitals in Zenica-Doboj canton and give recommendations for improving the same.

Methods and subjects: Data was collected from the existing programme. There were 94 samples taken in two cantonal hospitals from four wards at both institutions. Meal composition was noted, samples were chemically analysed for energy content and for carbohydrate, protein and fat content. **Methods and subjects:** Data was collected from the existing programme. There were 94 samples taken in two cantonal hospitals from four wards at both institutions. Meal composition was noted, samples were chemically analysed for energy content and for carbohydrate, protein and fat content.

Results: Average daily caloric intake was 2215,32kcal (Zenica) and 2296,00kcal (Tešanj). Average percentage of energy needs met was 103,04% (Zenica) and 101,74% (Tešanj) , ranging from 89,95% (Obstetrics) to 113% (Surgery) in Zenica, and 98,2% (Internal medicine) to 104% (Surgery) in Tešanj. Average daily energy intake from fats was 470,31kcal in Zenica and 683,68kcal in Tešanj. There was a statistically significant difference in energy intake from fats between two hospitals and between hospital wards. Data has shown that evening meals contain most energy content and that breakfast meets the least energy intake needs. There was no statistically significant difference in daily energy intake distribution between hospitals or wards. Fresh fruit and vegetable content in meals is lacking in both hospitals.

Conclusions: Meals in the two general hospitals in ZDK meet basic energy needs but don't contain necessary fresh produce and dairy. Energy intake from fats is on average within recommendations but varies between hospitals and wards. Meals should contain more fresh produce and dairy products and more care should be put into nutritional composition of meals, not only energy content.