Therapeutic 33.69%
Regular 23.88%

**INTRODUCTION**

Diet is a vital part of a patient’s management thus the diet must be adequately consumed. Dietary intake during hospital stay has been shown to play a significant role to patient’s recovery and the meals provided by the hospitals are tailored to meet their nutritional requirements and is specific to their clinical condition (Fernando & Wijesinghe, 2015). Plate waste pertains to the food prepared for hospitalized patients which remains uneaten (Williams & Walton, 2011). It is likely that patients are not meeting their nutritional needs given the amount of food wasted (Walton & Krassie, 2012). Hence, the purpose of this study is to examine the plate waste among patients in selected private hospitals. Findings may prove useful to hospitals as they could be able to identify the factors affecting plate waste among their patients. Likewise, patients at-risk to malnutrition will benefit from this study as identifying the causes of plate waste can help ensure the provision of quality meals and promote adequacy in nutrient intake.

**RESULTS**

Patients on therapeutic diet had a greater % plate waste (33.69%) compared to patients under regular diet. Age (p=0.04) and appetite (p=0.002) were found to be significantly correlated to plate waste, particularly among patients on therapeutic diet. Vegetables had the highest plate waste for lunch (regular = 51.49%, therapeutic = 61.28%). Rice had the highest plate waste for breakfast (regular 38.62%, therapeutic 44.33%) and dinner (regular 33.13%, therapeutic 42.96%).

**MATERIALS AND METHODS**

**DESIGN** — Descriptive Correlational

**RESPONDENTS** — 50 subjects for regular diet and 48 subjects for therapeutic diet, ages 5 to 80, male and female

**METHODS** — Food weighing, Simplified Nutritional Appetite Questionnaire, Sociodemographic and External Environment Questionnaire

**DATA ANALYSIS** — Results were reported as Mean ± SD. Pearson-r correlation, Spearman’s correlation and regression analysis were employed to examine the degree of strength and relationship between the variables involved in the study. A p-value of <0.05 was considered as the level of significance.

**CONCLUSION & RECOMMENDATION**

Patients on therapeutic diet had a higher plate waste compared to those on a regular diet. Age and appetite were all proven to have significant association to the plate waste of the patients. On the contrary, food service was found to be an independent factor to plate waste. This study invites health care providers to develop effective approaches that will minimize plate waste and improve patients’ food intake.