

# **Oral Nutritional Supplement (ONS) prescribing guidelines for use by GPs and community staff assessing adults for nutrition support**

If any of the following statements apply to you, please read this document:

- My patient and / or their carers regularly request nutritional supplements on prescription.
- I am looking to provide supplemental nutrition for a patient but it must be cost-effective and appropriate.
- I need to refer my patient to a Dietitian but would like to give some advice / nutrition support prior to their appointment.

If a patient is already known to Dietitians, the guidance in this document is not required.

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On behalf of North East Essex Clinical Commissioning Group  
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# ONS prescribing guidelines for GPs and community staff

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## INTRODUCTION

Malnutrition is estimated to affect at least 3 million adults across the UK and costs about £13billion per annum. Adverse effects of malnutrition include:

- Impaired immune responses – increased risk of infection
- Reduced muscle strength and fatigue
- Reduced respiratory muscle function – increasing the risk of chest infection and respiratory failure
- Impaired thermoregulation – predisposition to hypothermia
- Impaired wound healing and delayed recovery from illness
- Apathy, depression and self-neglect
- Increased risk of admission to hospital and length of stay
- Poor libido, fertility, pregnancy outcome and mother-child interactions

The management of malnutrition and Oral Nutritional Supplement (ONS) prescribing is a complex and multi-factorial issue. By ensuring appropriate prescribing, minimising waste and providing evidence based patient information, there is potential to deliver cost savings to the NHS while ensuring safe, high quality care (NICE CG32)

This document has been produced to help the following professionals make decisions about prescribing nutritional supplement products for adult patients:

- GPs
- Nurse Practitioners
- Community Matrons
- District Nurses
- Other community professionals (with the exception of Dietitians) who recommend / prescribe nutritional supplement drinks e.g. Hospice Nurse Specialists, Tissue Viability Nurse Specialists and COPD Nurse Specialists.

## KEY MESSAGES

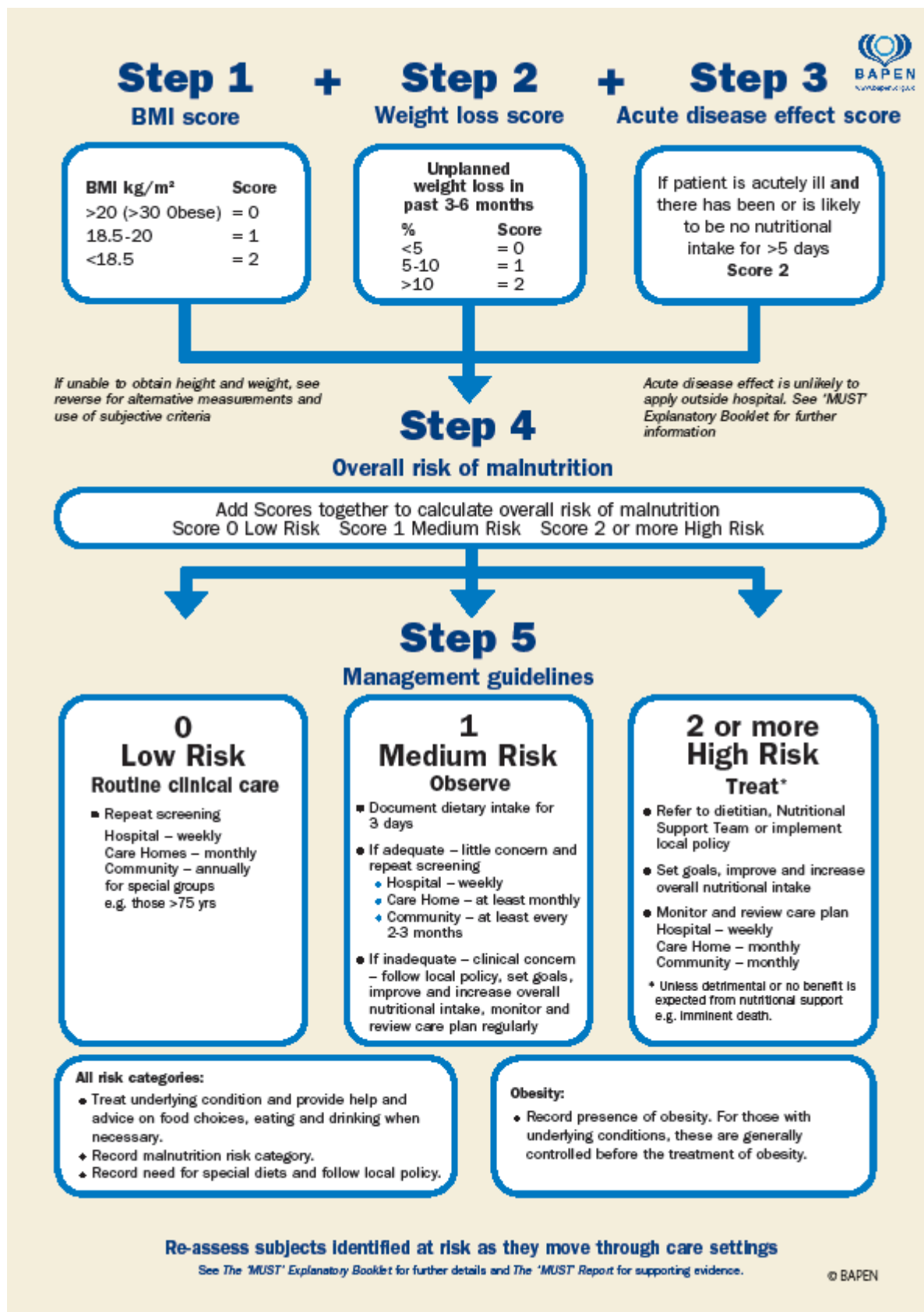
- Management of a malnourished patient starts with **FOOD FIRST** – starter information is provided in these guidelines
- ONS are for high risk patients as assessed using a nutritional screening tool i.e. MUST
- Avoid prescribing 1kcal/ml supplements e.g. Fresubin Original, Ensure can, Fortimel
- Review monthly (preferably using MUST)– if no improvement after 2 months refer to a dietitian
- Two supplement per day are recommended as first line
- A variety of flavours will help prevent taste fatigue
- Not all ONS are suitable for vegetarians or vegans and some are not kosher, gluten free and lactose free, or suitable for patients with specific food allergies. Check BNF for product details
- People with BMI of  $16.5\text{kg/m}^2$  or less, or at risk of re-feeding syndrome, or for whom supplements are a sole source of nutrition should be referred to the dietetic service for assessment
- Patients in the final weeks of life are unlikely to benefit from an ONS prescription. Over the counter (OTC) supplements like Aymes ®Build Up ®, Complian®, Nurishment etc. can be suggested as alternatives if required
- Patients with complex nutritional needs i.e. renal disease, gastrointestinal disorders, may require specialist products and should be referred to the relevant specialist dietitians
- Patients with Grade 3 pressure sores or above should be referred to the Community dietetic service
- Patients with known chronic renal failure (stage 3) can follow FoodFirst advice and standard ONS. More advanced renal disease should be referred to the dietetic service
- Patients with swallowing problems should be referred to Speech and Language Therapy
- The Community Dietetics Team has provided all local elderly care and nursing homes with Food First packs containing high calorie diet advice and care plans.
- Please contact dietitians before switching products for patients under dietetic care
- Referrals to the Dietetic Service should include past medical history, current problems and medications

## **ASSESSING UNDERLYING CAUSES OF MALNUTRITION**

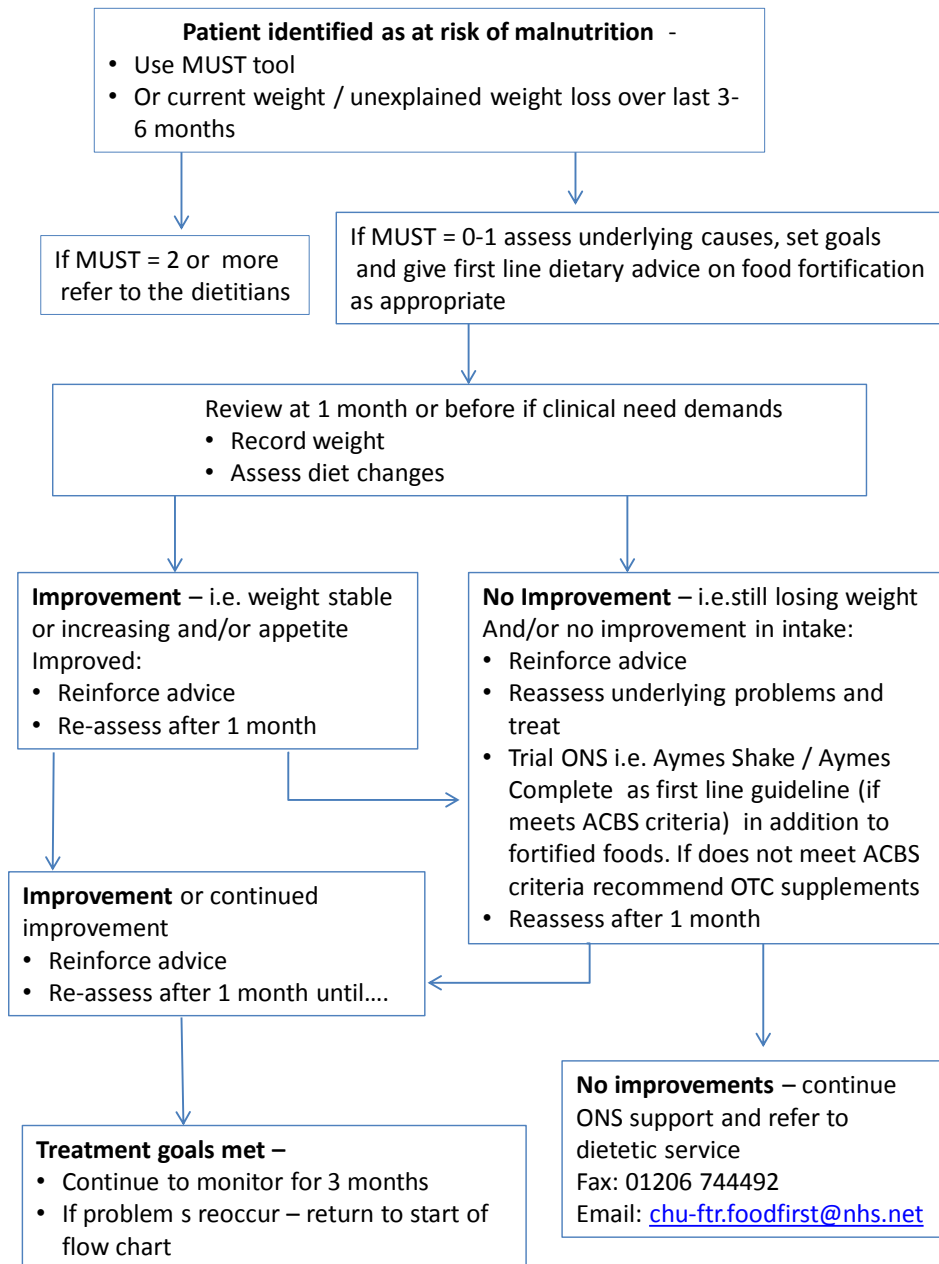
| <b>Problem</b>  | <b>Refer to</b>                        | <b>Possible solution</b>  |
|---|--|---|
| Nausea / vomiting   | GP / Community Matron                  | <ul style="list-style-type: none"> <li>• Short course of anti-sickness medication and / or arrange investigations.</li> <li>• Sometimes this problem can be caused or worsened by constipation. Monitor bowels.</li> <li>• Encourage client to eat little and often.</li> <li>• Try cold foods to reduce smells which may make nausea worse.</li> </ul>               |
| Diarrhoea   | GP / Community Matron / District Nurse | <ul style="list-style-type: none"> <li>• Short course of anti-diarrhoea medication</li> <li>• Stool sample</li> </ul>   |
| Constipation  | GP / Community Matron / District Nurse | <ul style="list-style-type: none"> <li>• Consider laxatives</li> <li>• Encourage fluid intake.</li> </ul>   |
| Swallowing problems   | Speech and Language Therapy            | <ul style="list-style-type: none"> <li>• If patient regularly chokes / coughs after eating or drinking and / or experiences regular chest infections refer for swallow assessment</li> <li>• Try a soft or pureed diet.</li> <li>• Advise patient to be as upright as possible when eating and drinking.</li> </ul>   |
| Sore mouth  | GP / Community matron                  | <ul style="list-style-type: none"> <li>• May be due to mouth ulcers or oral thrush.</li> <li>• Give soft, bland foods e.g. macaroni cheese, fish pie, milky puddings.</li> <li>• Avoid foods that are salty (crisps, gravy, soup) or acidic (e.g. fruit juice, citrus fruits, tomatoes).</li> </ul>   |
| Depression  | GP / Mental Health Services            | <ul style="list-style-type: none"> <li>• Review for Cognitive Behavioural Therapy or anti-depressants</li> <li>• Refer on to mental health services.</li> </ul>   |
| Few teeth / no dentures   | Dentist                                | <ul style="list-style-type: none"> <li>• Try a soft / pureed diet.</li> </ul>   |
| Pain  | GP / Community Matron / District Nurse | <ul style="list-style-type: none"> <li>• Ensure current pain medication is given as prescribed.</li> <li>• Be aware that opiate-based painkillers such as codeine / morphine / Fentanyl etc often cause constipation. If patient is using these, or the dose has been increased, monitor their bowels.</li> </ul>   |
| Financial difficulties  | Social Services                        | <ul style="list-style-type: none"> <li>•</li> </ul>   |
| Unable to do own shopping and/or cook for self and/or feed self | Social Services                        | <ul style="list-style-type: none"> <li>• Suggest home delivery of meals i.e. Meals on Wheels, Wiltshire Farm Foods, Oakhouse, local companies</li> <li>• <a href="https://www.livingwellessex.org/at-home/staying-in-your-own-home/meals-and-meal-services/">https://www.livingwellessex.org/at-home/staying-in-your-own-home/meals-and-meal-services/</a></li> </ul> |

# ASSESSMENT OF MALNUTRITION RISK

The risk of malnutrition can be assessed using a malnutrition screening tool such as MUST (Malnutrition Universal Screening Tool). For more information and additional help for the 5 stages please go to [www.bapen.org.uk](http://www.bapen.org.uk)



## Oral Nutritional Supplements – Prescribing FlowChart



**Clinical judgement to be used. If BMI <16.5kg/m<sup>2</sup>, at high risk of refeeding syndrome or relying solely on ONS – refer urgently to dietetic services  
(For further reading on Refeeding Syndrome see NICE CG32)**

## Community Formulary

The sip feeds in this document have been colour coded to denote the following:

|       |  |
|-------|--|
| Green | Recommended first line products.   |
| Amber | Alternative products for use if there is a physical or medical reason a patient cannot take supplements from the green section, or if they do not tolerate supplements from the green section. |
| Red   | Should only be prescribed under the guidance of a Dietitian.   |

### FIRST-LINE SUPPLEMENTS:

#### **AYMES SHAKE**

- 1 sachet, mixed with 200mls whole milk (as directed) **b.d.**

Flavours: Neutral, Vanilla, Strawberry, Chocolate, Banana.

**388kcal, 16.4g protein, £0.70 per sachet – (box contains 7 sachets) \*price from 01.01.16**

OR

#### **COMPLAN SHAKE**

- 1 sachet, mixed with 200mls whole milk (as directed) **b.d.**

Flavours: Neutral, Vanilla, Strawberry, Chocolate, Banana.

**380kcal, 16g protein, £0.78 per sachet – (box contains 4 sachets)**

OR

#### **ENSURE SHAKE (please check product name)**

- 1 sachet, mixed with 200mls whole milk (as directed) **b.d.**

Flavours: Vanilla, Strawberry, Chocolate, Banana.

**389kcal, 17g protein, £0.78 per sachet - (box contains 7 sachets)**

#### **Contraindications for all powdered ONS:**

- Milk & / or lactose allergy / intolerance
- Diabetes
- Phosphate & potassium restricted diet due to renal impairment

#### **For patients with Diabetes:**

##### **AYMES COMPLETE 200ml bottle b.d.**

Flavours: Vanilla, Chocolate, Banana, Strawberry.

**300kcal, 12g protein, £1.40 per bottle**

OR

##### **FRESUBIN ENERGY**

Flavours: Vanilla, Strawberry, Chocolate, Blackcurrant, Cappuccino, Lemon, Banana, Tropical Fruits, Neutral

**300kcal, 11.2g protein, £1.48 per bottle**

#### **Contraindications**

- Milk & / or lactose allergy / intolerance
- Phosphate & potassium restricted diet due to renal impairment

- Any patients with milk allergy / intolerance or renal impairment – refer to dietitian
- Discuss flavour preferences with patient and prescribe a 1 – 2 week trial to minimise wastage if supplements are disliked. Health professionals can order sample packs from [www.aymes.com](http://www.aymes.com) or [www.nutricia.co.uk/fortisip/samples](http://www.nutricia.co.uk/fortisip/samples) to be sent direct to the patient.
- Sip feeds should not be routinely added to a patient's repeat prescriptions unless specified by a Dietitian.

**OTHER SUPPLEMENTS** – This is **not** a complete list of alternative ONS. All price given are as accurate as possible (MIMS June 2015). Please note that supplements are listed by cost and **not** by nutritional content

| Product Name  | Nutritional information          | Cost /sachet or bottle | Comments             |
|---|----------------------------------|------------------------|----------------------|
| <b>Alternative first line powder supplements (made with 200ml whole milk)</b>                   |                                  |                        |                      |
| Fresubin Powder Extra   | 397kcal, 17.7g protein           | £0.80                  | Box of 7 sachets     |
| <b>Alternative first line milkshake style drinks</b>  |                                  |                        |                      |
| Ensure Compact  | 300kcal, 12.8g protein           | £1.45                  | Price from 1.09.15   |
| Ensure Plus 220ml bottle  | 330kcal, 13.8g protein           | £1.40                  | Price from 1.09.15   |
| Altraplen 125ml bottle (formerly Nutriplen)   | 300kcal, 12g protein             | £1.45                  |                      |
| Fresubin Energy 200ml bottle  | 300kcal, 11.2g protein           | £1.48                  |                      |
| Fortisip Compact 125ml bottle   | 300kcal, 12g protein             | £1.85                  |                      |
| Resource Energy 200ml bottle  | 300kcal, 11g protein             | £1.92                  |                      |
| Fortisip Bottle 200ml bottle  | 300kcal, 12g protein             | £2.06                  |                      |
| <b>First line juice-based drinks (for patients that dislike milk / need a low fat sip feed)</b> |                                  |                        |                      |
| Resource Fruit 200ml bottle   | 300kcal, 8g protein              | £1.83                  |                      |
| Fresubin Jucy 200ml bottle  | 300kcal, 8g protein              | £1.93                  |                      |
| Ensure Plus Juce 220ml bottle   | 330kcal, 10.6g protein           | £1.97                  |                      |
| Fortijuce 200ml bottle  | 300kcal, 8g protein              | £2.02                  |                      |
| <b>High protein supplements</b>   |                                  |                        |                      |
| Altraplen Protein 200ml bottle (formerly Nutriplen Protein)                                     | 300kcal, 20g protein             | £1.45                  |                      |
| Resource Protein 200ml bottle   | 250kcal, 19g protein             | £1.52                  |                      |
| Resource 2.0 Fibre, 200ml bottle  | 400kcal, 18g protein             | £1.88                  |                      |
| Fresubin 2kcal 200ml bottle   | 400kcal, 20g protein             | £1.96                  |                      |
| Fortisip Compact Protein 125ml bottle   | 300kcal, 18g protein             | £2.00                  |                      |
| Fortisip Compact Fibre 125ml bottle   | 300kcal, 12g protein, 4.5g fibre | £2.09                  |                      |
| Fresubin Protein Energy 200ml bottle  | 300kcal, 20g protein             | £2.02                  |                      |
| Fortisip Extra 200ml bottle   | 320kcal, 20g protein             | £2.14                  |                      |
| Ensure Twocal 200ml bottle  | 400kcal, 17g protein             | £2.22                  |                      |
| <b>Savoury supplements</b>  |                                  |                        |                      |
| Vitasavoury 200 33g sachet / cup  | 204kcal, 4g protein              | £1.28                  | Made with water      |
|   | 270kcal, 7g protein              |                        | Made with whole milk |
| Ensure Plus Savoury 220ml bottle  | 330kcal, 13.8g protein           | £1.40                  | Price from 1.09.15   |
| Vitasavoury 300 50g sachet  | 309kcal, 6g protein              | £1.87                  | Made with water      |
|   | 375kcal, 9g protein              |                        | Made with whole milk |
| Fortisip Savoury Multifibre 200ml bottle  | 300kcal, 15g protein             | £2.16                  |                      |



| <b>Pudding style supplements</b>  |                                 |   |  |
|---|---------------------------------|---|--|
| Clinutren Dessert 125g pot  | 156 kcals, 12g protein          | £1.47   |  |
| Resource Dessert Energy 125g pot  | 200 kcals, 6g protein           | £1.59   |  |
| Resource Dessert Fruit 125g pot   | 200kcals, 6.25g protein         | £1.59   |  |
| Ensure plus Crème 125g pot  | 171kcals, 7.1g protein          | £1.76   |  |
| Forticreme Complete   | 200kcals, 12g protein           | £1.96   |  |
| Fresubin Crème  | 231kcals, 12.5g protein         | £1.98   |  |
| Fresubin Yocrema  | 187kcals, 9.4g protein          | £1.98   |  |
| Nutlis Stage 3  | 200kcals, 10.5g protein         | £2.36   |  |
| <b>Powdered high calorie milkshake style drinks – not nutritionally complete</b>  |                                 |   |  |
| Enshake   | 600kcals, 16g protein           | £2.02   | Made with whole milk   |
| Scandishake   | 587kcals, 12.4g protein         | £2.08   | Made with whole milk   |
| Calshake  | 602kcals, 12g protein           | £2.10   | Made with whole milk   |
| <b>Pre-thickened supplements (for use with patients with diagnosed dysphagia)</b> |                                 |   |  |
| Fresubin Thickened stage 1 & 2<br>200ml bottle                                    | 300kcals, 20g protein           | £2.10   |  |
| Nutlis Complete stage 1 & 2<br>125ml bottle                                       | 300kcals, 12g protein           | £2.10   |  |
| <b>Modular supplements</b>  |                                 | <b>* Recommended dosage</b>   |  |
| Pro-cal powder  | 100kcal, 2g protein / 15g scoop | If 4 scoops daily then:<br>£2.48/day using 15g sachets.<br>£1.68/day if using 510g tin. | “As directed”.<br>Number of scoops daily varies but typically 4 x 15g scoops per day |
| Pro-cal shot (fat + protein liquid)   | 400kcals, 8g protein            | £2.16/day   | *40ml tds  |
| Calogen (fat emulsion)  | 540kcals                        | £2.57/day   | *40ml tds  |
| Fresubin 5kcal Shot (fat emulsion)  | 600kcals                        | £2.55/day   | *40ml tds  |
| Calogen Extra (fat + protein liquid)  | 480kcals, 6g protein            | £2.98/day   | *40ml tds  |
| Calogen Extra Shots (fat and protein liquid)                                      | 480kcals, 6g protein            | £2.81/day   | *40ml tds<br>(pre-packaged)  |

## **ACBS guidance on FP10 prescribing**

The Advisory Committee on Borderline Substances (ACBS) recommends that certain food products (such as enteral feeds and sip feeds) be regarded as drugs for use in the management of specific conditions.

### **Standard ACBS indications**

The prescription of sip feeds should only occur when one or more of the following are present:

- Short-bowel syndrome
- Intractable malabsorption
- Pre-operative preparation of undernourished patients
- Proven inflammatory bowel disease
- Following total gastrectomy
- Bowel fistulas
- Disease-related malnutrition

Certain supplements may have further indications (e.g. dysphagia or dialysis). Details can be found in the BNF and Drug Tariff.

It is recommended that prescribers ensure ACBS criteria are met prior to prescribing sip feeds on FP10. “Disease-related malnutrition” can encompass a wide range of conditions. The prescriber should use their clinical judgement to determine when sip feeds are required.

## When to stop sip feeds

Nutrition support is often required for a short time only; for example when a patient is acutely unwell, undergoing medical treatment, or before and / or after surgery.

People are frequently prescribed sip feeds whilst in hospital and continue to receive them in the community beyond the point of recovery.

The following will help you decide whether a patient needs on-going nutrition support.

**Sip feeds can be discontinued if all of the following criteria are met:**

- **The patient's intake of food and fluids is satisfactory i.e. they are eating more than half of their meals, and managing to drink an adequate amount of fluid (approximately 8 cups per day).**
- **Their BMI is within the healthy range (20 – 25kg/m<sup>2</sup>)**
- **The patient has maintained their current weight for the last 2 months or is gaining weight.**

**Follow ONS Flow Chart and refer to the dietitians if there is no improvement noted.**

### Criteria for referral to a Dietitian:

Please refer patients with any one of the following:

- BMI  $\leq 17\text{kg/m}^2$  and /or unplanned weight loss of 10% or more within the last 6 months.
- Continued weight loss after 1 month of following high calorie diet (Food First) advice **and** taking first-line sip feeds.
- Sip feeds present on a hospital discharge letter.
- Conditions requiring specialist dietary advice e.g. newly diagnosed Coeliac disease, severe renal impairment, inflammatory bowel disease (Crohns / colitis), dysphagia, enteral feeding (this is not a full list).
- Use of sip feeds for 6 months or more.

**Please state on the referral whether the patient is able to attend an outpatient appointment or if a home visit is required.**

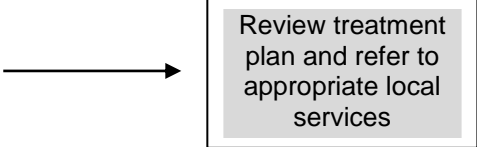

**Please provide past medical history and present medication with every referral**

Please note low serum albumin is not an appropriate reason for referral. Albumin is not a reliable marker of nutritional status.

Do not refer if dietetic input is likely to be detrimental or of no benefit to the patient i.e. if death is imminent.

**If you have any queries or comments, or require further advice please contact the Community Dietitians on 01206 744552 or email [chu-fr.foodfirst@nhs.net](mailto:chu-fr.foodfirst@nhs.net)**

## 6 STEPS TO APPROPRIATE PRESCRIBING OF ONS

|   |
|---|
| Step 1: Identification of nutritional risk  |
| <p><b>The following criteria is used to identify those who are malnourished or at nutritional risk (NICE Guidelines (32) Nutritional Support in Adults):</b></p> <ul style="list-style-type: none"> <li>• Body Mass Index (BMI) &lt; 18.5kg/m<sup>2</sup></li> <li>• Unintentional weight loss &gt; 10% in the past 3-6 months</li> <li>• BMI &lt; 20kg/m<sup>2</sup> and an unintentional weight loss &gt; 5% in past 3-6 months</li> <li>• Those who have eaten little or nothing for &gt; 5 days</li> <li>• Those who have poor absorptive capacity or high nutrient losses</li> </ul>   |
| Step 2: Global nutritional assessment   |
| <p><b>Assess underlying causes of malnutrition and consider availability of adequate diet:</b></p> <ul style="list-style-type: none"> <li>• Ability to chew and swallowing issues</li> <li>• Impact of medication</li> <li>• Physical symptoms (i.e. vomiting, pain, GI symptoms)</li> <li>• Medical prognosis</li> <li>• Environmental and social issues</li> <li>• Psychological issues</li> <li>• Substance / alcohol misuse</li> </ul> <div style="text-align: right; margin-top: 10px;">  </div>   |
| Step 3: Set Goals   |
| <p><b>Set and document realistic and measurable goals, including aim of nutrition support treatment and timescale:</b></p> <ul style="list-style-type: none"> <li>• Target weight gain / BMI</li> <li>• Wound healing</li> <li>• Treatment aims i.e. weight maintenance, weight gain, improving nutritional intake or improvement in symptoms</li> </ul>  |
| Step 4: FoodFirst advice  |
| <p><b>Promote and encourage:</b></p> <ul style="list-style-type: none"> <li>• High calorie ,high protein dietary advice</li> <li>• Over the counter products (Complan, Build up, Nurishment, etc.)</li> </ul> <div style="text-align: right; margin-top: 10px;">  </div>  |
| Step 5: Prescribing ONS   |
| <p><b>Consider ONS bd if:</b></p> <ul style="list-style-type: none"> <li>• Patients meet ACBS prescribing criteria: <ul style="list-style-type: none"> <li>- Short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, proven inflammatory bowel, following total gastrectomy, dysphagia, bowel fistulae, disease-related malnutrition, continuous ambulatory peritoneal dialysis (CAPD) or haemodialysis</li> </ul> </li> <li>• FoodFirst has failed to improve nutritional intake or functional status after <b>one month</b></li> <li>• Specify dosage, timing and length of treatment</li> </ul> |
| Step 6: Review and discontinuation of ONS   |
| <ul style="list-style-type: none"> <li>• Review regularly to monitor, set goals and assess continued need for ONS</li> <li>• When goals of treatment are met, discontinue ONS</li> <li>• If patient no longer meet ACBS criteria but wish to continue ONS, recommend over the counter supplements (Complan, Build Up, Nurishment,</li> </ul>  |

**FOOD FIRST:**  
**Ideas to help improve nutritional intake**

**1) Eat little and often:**

It is sometimes easier to manage 4 - 6 snack-sized meals in a day rather than 3 larger ones. Try snacks and / or nourishing drinks between meals (see below).

**2) Nourishing drinks:**

Just changing drinks can make a big difference to nutritional intake. Choose the following instead of water-based beverages:

- Milk (preferably whole) –either on its own or with added hot chocolate, coffee, Horlicks / Ovaltine or milkshake flavouring.
- Fresh fruit juice or Smoothies.
- Soups (particularly creamy varieties).
- Complan or Build-up made with whole milk.

**3) Snack on:**

- Biscuits (sweet or savoury) or cake.
- A piece of toast or a crumpet, thickly spread with butter / margarine and your favourite topping.
- A small packet of crisps or nuts
- Cheese straws
- A snack-sized chocolate bar or individual chocolates.
- Bite-size sausage rolls, scotch eggs, pork pies or cocktail sausages.
- A pot of yoghurt, mousse, rice pudding or custard.

**4) Make high calorie choices:**

- Full-fat dairy products e.g. whole milk, cheese, Thick and Creamy or Greek style yoghurt, double cream.
- Individual ready-made desserts, e.g. trifle, mousse, crème caramel, crème brulee, fromage frais, cheesecake.
- Sandwich fillings / toast toppings – meat or fish paste, tinned fish in oil, corned beef, cheese, peanut butter, houmous, pate, tuna / egg mayo, fried / scrambled egg, omelette.

**5) Fortify food and drink:**

- Add 4 tablespoons of dried milk powder to 1 pint of whole milk to make fortified milk. Use in drinks, on cereal, in mashed potato, as part of desserts and white sauces.
- Make high-calorie additions to snacks / meals. Try any of the following:

|                               | Cream /<br>evaporated<br>milk | Butter /<br>margarine /<br>olive oil | Grated<br>cheese /<br>cream cheese | Mayo | Milk<br>powder | Sugar /<br>honey /<br>syrup / jam |
|-------------------------------|-------------------------------|--------------------------------------|------------------------------------|------|----------------|-----------------------------------|
| Cereals /<br>porridge         | ✓                             |                                      |                                    |      | ✓              | ✓                                 |
| Soup                          | ✓                             | ✓                                    | ✓                                  |      | ✓              |                                   |
| Yoghurt                       | ✓                             |                                      |                                    |      | ✓              | ✓                                 |
| Mashed potato<br>/ vegetables | ✓                             | ✓                                    | ✓                                  | ✓    | ✓              |                                   |
| Milky puddings                | ✓                             |                                      |                                    |      | ✓              | ✓                                 |
| Milky drinks                  | ✓                             |                                      |                                    |      | ✓              | ✓                                 |
| Sandwiches                    |                               | ✓                                    | ✓                                  | ✓    |                |                                   |
| Fruit or Cake                 | ✓                             |                                      |                                    |      |                | ✓                                 |

**FOOD FIRST:**  
**Ideas to help improve nutritional intake for people with Diabetes**

When you have a poor appetite or are not managing to eat as much, you may need to increase the calories and protein in your diet. However, when you have Diabetes high calorie sugary foods can push your blood glucose levels up. In the short term, a small rise in your blood glucose levels is not a problem, but the following advice may help minimise this effect.

**6) Eat little and often:**

It is sometimes easier to manage 4 - 6 snack-sized meals in a day rather than 3 larger ones. Try snacks and / or nourishing drinks between meals (see below).

**7) Nourishing drinks:**

Just changing drinks can make a big difference to nutritional intake. Choose the following instead of water-based beverages:

- Milk (preferably whole) –either on its own or with added hot chocolate, coffee, Horlicks / Ovaltine or milkshake flavouring.
- Fresh fruit juice or Smoothies – only have 1 small glass / day.
- Soups (particularly creamy varieties).

**8) Snack on:**

- Biscuits (plain or savoury) or cake.
- A piece of toast or a crumpet, muffin or scone, thickly spread with butter / margarine and cheese/low sugar jam.
- A small packet of crisps or nuts
- Cheese straws
- Bite-size sausage rolls, scotch eggs, pork pies or cocktail sausages.
- A pot of yoghurt, mousse, rice pudding or custard - try to ensure they have less than 10g sugar/100g. Stir in 1-2 spoons of cream to increase the calories

**9) Make high calorie choices:**

- Full-fat dairy products e.g. whole milk, cheese, Thick and Creamy or Greek style yoghurt, double cream.
- Sandwich fillings / toast toppings – meat or fish paste, tinned fish in oil, corned beef, cheese, peanut butter, hummus, pate, tuna / egg mayo, fried / scrambled egg, omelette.

**10) Fortify food and drink:**

- Add 4 tablespoons of dried milk powder to 1 pint of whole milk to make fortified milk. Use in drinks, on cereal, in mashed potato, as part of desserts and white sauces.
- Make high-calorie additions to snacks / meals. Try any of the following:

|                               | Cream /<br>evaporated<br>milk | Butter /<br>margarine /<br>olive oil | Grated<br>cheese /<br>cream cheese | Mayo | Milk<br>powder |
|-------------------------------|-------------------------------|--------------------------------------|------------------------------------|------|----------------|
| Cereals / porridge            | ✓                             |                                      |                                    |      | ✓              |
| Soup                          | ✓                             | ✓                                    | ✓                                  |      | ✓              |
| Yoghurt                       | ✓                             |                                      |                                    |      | ✓              |
| Mashed potato /<br>vegetables | ✓                             | ✓                                    | ✓                                  | ✓    | ✓              |
| Milky puddings                | ✓                             |                                      |                                    |      | ✓              |
| Milky drinks                  | ✓                             |                                      |                                    |      | ✓              |
| Sandwiches                    |                               | ✓                                    | ✓                                  | ✓    |                |
| Fruit or Cake                 | ✓                             |                                      |                                    |      |                |

## **How to store and take nutritional supplement drinks**

### **Storage:**

- UHT milk and juice-based supplements (i.e. those in ready-to-drink bottles) can be stored at room temperature until opened. Keep them in a cool, dry place.
- Once opened they should be kept in the fridge. Any unused drink should be thrown away after 24 hours.
- If left at room temperature any remaining drink should be thrown away after 4 hours.

### **Taking your drinks:**

- Your drinks are not meal replacements; they are supplementary to the diet. Your normal meal pattern should continue when you are using them.
- Take between or after meals, or in the evening to prevent reducing your appetite for food.
- They do not need to be taken all at once. Sip slowly over the course of an hour or 2, or split doses – e.g. take half a bottle after breakfast and the other half after lunch. Remember to discard any leftover drink after 4 hours if it has been left at room temperature.
- The majority of sip feeds taste better when chilled.
- They can be frozen into ice cubes or lollies.
- Some flavours such as chocolate, vanilla / neutral, cappuccino and mocha can be gently heated, but do not boil as this will reduce their nutritional value.
- Juice-based supplements can be diluted with still or sparkling water, or lemonade to make a longer drink.
- There are lots of ways these drinks can be added into meals, desserts and drinks. Ask your GP / Practice or District Nurse for more details.

## Nutritional Supplement Recipes

Milkshake-style supplements: e.g. Aymes Shake or Aymes Complete

Neutral or milk flavoured supplements can be used instead of milk on breakfast cereals, in desserts such as custard or rice pudding, and in savoury dishes such as cheese sauce or creamy soups. Here are some other suggestions.

### **Fruit smoothie (serves 1):**

- Fresh, frozen or tinned fruit – e.g. 1 banana, a handful of strawberries, half a tin of peaches (drained).
- 1 x chilled milkshake-style supplement of a similar flavour to the chosen fruit (or vanilla flavour).
- 1 scoop of vanilla ice-cream or

Put all ingredients together into a blender or food processor. Blend until smooth. Serve in a tall glass.

### **Strawberry whip (serves 2):**

- 1 bottle / glass of strawberry flavour milkshake-style supplement, chilled
- 1 packet instant whip – strawberry flavour
- 1–2 scoops ice cream—strawberry or vanilla flavour

Whisk ingredients together in a bowl. Place in a fridge until set.

### **Hot chocolate (serves 1):**

- 1 carton chocolate flavour milk-based supplement
- 1 x tbsp drinking chocolate
- 2 – 3 tbsp whipped or “squirty” cream

Place drinking chocolate in a mug and blend with a small amount of supplement drink, set aside. Gently warm the rest of the drink but do not boil, whisk into the powder mix. Top with cream and serve immediately.

### **Something savoury (serves 1):**

- 1 x neutral or milk / original flavoured supplement drink
- 1 x 295g tin of condensed chicken soup (or another flavour of your choice)

Place the soup in a saucepan. Into the empty tin add the neutral flavour supplement, and then add water to fill to the top (if necessary). Gradually stir this into the soup. Heat gently but do not boil.

Juice-style supplements: Fresubin Jucy, Fortijuce, or Ensure Plus juice:

### **Fruit jelly (serves 2):**

- 1 x pack of jelly of your preferred flavour
- 1 x juice-style supplement of similar flavour (e.g. lemon drink with lime jelly).

Dissolve jelly in boiling water as per instructions on the packet; allow to cool for 5 – 10 minutes. Substitute 200ml of the remaining water required with the supplement drink. Chill until set. Serve with ice cream, custard, yoghurt and / or fruit.

# Food Fortification

*Recipes/Shakes/Ideas*



## **Banana Smoothie**

**360ml/449kcal/20.6g of protein**

200mls whole milk

1 small banana

60g/ 1 scoop vanilla ice cream

1 teaspoon sugar

2 tablespoons of skimmed milk powder

## **Peanut Butter Smoothie**

**295ml/738kcal/20.6g of protein**

30g/2 tablespoons Peanut Butter

120g/2 scoops of Chocolate Ice cream

30g/2 tablespoons of Whipping Cream

15g/1 tablespoons of Chocolate Sauce

100mls Whole Milk

2 tablespoons of skimmed milk powder

## **Cream of Chicken Soup**

**520ml/544kcal/26.1g of protein**

Based a whole can of any supermarket

“Cream of” tinned soup.

Cream of Chicken soup 1 can

2 tablespoons of double cream

2 table spoons of grated cheese

2 tablespoons of skimmed milk powder

## **Tangy Fruit Smoothie**

**390ml/299kcal/1.88g of protein**

Different fruits and juices can be used to suit taste.

200g tinned pineapple

180ml fruit Juice

1 small Banana

6 ice cubes

## **Strawberry Milkshake**

**235ml/549kcal/18.7g of protein**

100mls of whole milk

2 tablespoons of skimmed milk powder

120g/2scoops Strawberry Ice cream

15g/1 tablespoon whipping cream

2 tablespoons of Strawberry milkshake powder

## **Coffee Milkshake**

**460ml/537kcal/24.6g of protein**

Can be served Hot or Chilled.

2 teaspoons of instant coffee

400ml cold whole milk

2 tablespoons of double cream

2 table spoons of milk powder

4 drops of vanilla/ almond

**Place all ingredients in blender.**

**Blend until smooth.**

**Serve and enjoy.**



**Nutrition and Dietetic Referral Form**

|  |                      |     |            |   |   |
|--|----------------------|-----|------------|---|---|
| Patient's Name:                                |                      |     |            | M / F   | D.O.B   |
| Address:<br><br>Postcode:<br>Telephone Number: |                      |     |            | NHS No:   |   |
|  |                      |     |            | Consultant:   |   |
|  |                      |     |            | GP Name:<br>GP Telephone No:<br>GP Fax No:  |   |
| Weight / MUAC                                  | Height / Ulna Length | BMI | MUST SCORE | Reason for referral:<br><br><input type="checkbox"/> Poor appetite/ intake<br><input type="checkbox"/> Swallowing Problems<br><input type="checkbox"/> Soft or Pureed Diet<br><input type="checkbox"/> Special Diet Advice<br><input type="checkbox"/> Nutritional Supplements<br><input type="checkbox"/> Unplanned Weight Loss<br><input type="checkbox"/> Diabetes<br><input type="checkbox"/> Weight Reducing Diet<br><input type="checkbox"/> Other (please specify) |   |
| Medical History:                               |                      |     |            |   |   |
| Current Medication:                            |                      |     |            | What has already been done to help above mentioned problem? (please give details)   |   |
| Referred By:<br>(Please print your name)       |                      |     | Date: / /  |   | Is patient aware of referral<br>YES / NO        |
| Job Title:                                     |                      |     |            |   | Is patient able to attend a clinic?<br>YES / NO |
| Contact telephone number:                      |                      |     |            |   | Home visit required?<br>YES / NO                |

**Please complete this form in FULL and fax to Nutrition & Dietetics Department**

**If referring from a Care Home please include:**

**A STRICT 3 DAY FOOD AND FLUID CHART and SIX MONTH WEIGHT HISTORY**

**Incomplete referrals cannot be accepted and will be returned.**

**Essex County Hospital. Fax: 01206 74 4492 (Telephone: 01206 744552)**