

# TOP TIPS TO SUPPORT YOUR CHILD IN TAKING THEIR FORTINI ORAL NUTRITIONAL SUPPLEMENT

Please contact your HCP if you have any concerns or questions about when to take the Fortini.



**1** Fortini should be taken **between meals** or as a **supplement to meals** rather than replacing normal food.

**2** If your child finds it hard to manage the full bottle in one sitting, divide it into **smaller, more manageable portions**: Pour ½ bottle into a glass and keep the rest in the fridge for later or divide into smaller shots and take it at different times during the day.

**3** In general, Fortini oral nutritional supplements are **best served chilled** from the fridge. You can **freeze** Fortini Smoothie to make ice pops. Try **warming** Fortini Chocolate to make a warm drink (recipes available).

**4** The Fortini range is available in different sizes, textures and flavours. Your healthcare professional has likely prescribed a Fortini product that most closely meets your child's nutritional needs. If you would like to know if any other flavours are available, please speak to your healthcare professional.



Once opened, it can be stored for up to 24 hours in the fridge. Or if stored at room temperature, it should be consumed within 4 hours.

**5** Fortini is easily incorporated into recipes to help increase compliance and nutritional intake. Ask your healthcare professional for a copy of the Fortini recipe book. **CHOOSE FROM A VARIETY OF RECIPES TO SUIT YOUR CHILD'S NEEDS**



**6** Use a reward system, such as a star chart, to encourage your child to take their Fortini. Ask your dietitian about the Fortini Wallace and Gromit reward scheme.

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

## PARENT GUIDE



The Fortini range are Foods for Special Medical Purposes for the dietary management of disease-related malnutrition and growth failure in children from one year onwards, and must be used under medical supervision.

This guide is intended for parents or carers of children who have been prescribed a product in the Fortini range by a healthcare professional.

**NUTRICIA**  
**Fortini**

## Why has my child been prescribed Fortini?

Fortini is a range of nutritionally complete oral nutritional supplements, tailored to meet the needs of children who have increased nutritional requirements.

The products contain the following nutrients: proteins, carbohydrates, fats, vitamins and minerals. For more information about the nutritional profile, please see the product label.



## The Fortini range is available in different sizes, textures and flavours.

Please speak to your healthcare professional for more information.

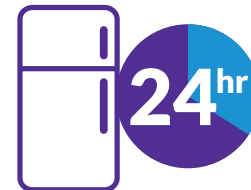
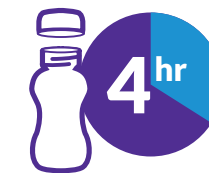
<p>Smoothie style with real fruit <b>Fortini Smoothie Multi Fibre</b></p> <p>Summer Fruit    Berry Fruit</p>	<p>Milkshake style <b>Fortini</b></p> <p>Vanilla    Strawberry</p>	<p>Low Volume milkshake style <b>Fortini Compact Multi Fibre</b></p> <p>Neutral    Strawberry</p>
<p>Yoghurt style with real fruit <b>Fortini Creamy fruit</b></p> <p>Summer Fruit    Berry Fruit</p>	<p>Milkshake style <b>Fortini Multi Fibre</b></p> <p>Vanilla    Strawberry</p> <p>Chocolate    Banana</p> <p>Unflavoured</p>	<p>Milkshake style <b>Fortini 1.0 Multi Fibre</b></p> <p>Vanilla    Strawberry</p> <p>Chocolate    Banana</p>

## How much Fortini can my child have in a day?

The amount of Fortini that your child needs will be suggested by your dietitian or doctor.

## How do I store Fortini

Unopened bottles can be kept in a cool, dry place. Make sure you use them by the 'Best Before' date. Once opened, they can be kept at room temperature for 4 hours or stored in a refrigerator for up to 24 hours, after which they should be discarded.



The Fortini Reward Scheme is a fun reward scheme to help children take their prescribed Fortini oral nutritional supplement(s).

Any child who has been prescribed a Fortini oral nutritional supplement by a healthcare professional can join!

To find out more please log on to [nutricia.co.uk/fortinirewards](http://nutricia.co.uk/fortinirewards) or contact your Paediatric Dietitian



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