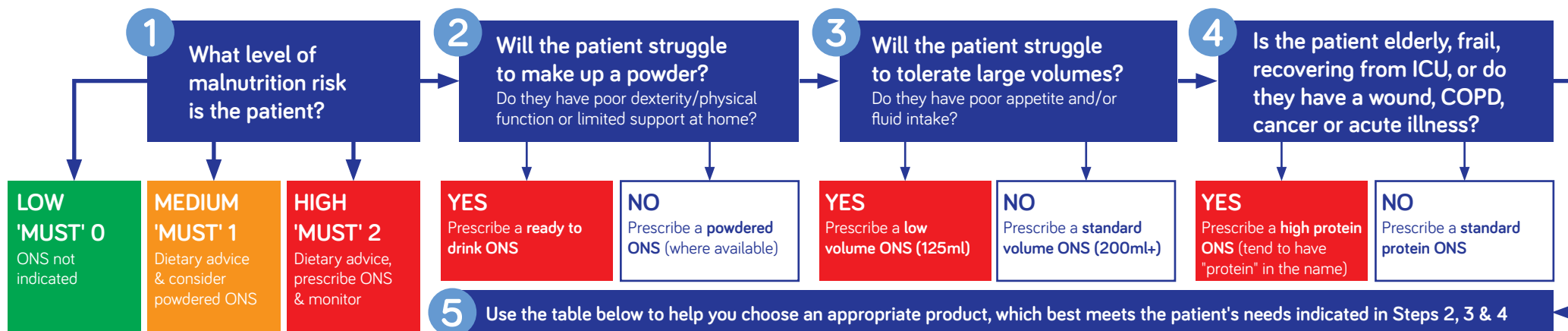








5 STEPS TO THE RIGHT ONS: A CLINICAL DECISION GUIDE



Step 1	Step 2	Step 3	Step 4	Clinical suitability	Nutricia products
Malnutrition risk	Ready to drink	Low volume	High protein		
High	✓	✓	✓	For those with frailty or conditions that increase protein intakes who can not tolerate large volumes and are not able to make a powder	Fortisip Compact Protein 
High	✓	✗	✓	For those who have frailty or other long term conditions that increase protein intakes and can tolerate large volumes	Fortisip 2kcal 
High	✓	✓	✗	For those who do not have increased protein requirements, can not tolerate large volumes and are not able to make up a powder	Fortisip Compact, Fortisip Compact Fibre* 
High	✓	✗	✗	For those who do not have increased protein requirements, can tolerate large volumes and are not able to make up a powder	Fortisip Bottle, Fortisip Yogurt Style, Forticreme Complete 
High	✓	✗	✗	For those who can tolerate large volumes, are not able to make up a powder and dislike milky drinks	Fortijuce 
Medium/High	✗	✗	✗	For those who can tolerate large volumes and are able to make up a powder	Complan Shake 

A wider range of ONS including pudding-style, 'shot-style', pre-thickened ONS and thickening powders are available and should be prescribed following guidance of a dietitian. ONS compliance is better when a wider variety of flavours is available¹. High protein ONS contain ≥20% of energy from protein, e.g. a 125ml ONS containing 300kcal (2.4kcal/ml) and 18g protein (24% energy from protein). Standard protein ONS contain <20% of energy from protein, e.g. a 200ml ONS containing 300kcal and 12g protein (16% energy from protein). *Fibre-containing ONS may be useful for patients with GI disturbances, where fibre is not contraindicated. Reference: 1. Hubbard et al. *Clinical Nutrition*, 2012; 31(3): 293.

The 'MUST' toolkit and other resources including practical guidance for using 'MUST' to identify malnutrition during COVID-19 are available at bapen.org.uk

This information is intended for healthcare professionals only.

All products shown are Foods for Special Medical Purposes for the dietary management of disease related malnutrition and must be used under medical supervision.