



What are Oral Nutritional supplements?

By Simone Karafilis, OSCAR Hospitality Dietitian

Oral nutritional supplements (ONS) are often used in aged care facilities, for residents who are unable to meet their nutritional requirements through food/fluid intake alone. Therefore, these products assist in increasing their overall oral intake and therefore reduce their risk of developing malnutrition and the associated complications, such as impaired wound healing.

Nestle Health Sciences offer a range of different ONS, depending on the clinical condition and taste preferences. Please refer to their website for the full range of products on offer and seek advice on your nutritional needs from an Accredited Practising Dietitian if required.

Suggested nutritional solutions for the management of malnutrition:

- Sustagen and Resource Range – <https://www.nestlehealthscience.com.au/health-management/adult-malnutrition>
- Impaired wound/pressure injury healing – <https://www.nestlehealthscience.com.au/health-management/wound-care>
- Renal – <https://www.ncare.net.au/nutrition-products/oral-supplements-1/novasourcearenal-1>



It is important to note that the use of Resource Fruit Beverage or Arginaid Extra nutritional supplements are not appropriate for individuals requiring thickened fluids. Due to the acidity content of these nutritional supplements, they are unable to be thickened properly.



Experiment with some of these nutritional supplements and maximise intake through choosing one that the individual will most likely tolerate (for example do they prefer milky or juice based drinks?).

Trial fortifying recipes using sustagen neutral powder here → <https://www.sustagen.com.au/recipes>



Here's one popular recipe for children, from <https://www.sustagen.com.au/recipes> :

Banana Berry Smoothie

Ingredients list

200mL milk

1 small banana, sliced

1/4 cup vanilla yoghurt

2 teaspoons honey

1/4 cup frozen berries

60g (3 scoops) SUSTAGEN® Hospital Formula Vanilla Flavour

Instructions

Place all ingredients in a blender and process until well combined. Pour into a glass and serve. Top with a few extra berries or a sprig of fresh mint.



Other flavours:

- *Banana honey buzz – take out frozen berries.*
- *Banana, prune and orange – take out honey and berries and replace with 1/4 cup pitted prunes and 2 teaspoons finely grated orange rind.*
- *Tropical bliss – take out honey and berries and replace with 1/4 cup fresh or canned mango.*



Need help with nutritional supplements?

This article was written by OSCAR Hospitality Dietitian, Simone Karafilis.

Please call or email via our contact details below.