The background features several circular gauges and arrows, suggesting a technical or scientific theme. The gauges have numerical scales, and the arrows indicate a clockwise direction. The overall color palette is a gradient of dark blue and purple.

NUTRITION 101: WHAT OUR DIETITIANS WOULD LIKE YOU TO KNOW

KENDALL NOVOA-TAKARA, MD WITH ASSISTANCE FROM KATY ARGO AND
NICOLE HAHN

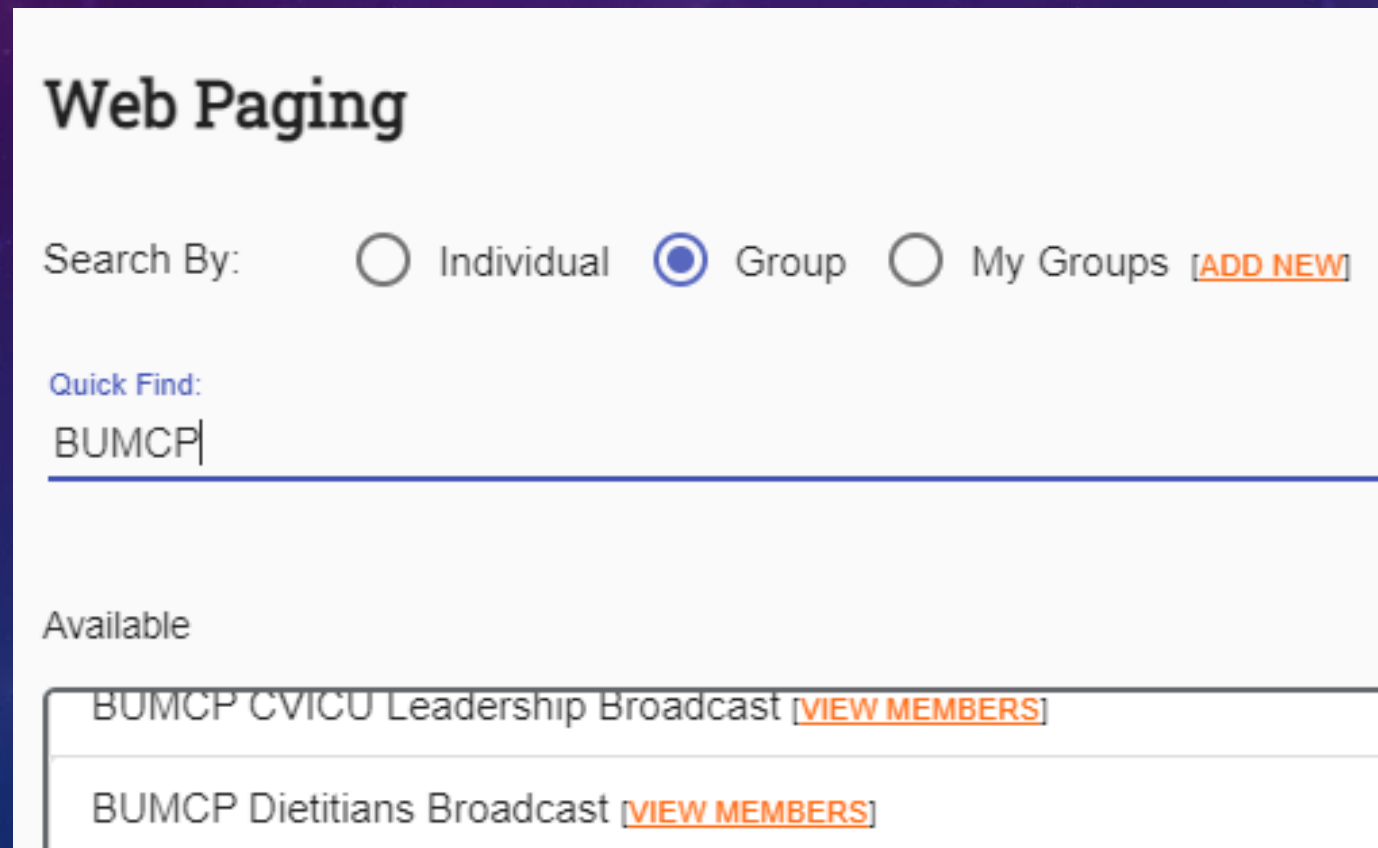
MARCH 2023

NUTRITION STAFFING

- Normal staff Mon-Friday
- 13 core dietitians
- Weekends/holidays: 2 people on Saturday, 2-3 on Sunday
- Priority for TPN and TF patients

PAGING NUTRITION—USE WEBPAGE GROUP

Make sure that you identify it as a group page so that nutrition knows that everyone received the page, not just you and the individual



The screenshot shows a web interface for managing pages. At the top, the title "Web Paging" is displayed. Below it, there is a "Search By:" section with three radio button options: "Individual", "Group" (which is selected), and "My Groups". To the right of these options is a link labeled "[ADD NEW]". Below the search options is a "Quick Find:" section with a text input field containing "BUMCP". A horizontal line separates the search area from the results. Under the heading "Available", there is a list of two items: "BUMCP CVICU Leadership Broadcast" and "BUMCP Dietitians Broadcast". Each item has a link labeled "[VIEW MEMBERS]" to its right.

Web Paging

Search By: Individual Group My Groups [\[ADD NEW\]](#)

Quick Find:
BUMCP

Available

- BUMCP CVICU Leadership Broadcast [\[VIEW MEMBERS\]](#)
- BUMCP Dietitians Broadcast [\[VIEW MEMBERS\]](#)

SYSTEM GENERATED AUTOCONSULTS

Low BMI or MST of 2 or more

Malnutrition Screening Tool (MST)¹

1. Has the patient lost weight recently without trying?

Yes	(0)
No	(0)
Unsure	(2)

Within the last 6 months

If unsure, ask if they suspect they've lost weight eg. clothes looser

If YES, how much weight has the patient lost?

0.5-5 kg	(1)
>5-10 kg	(2)
>10-15 kg	(3)
> 15 kg	(4)
Unsure	(2)

For e.g. less than ⅓ usual intake

2. Has the patient been eating poorly because of decreased appetite?

Yes	(1)
No	(0)

May also be eating poorly due to chewing and swallowing difficulties

Patients receive a score from 0-5 on MST:
→ Score <2 (0-1) = not at risk of malnutrition
→ Score ≥2 (2-5) = at risk of malnutrition

¹ Ferguson M, Capra S, Bauer J, Banks M. (1999). Development of a valid and reliable malnutrition screening tool for adult acute hospital patients. *Nutrition*, 15, 458-64.

YOU MAY NEED A NUTRITION CONSULT

- Anticipate prolonged NPO (>5-7 days)
- Undergoing chemo and/or radiation
- SBS, IBD/IBD with active flare, recent GI or colorectal surgery, ostomy patients
- Dysphagia-to order appropriately thickened supplements
- Complex orofacial surgeries
- History of bariatric surgery
- Concern for malnutrition or history of catabolic illness (cirrhosis, AIDS, etc)

TYPES OF NUTRITION ORDERS

- NS Nutrition Consult or Consult Nutrition
- NS Meal selection assistance
- NS nutrition message
- NS Tube feeding (care set)

NS NUTRITION MESSAGE

- Goes to kitchen and diet office for FOOD RELATED NEEDS
- This is NOT a nutrition consult
- Do not use this if you want a nutritionist to see the patient

NS CONSULT NUTRITION

Nutrition assessment

Diabetes teaching packet

Diet instruction

Food selection help

Food preference or intolerance

Tube feeding - RD manage adult protocol

Tube feeding - Provider to manage

Parenteral nutrition

Calorie count 3 day

Calorie count 24 hour

Other

WHAT YOU NEED TO KNOW ABOUT TUBE FEEDS

The background features a dark blue gradient with a subtle pattern of white stars and technical diagrams. On the right side, there are several circular diagrams resembling gauges or dials with numerical scales (e.g., 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) and arrows. Some diagrams have dashed lines and solid lines, suggesting different states or components. The overall aesthetic is clean, professional, and technical.

PLACEMENT OF NASAL FEEDING TUBE

- Do not use regular 'ngt' that would be used for suction (NGT are like foleys, the larger the French the bigger the catheter. Standard NGT for suction 14-18 duotube 8-12)
- Soft small caliber feeding tube
- Insert stylet into enteral feeding tube and place (usually 12 French or less has a stylet)
- Once placement is confirmed, stylet is removed
- DO NOT replace stylet once removed as is can cause GI perforation (Cortrak tube stylets can be reinserted but if you have any doubt that this what you are using, do not replace stylet)

CONFIRMATION OF PLACEMENT

- ALWAYS RADIOGRAPHICALLY CONFIRM
- Must indicate that image if for NG tube placement as reading will specifically comment on it
- Tube centrally located distal for carina, continues inferiorly, crosses diaphragm in central position into gastric region
- **YOU can give approval to use tube—you do NOT have to wait for radiology to read!**

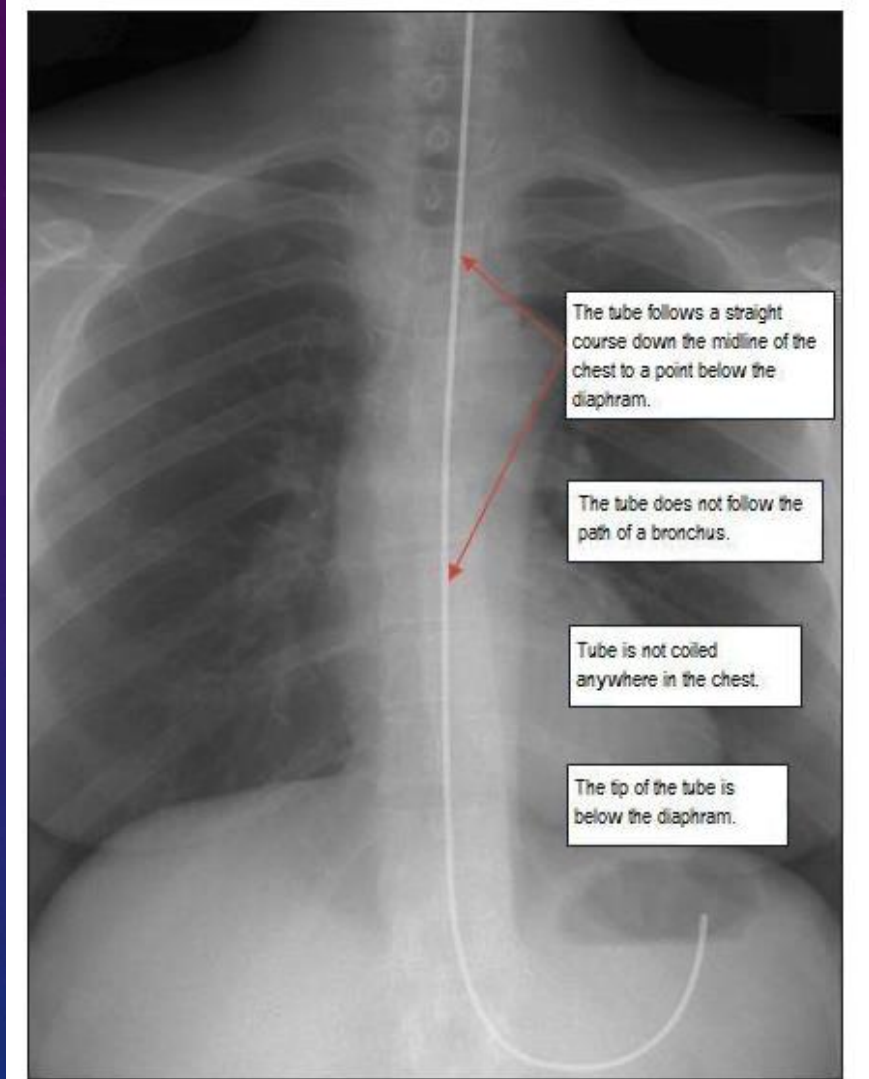


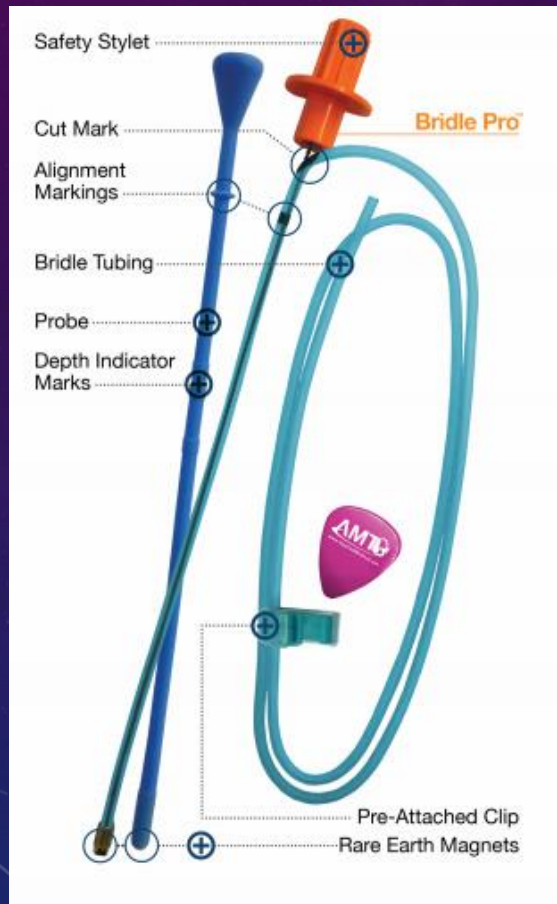
Figure 1. Chest Radiograph Representing Properly Placed Nasogastric Feeding Tube with Tip Visible



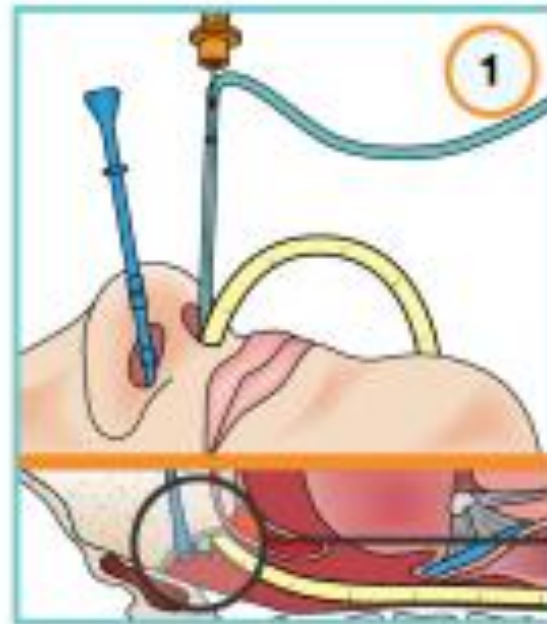
WHAT IS A BRIDLE?

- Place bridle after feeding tube is inserted
- Bridle tubing loops around vomer bone
- If patients pull on the tube, they feel pressure on the bridle
- Deters patients from continuing to pull on the tube

BRIDLE PLACEMENT



Safe Placement*



Slowly remove probe, drawing the bridler catheter around the vomer bone and out the patient's nose.

Advance probe in nose opposite the nasal tube, then safety stylet with bridler catheter in the other nose until magnets connect (you may hear an audible "click"). Remove safety stylet from the bridler catheter.



INITIAL TF ORDER WHILE WAITING FOR NUTRITION CONSULT

- Use TF orderset
- Generally: start Osmolite 1.2 at trophic rate (aka trickle feeds) 10-20 cc/hour, can advance by 10 cc q6 hours until goal rate met
- Order set should include the labs and appropriate glucose checks
- Note: TF will come at the next meal—so if it is the afternoon and you want to start TF that day then order ASAP before dinner so that kitchen will send it up!!!
- Will need to place separate NS Nutrition consult if not already done
- Nutrition consult for TF management includes: determination of energy, protein, fluid needs, goal rate, and advancement, pertinent lab monitoring, evaluation for need of additional micronutrient supplementation

TUBE FEEDING ORDERSET

DIET ORDER	
<input checked="" type="checkbox"/> Diet Order Adult	T;N, Tube Feeding only
<input type="checkbox"/> Diet Order Pediatric	T;N, Diet: TUBE FEEDING W/FORMULA
<input checked="" type="checkbox"/> NS Tube Feeding	
<input type="checkbox"/> NS Nutrition Supplements	
<input checked="" type="checkbox"/> NS Nutrition Consult (NS Consult Nutrition)	T;N, Requested By: Physician, Tube feeding - RD manage adult protocol
NURSING ORDERS	
<input type="checkbox"/> Insert Gastrointestinal tube	T;N, Nasogastric (pvc-short term), Enteral feeding, Other
<input type="checkbox"/> Insert Gastrointestinal tube	T;N, Nasoduodenal (Polyurethane-long term), Enteral feeding, Other
<input type="checkbox"/> Position Patient & Bed	T;N
<input checked="" type="checkbox"/> Measure Intake and Output	T;N
<input checked="" type="checkbox"/> Weight (Weight Daily)	T;N
<input type="checkbox"/> RSP Metabolic Study	
Order KUB and notification when applicable	
<input type="checkbox"/> Abdomen Single View KUB	T;N, Routine, Portable, check feeding tube placement
<input type="checkbox"/> Notify Provider (1xOnly)	T;N, Call physician to review KUB and obtain permission to use feeding tube after x-ray completed.
<input checked="" type="checkbox"/> Flush Gastrointestinal tube	
LABS	
<input type="checkbox"/> Prealbumin	Routine, RT, T;N, 1 time(s)
<input type="checkbox"/> Prealbumin	Routine, RT, T;N, QMON 3 time(s)
<input type="checkbox"/> Phosphorus Serum	Routine, RT, DAILY 3 day(s)
<input type="checkbox"/> Magnesium Serum	Routine, RT, DAILY 3 day(s)
<input type="checkbox"/> Triglycerides	Routine, RT
MEDICATIONS	
<input type="checkbox"/> multivitamin	5 mL, Feeding Tube, Liquid, Daily
<input type="checkbox"/> multivitamin with minerals	15 mL, Feeding Tube, Liquid, Daily

When using TF order set, select TF only or TF plus additional diet in the 'diet orders section'. If that is not the active diet, the kitchen will NOT send the formula

TUBE FEEDS AVAILABLE-#=CAL/CC

Osmolite 1.2-standard formula, no fiber

Jevity 1.2, 1.5-standard formula with fiber

Glucerna 1.2, 1.5-carbohydrate controlled with fiber

Twocal HN-2 cal/cc

Oxepa-critical care formula, septic patients (ICU only)

Vital high protein-very high protein critical care obese patients (ICU only)

Nepro-renal formula with carb steady

Vital AF 1.2, 1.5-semi-elemental formula for intolerance

Pivot 1.5 -high protein, semi-elemental formula for intolerance,

Vivonex RTF -elemental formula for severe intolerance of pancreatic insufficiency, high free water

Glucerna 1.2 Cal

Glucerna 1.2 - 8 oz

Glucerna 1.5 Cal

Glucerna 1.5 - 8 oz

Jevity 1.2 Cal

Jevity 1.2 - 8 oz

Jevity 1.5 Cal

Jevity 1.5 - 8 oz

Nepro

Nepro - 8 oz

Osmolite 1.2 Cal

Osmolite 1.5

Oxepa

Pivot 1.5 Cal

Pivot 1.5 - 8 oz

Promote

Two Cal HN

Twocal HN - 8 oz

Vital 1.5 Cal

Vital 1.5 - 8 oz

Vital AF 1.2 Cal

Vital High Protein

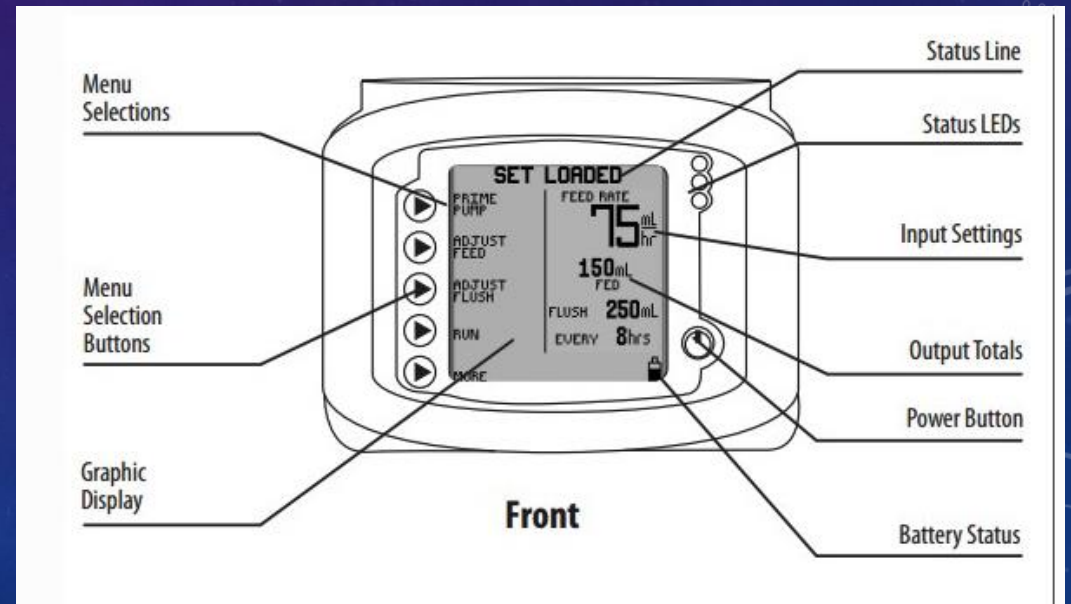
Vivonex RTF

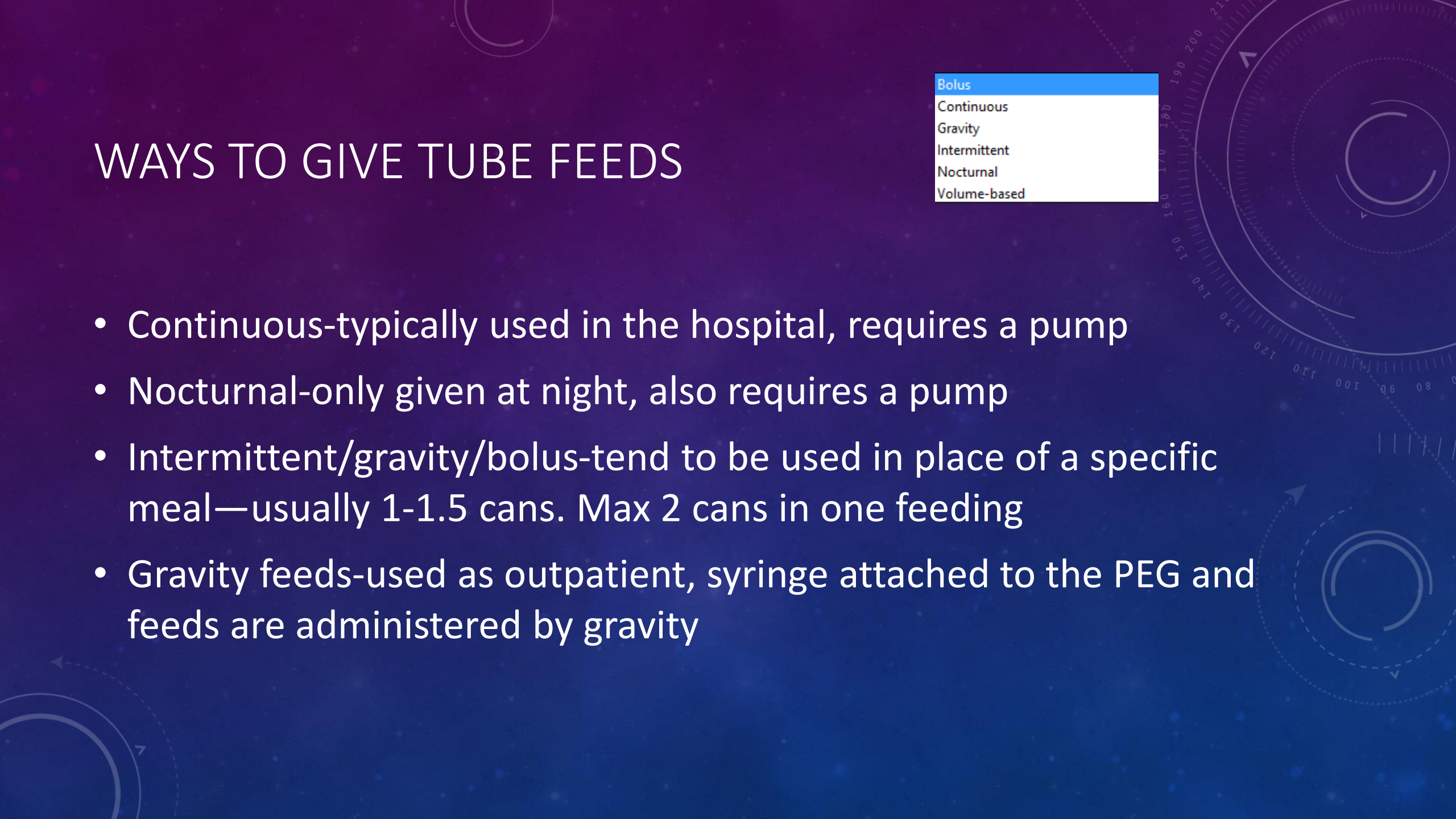
Other

FREE WATER FLUSHES



- MINIMUM 30CC Q4 HOURS FOR TUBE PATENCY
- Anything additional is for fluid needs





Bolus
Continuous
Gravity
Intermittent
Nocturnal
Volume-based

WAYS TO GIVE TUBE FEEDS

- Continuous-typically used in the hospital, requires a pump
- Nocturnal-only given at night, also requires a pump
- Intermittent/gravity/bolus-tend to be used in place of a specific meal—usually 1-1.5 cans. Max 2 cans in one feeding
- Gravity feeds-used as outpatient, syringe attached to the PEG and feeds are administered by gravity

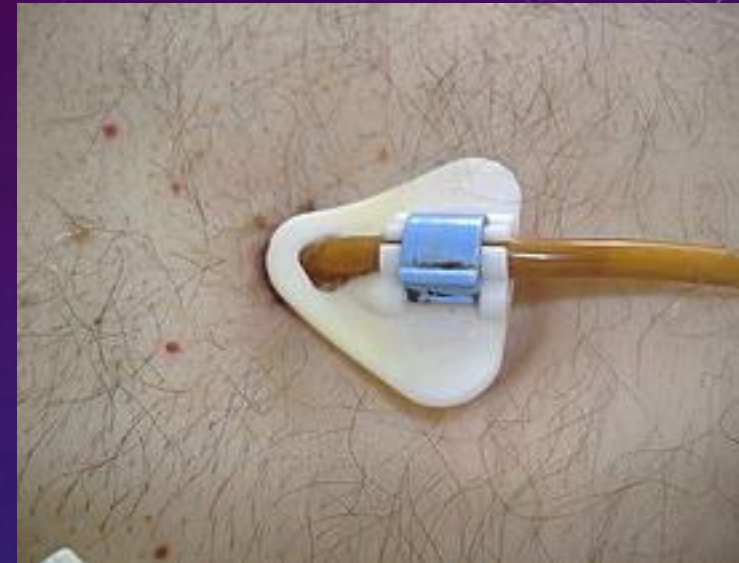
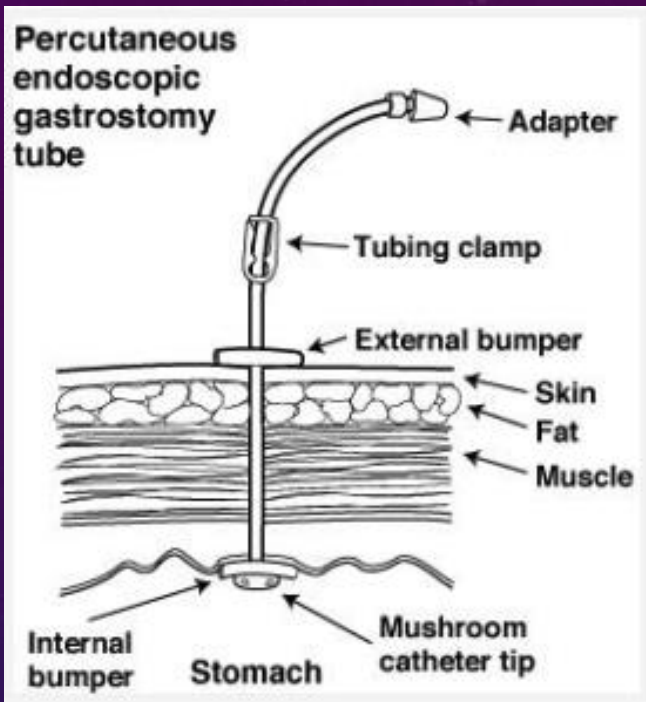
TUBE FEEDS

G tube/PEG

- Max 2 cans/meal=500 cc
- Bolus or gravity feeds mean no pump needed

J tube

- Can do bolus but takes a while for patient to adapt so unlikely to give bolus while in hospital
- Continuous feeds-requires pump
- Max fluid rate/hour approx. 80 cc
- Aspiration can still occur



https://en.wikipedia.org/wiki/Percutaneous_endoscopic_gastrostomy

<https://my.clevelandclinic.org/health/treatments/4911-percutaneous-endoscopic-gastrostomy-peg>

MIC-KEY* LOW-PROFILE GASTROSTOMY FEEDING TUBE WITH SECUR-LOK* (CE)

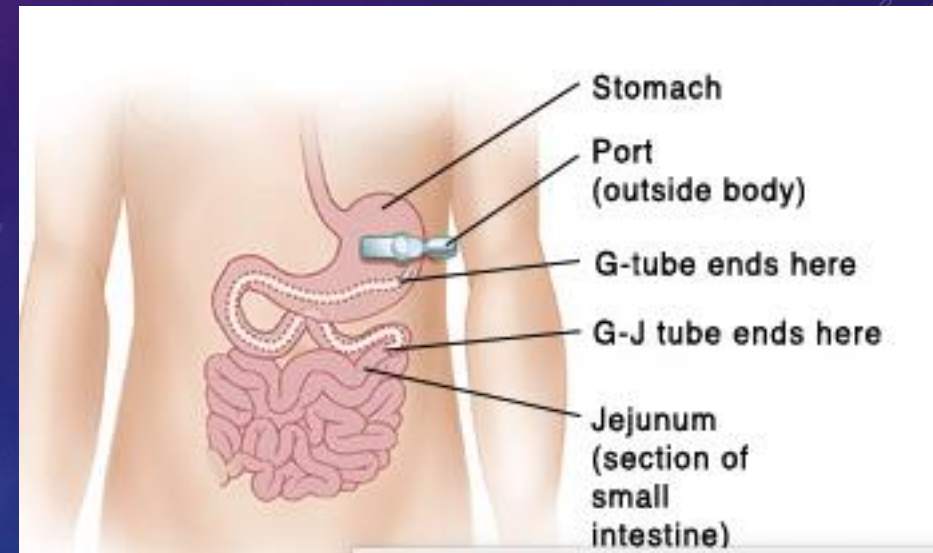
Think of 'MIC-KEY' as the KLEENEX of skin level G tubes

Low-profile GJ tube button



GJ TUBE-COMBINATION GASTROSTOMY AND JEJUNOSTOMY

- G tube often used to ‘vent’- can be manually done with syringe or to gravity
- J tube used to feed
- Example use: gastric outlet obstruction not amenable to therapy/surgery



https://www.fairview.org/sitecore/content/Fairview/Home/Patient-Education/Articles/English/w/h/e/n/_/When_Your_Child_Needs_a_Gastrostomy_or_Gastrojejunum_Tube_89589

TOTAL PARENTERAL NUTRITION

- If well nourished or only mild malnutrition consider starting when npo 7 days
- EARLY TPN if malnourished, planned surgical procedures
- Requires central venous access
- Physicians no longer have to sign TPN orders
- Nutrition and pharmacy consult daily to discuss feeding rate, additives
- No central venous access? Can use PPN at 5-7 day mark if no plan for oral diet

IF YOU NEED TO DISCHARGE A PATIENT WITH TPN

- Adequate venous access—a tunneled central line, **NOT** a port
- HH orders must be placed
- Will take at least 24 hours to arrange

NS NUTRITIONAL SUPPLEMENTS

Banatrol
Beneprotein
Boost VHC - Vanilla
Ensure Clear - Apple
Ensure Clear - Mixed Berry
Ensure Compact - Chocolate
Ensure Compact - Vanilla
Ensure Enlive - Chocolate
Ensure Enlive - Strawberry
Ensure Enlive - Vanilla
Ensure High Protein - Chocolate
Ensure High Protein Pudding - Chocolate

Ensure High Protein Pudding - Vanilla
Ensure High Protein - Vanilla
Ensure Plus High Protein - Butter Pecan
Ensure Surgery Immunonutrition Shake
Gelatin Plus - Cherry
Gelatin Plus - Pineapple
Glucerna Shake - Chocolate
Glucerna Shake - Strawberry
Glucerna Shake - Vanilla
Juven - Fruit Punch
Juven - Orange
Nepro - Butter Pecan

Nepro - Mixed Berry
Nepro - Vanilla
Pro-Stat - Citrus Splash
Rockin' Protein Builder - Chocolate
Rockin' Protein Builder - Vanilla
Rockin' Protein Recovery - Chocolate
Rockin' Protein Recovery - Vanilla
Thrive Ice Cream - Chocolate
Thrive Ice Cream - Strawberry
Thrive Ice Cream - Vanilla
Unjury Chicken Soup

- Hospital prefers Ensure line of products for cost and product stability
- Most of these supplements have at least 1 cal/cc
- Providers can order , nutritionist will order if indicated
- Order with meal—they will arrive more consistently

SUGGESTED SUPPLEMENTS BASED ON DIET, VANILLA IS STANDARD FLAVOR

- Renal diet-Nepro, ensure high protein
- Carb control-ensure high protein, rockin' refuel muscle builder, Glucerna (ensure high protein and rockin' refuel muscle builder less sweet and fewer carbs)
- Thickened liquids and fluid restrictions-Gelatin, pudding
- Clear liquids-Gelatin, ensure clear, Unjury (high protein chicken broth)
- Regular diet-ensure enlive

Ensure® Original Pudding

Complete, Balanced Nutrition®

- ENSURE ORIGINAL PUDDING is a nutritious alternative to other snacks or desserts. It provides a source of complete, balanced nutrition in a delicious easy-to-eat form. It is appropriate for those who are malnourished, at nutritional risk, experiencing involuntary weight loss, or are on a fluid-restricted or volume-limited diet.
- For patients on consistency-modified diets (eg, soft, puréed, or full liquid).
- For oral use.
- Good source of fiber (3 g NutraFlora® scFOS®*/4 oz) to help maintain regularity.
- 21 vitamins and minerals.
- Antioxidants (vitamins C & E and selenium) to support the immune system.
- Convenient—needs no refrigeration.
- #1 Doctor recommended brand.
- Kosher.
- Halal.
- Gluten-free.
- Suitable for lactose intolerance.

Safety Precautions

- Not for sole-source nutrition.
- Not for people with galactosemia.

Ensure Pudding Milk Chocolate

Nutrition Facts

Serving Size 1 pudding cup (4 oz)
Servings Per Carton 4

Amount Per Serving

Calories 170		Calories from Fat 45	
	% DV*		% DV*
Total Fat 5g	8%	Sodium 120mg	5%
Saturated Fat 1g	5%	Potassium 250mg	7%
<i>Trans</i> Fat 0g		Total Carb. 30g	10%
Polyunsaturated Fat 2g		Dietary Fiber 3g	12%
Monounsaturated Fat 1g		Sugars 15g	
Cholesterol 5mg	2%	Protein 4g	8%
Vitamin A 10%	• Vitamin C 15%	• Calcium 10%	
Iron 10%	• Vitamin D 10%	• Vitamin E 10%	
Vitamin K 15%	• Thiamin 15%	• Riboflavin 15%	
Niacin 15%	• Vitamin B ₆ 15%	• Folate 15%	
Vitamin B ₁₂ 10%	• Biotin 15%	• Pantothenic Acid 15%	
Phosphorus 10%	• Iodine 10%	• Magnesium 10%	
Zinc 10%	• Selenium 15%	• Copper 15%	
Manganese 30%	• Chromium 15%	• Molybdenum 35%	
Chloride 2%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, SUGAR, SOY OIL, MILK PROTEIN CONCENTRATE, MODIFIED CORN STARCH, SHORT-CHAIN FRUCTOOLIGOSACCHARIDES, CORN MALTODEXTRIN, COCOA POWDER (PROCESSED WITH ALKALI); **LESS THAN 0.5% OF:** POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, SODIUM STEAROYL LACTYLATE, SALT, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, SODIUM ASCORBATE, dl-ALPHA-TOCOPHERYL ACETATE, FERRIC PHOSPHATE, ZINC SULFATE, NIACINAMIDE, CALCIUM PANTOTHENATE, MANGANESE SULFATE, CUPRIC SULFATE, THIAMINE CHLORIDE HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, RIBOFLAVIN, FOLIC ACID, CHROMIUM CHLORIDE, BIOTIN, SODIUM MOLYBDATE, SODIUM SELENATE, POTASSIUM IODIDE, CYANOCOBALAMIN, PHYLLQUINONE AND VITAMIN D₃; **CONTAINS MILK INGREDIENTS.**

Manufactured for:
Abbott Nutrition, Abbott Laboratories, Columbus, Ohio 43219-3034 USA

Ensure® Enlive® Milk Chocolate Nutrition Shake

Advanced nutrition that has an All-in-One blend

Each bottle of Ensure Enlive, from the #1 doctor-recommended brand* Ensure, provides advanced nutrition with 20 grams of high-quality protein. Every ready-to-drink shake has:

- All-in-One blend to support your health: Muscle, Heart, Immune, Digestion, and Bone
- 20 grams of high-quality protein
- Unique ingredient HMB
- 26 essential vitamins and minerals
- 3 grams of fiber
- 350 nutritious calories
- Delicious milk chocolate flavor

Additional information:

- Gluten-free
- Suitable for lactose intolerance†
- Halal
- Kosher

[Learn more](#) about what makes Ensure Enlive so advanced.

* Among doctors who recommend liquid nutritional products to their patients.

† Not for people with galactosemia.

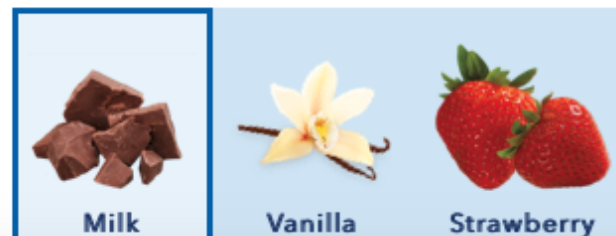
COMPLETE,
BALANCED
NUTRITION®

LEARN MORE ►



WHERE TO BUY

AVAILABLE FLAVORS:





Nutrition Facts

Serving Size 12 fl. oz. (354 mL)
Servings Per Container 1

Amount Per Serving

Calories 190 Calories from Fat 40

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 35mg 11%

Sodium 250mg 11%

Potassium 510mg 14%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 11%

Sugars 8g

Protein 30g 60%

Vitamin A 15% • Vitamin C 0%

Calcium 80% • Iron 0%

Vitamin D 40% • Thiamin 2%

Riboflavin 10% • Phosphorous 10%

Iodine 0% • Magnesium 0%

Zinc 0% • Copper 0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:

WATER, SKIM MILK, MILK PROTEIN CONCENTRATE, CREAM, SOLUBLE CORN FIBER, CONTAINS LESS THAN 1% OF: ARTIFICIAL FLAVOR, SALT, SODIUM HEXAMETAPHOSPHATE, DIPOTASSIUM PHOSPHATE, SUCRALOSE, RED #40, CARRAGEENAN, LACTASE ENZYME, VITAMIN A PALMITATE AND VITAMIN D3.

DISTRIBUTED BY:

SHAMROCK FARMS DAIRY, A DIV. OF SHAMROCK FOODS COMPANY, PHOENIX, AZ 85009
PLANT CODE STAMPED BELOW

REV. 02-2018



LESS SUGAR[†]

SUGAR REDUCED FROM 42G TO 8G

†81% LESS SUGAR THAN

STRAWBERRY ROCKIN' PROTEIN RECOVERY

HI 5¢

CALL 1-888-447-6943 WITH QUESTIONS OR COMMENTS. VISIT US ONLINE AT SHAMROCKFARMS.NET

- GLUTEN FREE
- KEEP REFRIGERATED • SHAKE WELL
- DO NOT MICROWAVE IN BOTTLE
- REMOVE LABEL BEFORE RECYCLING
- FOR BEST QUALITY, ENJOY WITHIN 7 DAYS OF OPENING

EXCELLENT SOURCE OF PROTEIN & CALCIUM

*NO SIGNIFICANT DIFFERENCE HAS BEEN SHOWN BETWEEN MILK DERIVED FROM rBST-TREATED AND NON-rBST TREATED COWS.





Nutrition Facts

1 servings per container	
Serving size 6 Floz (135g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 90mg	4%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Soluble Fiber 6g	
Total Sugars 26g	
Includes 22g Added Sugars	45%
Protein 9g	



Nutrition Facts

1 servings per container	
Serving size 6 Floz (135g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 90mg	4%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Soluble Fiber 6g	
Total Sugars 25g	
Includes 22g Added Sugars	45%
Protein 9g	



Nutrition Facts

1 servings per container	
Serving size 6 Floz (135g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 12g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 85mg	4%
Total Carbohydrate 30g	12%
Dietary Fiber 6g	21%
Soluble Fiber 6g	
Total Sugars 26g	
Includes 21g Added Sugars	40%
Protein 9g	



Nutrition Facts

1 servings per container	
Serving size 6 Floz (135g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 110mg	5%
Total Carbohydrate 26g	10%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Sugar Alcohol 16g	
Protein 9g	

Ensure® Clear Therapeutic Nutrition

- ENSURE CLEAR THERAPEUTIC NUTRITION is a great-tasting, clear liquid nutrition drink that contains high-quality protein and essential nutrients. It is fat-free, making it an ideal choice for patients on clear-liquid, pre- and post-surgical, bowel-prep, fat-malabsorptive, and fat-restricted diets. It is also ideal for patients who prefer a fruit-flavored alternative to creamy shake-like supplements. Ensure Clear Therapeutic Nutrition can benefit patients who have malnutrition, are at nutritional risk, or are experiencing involuntary weight loss.
- For oral use.
- Use under medical supervision.
- 0 g of fat.
- 240 nutritious calories.
- Clear liquid nutrition.
- Good source of high-quality protein (8 g/8 fl oz).
- Refreshing fruit flavors provide taste alternative.
- 22 vitamins & minerals.
- Contains no fruit juice.
- #1 Doctor recommended brand.
- Kosher.
- Halal (Apple only).
- Gluten-free.
- Suitable for lactose intolerance.
- Not for IV use.

Safety Precautions

- Not for sole-source nutrition.
- Not suitable for people with galactosemia.





Sugar-free, high protein gelatin

Gelatein 20

Sugar Free/20 grams of protein

Great tasting, high protein gelatin for virtually every patient need

20 grams of protein / sugar free

<1 grams of carbohydrates

90 calories

4 oz serving

- ✓ Best choice for clear liquid diets
- ✓ Lactose and gluten free; low in electrolytes
- ✓ Four great flavors
- ✓ Improves patient compliance
- ✓ Appropriate for dysphagia patients - IDDSI Level 4

Gelatein 20 delivers two and three times the protein of standard nutritional shakes, puddings and clear liquid drinks. They are available in refreshing fruit and citrus flavors, offering a variety of flavors and adding variety to the diet. Gelatein 20 meets the needs of patients in many settings including bariatric, oncology, wound healing and post-surgery.

UNJURY® Chicken Soup is an easy way to enjoy the taste of chicken soup while getting 21 grams of protein – as much protein as 3 eggs or 3 ounces of cooked beef or chicken—without high fat or cholesterol.

UNJURY® whey protein supplement is specifically-designed by a clinical dietitian to deliver Medical Quality Protein™.

* For all UNJURY® flavors, do not use in liquids hotter than 140° F. Proteins, when heated, change texture. For example, you have seen an egg white go from a clear gel, to firm white, when cooked. For UNJURY®, in a hot liquid, the proteins tend to clump. A food thermometer is a good way to get the temperature nicely warm...just right.

17 Servings Per Container

Nutrition Facts

Serving Size: 1 Packet (27g)

Servings Per Container **1**

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	33%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 0mg	0%
Potassium 105mg	2%
Phosphorus 49mg	4%

Does not contain chicken but does have whey



**KEEP
CALM
AND ASK A
REGISTERED
DIETITIAN**