

Sip Feed Comparison Chart (January 2021)

<https://www.somersetccg.nhs.uk/prescribing-and-medicines-management/nutrition/>

General Practitioners are reminded that the ACBS recommends products on the basis that they may be regarded as drugs for the management of specified conditions.

Food supplements:

Standard ACBS indications: short-bowel syndrome, intractable malabsorption, pre-operative preparation of under-nourished patients, proven inflammatory bowel disease following total gastrectomy, bowel fistulas, or disease-related malnutrition and dysphagia. Practitioners should assess nutritional status before starting use of food supplements and offer advice about enriching nutritional value of normal diet, trialing a food first approach. The aim of treatment should be recorded and records of weight kept.

Malnutrition Universal Screening Tool (MUST) available for community patients at <https://www.somersetft.nhs.uk/dietetics/wp-content/uploads/sites/6/2020/06/MUST-Patient-Care-Pathway-for-Community-June-2020.pdf> and care home residents at <https://www.somersetft.nhs.uk/dietetics/wp-content/uploads/sites/6/2020/06/MUST-Care-Pathway-for-Care-Homes-in-Somerset-1.pdf> or for more detailed information <https://www.bapen.org.uk/pdfs/must/must-full.pdf>

Patient Webinars – website developed by Somerset Community Dietitians providing webinars and printable resources to support self-management of various conditions (including malnutrition): <https://patientwebinars.co.uk/health-a-z/>

Somerset Partnership dietetic internet information for prescribers as follows: <https://www.somersetft.nhs.uk/dietetics/>

Additional food first information can be found here: <http://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-food-enrichment>

When reviewing patients prescribed sip feeds consideration should be given to why and how long patients have had sips for. Stop rather than switch if a clinical need no longer applies.

Starter packs should only be used to find out what flavours a patient likes when initiating sip feeds. Prescriptions should be acute only, not placed on repeat. This will help reduce waste and decrease prescribing costs.

Renal patients - Please be cautious when reviewing haemodialysis patients with confirmed malnutrition / fluid restrictions. Guidance can be found under Resources at <https://www.somersetccg.nhs.uk/prescribing-and-medicines-management/nutrition/>

Paediatric patients – Please be cautious if reviewing paediatric patients, there are no CCG formulary recommendations for paediatric patients due to it being a specialised area that requires dietetic review and assessment.

Project **Positives** and **Negatives**

Supplement Style	Additional Features	Scorecard Project Positive Available Products (approximate kcal per serving)	Flavour Variety	Scorecard Project Negative Available Products (this list is subject to change & does not include every product)	Suitable for Malnourished Individuals with Insufficient Oral Intake...
	Powder to add to food or drink	Pro-Cal powder (667 kcal per 100g)	neutral		added to food and drink to enhance energy and protein content.
Milkshake	Powdered (to make up with milk)	EnergieShake (381kcal)	5	Calshake powder (596kcal)	for those who are able to make up their own drinks, consume large volumes and purchase milk (NB: not all powdered supplements contain a full range of vitamins and minerals)
		Aymes Shake (387kcal)	6	Enshake (600kcal)	
		Complan Shake (380kcal)	5	Scandishake Mix (587kcal)	
		Ensure Shake (389kcal)	4		
		Foodlink Complete (400kcal)	4		
	Standard	Fresubin Powder Extra (397kcal)	4		to meet basic energy and nutrient requirements and a preference for milk-based drinks
		EnergieShake 1.5kcal complete (300kcal)	4	Resource Energy (300kcal)	
		Aymes Complete (300kcal)	4	Fresubin Original (200kcal)	
		Fortisip Bottle (300kcal)	10	Ensure 250ml can (250kcal)	
		Fresubin Energy (300kcal)	8		
	Containing Fibre	Nutricomp drink plus (300kcal)	9		with increased fibre requirements e.g. individuals suffering from constipation (Not suitable for a fibre free diet)
		Ensure Plus Milkshake Style (330kcal)	12		
		Ensure Plus Commence (330kcal) Starter pack	1		
	High Protein	Foodlink Complete + Fibre (416kcal) [powder sachet]	5	Ensure Plus Fibre (310kcal)	with increased protein requirements e.g. elderly, wounds, post-operations, cancer
		Nutricomp Drink Plus with Fibre (300kcal)	3	Fresubin Energy Fibre (300kcal)	
		Altraplen protein (300kcal)	2	Resource 2.0 Fibre (400kcal)	with increased protein requirements e.g. elderly, wounds, post-operations, cancer
		Aymes ActaGain 2.4 complete Maxi (480kcal)- Once Daily option	2	Fortisip Compact Fibre (300kcal)	
				Fortisip Extra (318kcal)	
	Low Volume			Fortisip 2kcal (400kcal)	who cannot consume large volumes or fluid restricted. Do not switch confirmed haemodialysis pts on fluid restricted diets without discussing with dietitian
		Fresubin Protein Energy (300kcal)		Fresubin 2kcal Drink (400kcal)	
		Fresubin 2kcal Fibre Drink (400kcal)		Fresubin 2kcal Fibre Drink (400kcal)	
		Aymes Shake Compact (320kcal)	6	Pro - cal shots (417kcal)	
		Foodlink Complete Compact sachets (318kcal)	5	Fresubin 5kcal shot (500kcal)	
		Altraplen Compact (300kcal)	4	Calogen extra (400kcal)	
		Fortisip Compact (300kcal)	2	Altrashot (420kcal per 120ml)	
		Ensure Compact (300kcal)	8		
		Calogen Extra Shots (160kcal) 6x 40ml (not milkshake style)	2		

Project **Positives** and **Negatives**

Supplement Style	Additional Features	Scorecard Project Positive Available Products (approximate kcal per serving)	Flavour Variety	Scorecard Project Negative Available Products (approximate kcal per serving)	Suitable for Malnourished Individuals with Insufficient Oral Intake...
Milkshake (continued)	Low Vol High protein	Fresubin 2kcal mini (250kcal)	3	Fortisip Compact Protein (300kcal)	with increased protein requirements who cannot consume large volumes / fluid restricted. Do not switch confirmed haemodialysis pts on fluid restricted diets without discussing with dietitian
	Low Vol with fibre	Fresubin 2kcal mini with fibre (250kcal)	2	Fortisip Compact Fibre (300kcal)	
	2kcal/ml	Aymes 2.0kcal (400kcal)	3	Ensure TwoCal (400kcal) Fortisip 2.0kcal (400kcal) Fresubin 2kcal Drink (400kcal)	who require a more energy dense ONS
	Once Daily	Aymes ActaGain 2.4 Complete Maxi (480kcal)	2		who require a once a day preparation
Juice	Standard	Altrajuce	4	Ensure Plus Juce (330kcal) Fortijuce (300kcal) Fresubin Jucy (300kcal)	with a preference for juice based drinks. Contains milk protein, gluten free. Not suitable for pts with cows milk protein allergy
Smoothie	Standard	Aymes Actasolve Smoothie	4		with a preference for smoothie style drinks. gluten/ lactose free. Renamed from Aymes smoothie 2/2020
Yogurt	Standard	Fresubin Yodrink (300kcal) Ensure Plus Yoghurt Style	2 2	Fortisip Yogurt Style (300kcal) Fresubin Yocrema (187kcal)	with a preference for yogurt style drinks
Dessert	Milk based	EnergieShake Dessert (188kcal) Aymes Actacal crème (188kcal) Aymes Actasolve Delight Nuticrem (225kcal)	2 2 3 3	Forticreme Complete (200kcal) Fresubin 2kcal Crème (250kcal) Ensure Plus Crème (175kcal)	with a preference for cream style desserts
Soup	Standard	Aymes Savoury (387kcal)	2	Meritene Energis (207kcal) Vitasavoury (300kcal) Ensure Plus Savoury(300)	with a preference for soup style savoury flavours
Dysphagia patients ONLY	Pre-thickened sachets to be made up with milk	Slo Milkshake+ (327kcal) Level 1, 2, 3 and 4 (name change from stage)	2	Fresubin stage 1&2	who require pre-thickened ONS for dysphagia confirmed patients only (dietitian assessment) – do not switch patients without discussing with dietitian