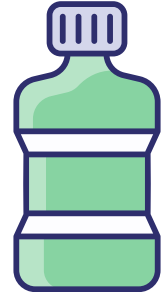


Oral Nutrition Supplements

What are Oral Nutrition Supplements?

- Oral nutrition supplements (ONS) are beverages designed for individuals who cannot meet their nutritional needs through food alone.
- ONS provide children with energy, protein, and several vitamins and minerals, including calcium, vitamin D, and iron.
- Brands of ONS available for children include Pediasure® or Nutren® Jr.



Why are ONS important?

- If your child has been diagnosed with ARFID or restrictive eating, ONS may be their main source of nutrition, in addition to the foods they eat.
- ONS can provide all of your child's daily nutrition and energy needs, just like a meal replacement. Other beverages, such as milk, cannot provide this on their own.
- ONS can be a short or long-term solution to meet your child's nutritional needs.

How can your child's Restrictive Eating Team help?

- Your child's dietitian will provide you with a recipe for an ONS mixture that is designed to provide them with all of the energy, protein, and nutrients required based on their specific needs.
- This may include the ONS mixed with milk and/or water at specific volumes.

Think of the provided ONS mixture recipe like a **medical prescription**. It is important to follow the recipe directions **without making any changes or additions**. This will ensure your child receives all the required nutrients that support the best growth and development.

It is important to remember not to add any supplements or medications to the recipe, unless directed by your child's doctor.



NOTE: If you notice any changes in your child's ONS intake, preference to the taste or flavour of ONS, or eating behaviours, please contact your child's Restrictive Eating Team as soon as possible.

Frequently Asked Questions

Here are some answers to common questions when introducing ONS to your child:

Q. If I only use a small amount of the ONS container (e.g., 1 tablespoon), what should I do with the rest of the container?

A: You can put the rest of the container in the fridge and keep using the ONS for 24 hours. After 24 hours, please discard the ONS and open a new container.

Q. If my child does not finish their prepared ONS mixture, what should I do with the rest?

A: You can put the remainder into the fridge. You can only continue to use leftover ONS mixture for 24 hours. After that, please discard what's left.

Q. When do I need to contact the clinic?

A: Make sure you contact the clinic if you need a prescription refill for the ONS. When you have less than one week's worth of ONS available, it is important to have a prescription for a refill ready.

Contact the clinic if you notice increases or decreases in your child's ONS or food intake, as their prescription may need to be adjusted.

Q. What should I do if my child and I are travelling by airplane?

A: If you are planning to travel by airplane, it will be important to get a medical note from your child's doctor that describes your child's medical needs, their ONS prescription, and a request to allow you to travel with the ONS.



Frequently Asked Questions Continued

Q. Can I reheat ONS or ONS mixtures?

A: You may gently warm ONS mixtures but not boil them, as high heat can alter the taste or destroy nutrients in the mixture.

Q. Can I freeze ONS or ONS mixtures?

A: Freezing may alter the taste and appearance of the ONS, and affect acceptance of the ONS or ONS mixture. Please contact your child's Restrictive Eating Team to determine if this is an appropriate option for your child.

Q. Can I use a different brand or switch the ONS used (e.g., reduced sugar, or other flavour option)?

A: If you are considering changing the ONS, please discuss this with your child's Restrictive Eating Team to ensure it is appropriate.



This handout is part of the NDD Restrictive Eating Clinic Information Series:
www.hollandbloorview.ca/RestrictiveEatingInfo

References:

American Society for Parenteral and Enteral Nutrition. (2022). *Oral Nutrition Supplements*.
https://www.nutritioncare.org/uploadedFiles/Documents/Guidelines_and_Clinical_Resources/EN_Resources/Oral-Nutrition-Supplements.pdf

Khanna, D., Yalawar, M., Saibaba, P. V., Bhatnagar, S., Ghosh, A., Jog, P., Khadilkar, A. V., Kishore, B., Paruchuri, A. K., Pote, P. D., Mandyam, R. D., Shinde, S., Shah, A., & Huynh, D. T. T. (2021). Oral Nutritional Supplementation Improves Growth in Children at Malnutrition Risk and with Picky Eating Behaviors. *Nutrients*, 13(10), 3590. <https://doi.org/10.3390/nu13103590>

Zhang, Z., Li, F., Hannon, B. A., Hustead, D. S., Aw, M. M., Liu, Z., Chuah, K. A., Low, Y. L., & Huynh, D. T. T. (2021). Effect of Oral Nutritional Supplementation on Growth in Children with Undernutrition: A Systematic Review and Meta-Analysis. *Nutrients*, 13(9), 3036. <https://doi.org/10.3390/nu13093036>