

Adult Nutrition Support “Cheat Sheet” 2009

ENTERAL NUTRITION GUIDE

	Osmolite 1.2	Osmolite 1.5	TwoCal HN	Glucerna 1.5	Nepro	Suplena	Nutrihep
Replaces	<i>Isosource HN</i>	<i>Nutren 1.5</i>	<i>Nutren 2</i>	<i>N/A</i>	<i>Nutren Renal</i>	<i>RenalCal</i>	<i>N/A</i>
kCal/mL	1.2	1.5	2	1.5	1.8	1.8	1.5
Pro gm/L	55.5	62.7	83.5	82.5	81	45	40
CHO gm/L	157.5	203.6	218.5	133.1	166.8	205	290
Fat gm/L	39.3	49.1	90.5	75	96	96	21.2
Na (mg/L)	1340	1400	1450	1380	1060	802	160
K (mg/L)	1810	1800	2440	2520	1060	1139	1320
Phos (mg/L)	1200	1000	1050	1000	700	717	1000
Mag (mg/L)	400	400	425	400	210	215	376
Ca (mg/L)	1200	1000	1050	1000	1060	1055	956
Fiber gm/L	0	0	5	17	15.6	16	0
mOsm/kg	360	525	725	875	585	600	790
Vit K (mcg/L)	80	80	85	125	85	85	120
Features			Caloric dense High protein	Hi-cal diabetic High fiber	Dialysis Low K, Phos	Renal dysfunction High fiber Low Na, Protein	High BCAA High cal:N ratio Lactose free
NaCl added/L to make Isotonic (0.9%)	1	1	1	1	1½	1½	1¼ tsp
NaCl added/L to make Hypertonic (1.5%)	2¼	2¼	2½	2¼	2½	2¾	3 tsp

	Jevity 1.2	Jevity 1.5	Optimental	Oxepa	Peptamin 1.5	Pulmocare	Vivonex RTF
Replaces	<i>Probalance</i>	<i>Nutren 1.5</i>	<i>Peptamin</i>	<i>Impact</i>	<i>N/A</i>	<i>Nutren Pulm</i>	<i>N/A</i>
kCal/mL	1.2	1.5	1	1.5	1.5	1.5	1
Pro gm/L	55.5	63.8	51.3	62.7	67.6	62.6	50
CHO gm/L	169.4	215.7	138.7	105.3	188	105.7	175
Fat gm/L	39.3	49.8	28.4	93.8	56	93.3	12
Na (mg/L)	1350	1400	1055	1310	1020	1310	670
K (mg/L)	1850	2150	1760	1960	1860	1960	1200
Phos (mg/L)	1200	1200	1055	1060	1000	1060	670
Mag (mg/L)	400	400	425	425	400	425	270
Ca (mg/L)	1200	1200	1055	1060	1000	1060	670
Fiber gm/L	18	22	5	0	0	0	0
mOsm/kg	450	525	540	535	550	475	630
Vit K (mcg/L)	80	80	85	85	75	85	53
Features	High fiber	Very high fiber	Semi-elemental TF Suppl arginine	Omega-3 for inflammation Incr antioxidants	Lactose free	Low carb	100% FAA for GI compromise LOW fat
NaCl added/L to make Isotonic (0.9%)	1	1	1¼	1	1¼ tsp	1	1½
NaCl added/L to make Hypertonic (1.5%)	2¼	2¼	2½	2½	2½ tsp	2¼	2¾

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MODULAR COMPONENTS

PRODUCT	KCAL	PROTEIN	COMMENTS
Juven Drink Mix (Orange/Grape)	78 kcal/packet	0	L-arginine/L-glutamine supplement
ProPass Protein Powder	30 kcal/packet	6 g/packet	Protein supplement
Healthy Shot Double Protein (liquid protein oral/modular)	100 kcal/74 mL (2.5 fl oz) bottle	24 g/bottle	Protein supplement, peach flavor

ORAL NUTRITION SUPPLEMENTS

	<i>Enlive (juice drink)</i>	<i>Ensure</i>	<i>Ensure Plus</i>	<i>TwoCal HN</i>	<i>Glucerna Shake</i>	<i>Nepro</i>	<i>Suplena</i>	<i>Vital HN</i>
<i>Replaces</i>	<i>Boost Breeze</i>	<i>CIB</i>	<i>CIB Plus</i>	<i>CIB VHC</i>	<i>Boost DM</i>	<i>Nutren Renal</i>	<i>RenalCal</i>	<i>N/A</i>
Serving Size	250 mL	250 mL	240 mL	240 mL	240 mL	240 mL	240 mL	300 mL
kCal/mL	1.04	1.06	1.5	2	0.83	1.8	1.8	1
Pro gm	9	9	13	19.9	10	19.1	10.6	12.5
CHO gm	52	40	50	51.8	26	39.4	47.8	55.4
Fat gm	0	6	11	21.5	7	22.7	22.7	3.3
Na (mg)	45	200	220	345	210	250	190	170
K (mg)	45	370	420	580	380	250	270	420
Phos (mg)	280	250	300	250	250	170	170	200
Mag (mg)	14	100	100	100	100	50	50	80
Ca (mg)	50	300	300	250	250	250	250	200
Fiber (g)	0	0	3	1.2	5	3.7	3.7	0
mOsm	796	590	680	725	530	585	600	500
Features	Clear liquid apple, mixed berry	vanilla, chocolate, strawberry, butter pecan	vanilla, chocolate, strawberry	High Calorie vanilla	vanilla, chocolate, butter pecan	vanilla, butter pecan	vanilla	Elemental suppl. vanilla