

Kitchen In-Service Dietary Supplements

Purpose: To educate food and nutrition staff on the types and purpose of oral supplements available at Georgetown

Outcome: Participants will have the following outcomes:

1. Name 3 supplements available at Georgetown
2. Describe the difference between the different supplements available

Supplements available and the differences between them:

1. Ensure Plus
 - A shake that provides calories and protein to help patients gain or maintain weight.
 - Lactose and gluten free
 - **Example:** RD might recommend Ensure Plus for an underweight patient to provide them with extra calories.
2. Ensure Pudding
 - A snack or dessert that provides calories and protein to help patients or maintain weight.
 - Lactose and gluten free
 - Used when a patient is on a thickened diet
3. Enlive
 - Clear liquid (like juice) that provides additional calories, proteins, vitamins and minerals
 - Lactose free
 - **Example:** RD might recommend to patient who doesn't like milk-like products but likes juice
4. Glucerna
 - Marketed for diabetics since it's lower in sugar
 - Provide additional calories to patient
 - **NOTE:** Just because a patient is on a diabetic/consistent carb diet does NOT mean they automatically get Glucerna vs. Ensure. Check with the dietitian/order sheet before substituting.
5. Mighty Shakes vs. No Sugar Added Mighty Shakes
 - Different than Ensure! More concentrated formula that comes in a 4 oz container.
 - Both contain similar amounts of calories and protein
 - No Sugar Added Might Shakes are lower in sugar and may be more suitable for patients with high blood sugars, still need extra calories, but don't have a big enough appetite to finish an 8oz container
6. Gelatin High Protein Jello
 - May be used for a patient with wounds that need extra protein to heal, but doesn't like to drink supplements
 - Can be used for diabetics because it's sugar free
 - Gluten and lactose free
 - May be used for patients on clear liquid diets