

Oral Nutritional Supplements (ONS)

Oral Nutritional Supplements (ONS) are prescribed for people at high risk of malnutrition who cannot meet their nutritional needs through food alone. It is important to follow a fortified diet in addition to taking ONS to promote weight gain. Refer to the 'How to Gain a Pound a Week' leaflet or 'Food First Resource Pack' for more information.



Did you know...?

An extra 500 calories per day can help you gain up to 0.5kg or 1lb a week!

- Your ONS prescription will be assessed regularly by the Nutrition & Dietetic Service** to ensure that the product is right for you.
- ONS do not replace meals** and should be taken in addition to a fortified diet.
- You will require at least two ONS per day** to result in weight gain.
- Take ONS in between meal times**, for instance mid-morning and before bedtime as they may make you feel full.
- Check the use by date** on your ONS products.
- Try chilling your ONS in the fridge** to make them more palatable.
- Once opened ONS can be kept for up to 4 hours at room temperature**, then they should be disposed of or refrigerated and consumed within 24 hours.
- ONS are generally intended for short-term use only.** Evidence suggests ONS are effective for up to 8 weeks.
- See our 'Nourishing Drinks' and 'Super Shakes' resources** for easy-to-make recipes that contain equivalent calories and protein to ONS.
- If you require thickened fluids you will need to thicken ONS to the correct consistency:** check with your Speech & Language Therapist for further information.
- Store ONS in a cool, dry place** away from radiators and other sources of heat.



Fortify your milk: add 2-4 heaped tablespoons of dried milk powder to a pint of milk, and stir until dissolved. Once made keep refrigerated and use like regular milk on your cereal, in tea or coffee or as a drink on its own.



Tip: If you wish to keep taking high calorie drinks once your treatment is complete, refer to our 'Nourishing Drinks' and 'Super Shakes' resources or alternatively purchase products such as Complan®, Nurishment™ or Build Up®.