

# ORAL NUTRITION SUPPLEMENTS: GROWING INTO LIFE HEALTHILY.

When a normal diet is not enough.

PARENTS'  
GUIDE

NUTRICIA  
**Nutrini**



## Dear Parents,

You give your child a lot of love and patience so that he/she grows up healthy.

Yet, nutrition plays an important role as well: it should be naturally delicious, balanced and sufficient. And although we have no shortage of food today, there are always children who stay behind in growth compared to their age group.

The causes of these growth challenges are plenty. First of all, your paediatrician will determine whether and to what extent your child might deviate from his or her age group in terms of body weight and length (see graph of growth progression on the right) or suddenly drops off in development.

In such a case, you should discuss with your paediatrician possible actions to support your child. Nutricia's nutrient-rich oral nutritional supplements and many years of experience and services can be a good support.

If you would like to know how Nutricia can support your child, please do not hesitate to contact us.

The Nutrini Team

# “FAR BELOW AVERAGE”.

## When paediatricians diagnose faltering growth

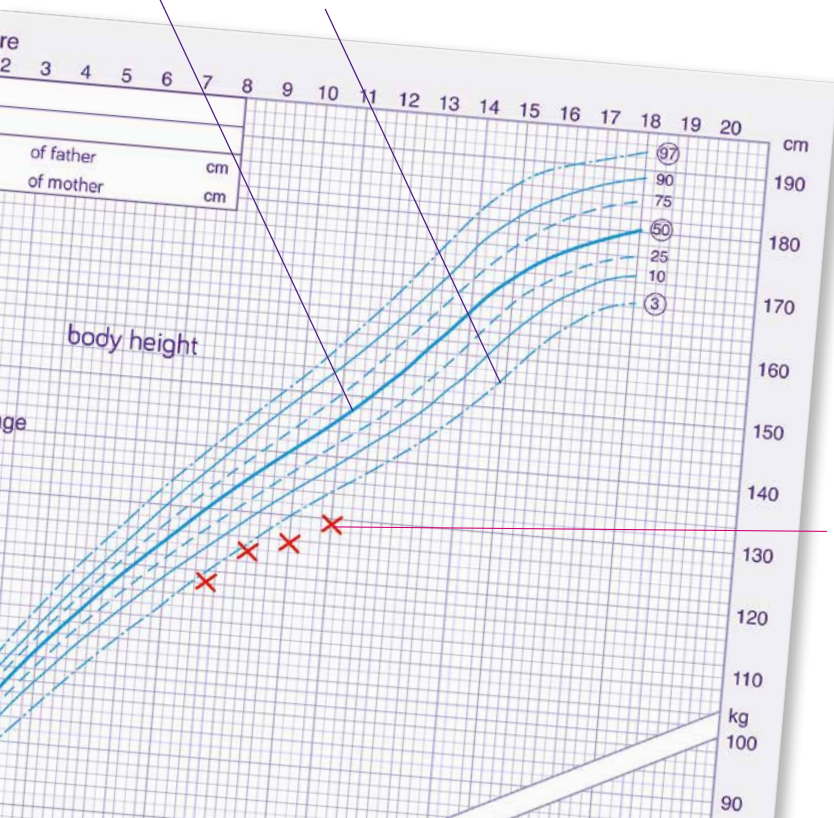
As you know from the routine examinations (U1 – U9) conducted on your child, the paediatrician regularly checks your child's growth and weight gain and compares these values with those of girls or boys of the same age.

If the values are far below average, this may be a sign of a **slowed physical development**.

## AN IMPORTANT INDICATION OF MALNUTRITION IS THE DROP IN THE PERCENTILE CURVE

**Normal line:** average of children in the age group (50<sup>th</sup> percentile).

**3% line:** the smallest or least weighing 3% of the children in an age group.



**Fall of the percentile or below the 3<sup>rd</sup> percentile:** signs of failure to thrive.

# “MY CHILD IS BARELY GAINING WEIGHT!”

## Possible causes of malnutrition

Perhaps you know the situation from your own experience: You made every effort in the preparation of the meal, it tastes delicious, but your little darling eats hardly anything, only hesitantly or only if you constantly push him. This costs you – but also your child – a lot of energy and nerves. Shared meals become a strain for the whole family.

It is not uncommon for you to have tried everything with your little food refuser, but your child still isn't absorbing enough energy and nutrients. He or she does not grow as fast as his or her peers and also lags behind in weight. What grows are your worries. Often this so-called malnutrition has no organic causes, i.e. your child does not have any diseases to which the malnutrition can be attributed.

The situation is different if your child has a chronic condition, such as Crohn's disease, cystic fibrosis or heart disease. Here your child suffers – depending on the cause – of:

- **insufficient food intake**
- **insufficient absorption of nutrients**  
(the nutrients are not properly absorbed)
- **or increased energy metabolism**  
(your child needs more nutrients than normal)



# “GOOD THING I CAN DO SOMETHING!”

## **The advantages of Nutricia oral nutritional supplements**

The good news: You can avoid stressful mealtimes for your child – and thus for the benefit of the whole family – and at the same time contribute to sustainable size and weight gain: with Nutricia's oral nutritional supplements, which you can offer as tailored and effective support parallel to usual food. Paediatricians have relied on it for a long time as well.

## **The sooner you start, the better – the advantages are obvious:**

- You no longer have to worry about your child not eating enough food, because he or she once again perceives eating as a positive, self-determined everyday situation
- The constant pressure for the child to eat enough is eliminated
- Favourite foods can be prepared with the help of oral nutritional supplements without having to constantly check whether they contain enough nutrients
- The stressful, unpleasant time at the dinner table is shortened and quality family time is gained



# TASTY, NUTRITIOUS AND EVERYWHERE WITH YOU.

Your paediatrician has prescribed oral nutritional supplements for your child. Nutricia oral nutritional supplements are nutritionally balanced and contain all the nutrients your child needs every day. **Milk based and adapted to the child's requirements according to the latest scientific findings and recommendations**, as a parent you no longer have to worry about your child getting used to unhealthy calories (e.g. enriching with fat).

**Nutricia's oral nutritional supplements are ideal when it comes to supplementing normal meals**, they taste great as a snack or drink in between meals and can even be given as a sole nutrition if needed.

For children under one year, there is Infatrini: specially adapted to the nutritional needs of infants.



Nutrini and Infatrini oral nutritional supplements are foods for special medical purposes (balanced diet). For the dietary management of disease-related malnutrition and faltering growth. Use only under medical supervision.

# THAT'S HOW EASY IT IS TO INTEGRATE NUTRINI PRODUCTS INTO EVERYDAY LIFE.

For lunch



For snack



For the break



For breakfast



For dinner



You can find delicious recipes with our oral nutritional supplements on the Internet at [www.nutricia.de/produkte/kinder](http://www.nutricia.de/produkte/kinder)

# INFATRINI AND NUTRINI. SO CHILDREN CAN ENJOY EATING AGAIN.



Of course, a normal diet and familiar food are always the first choice in feeding your child. However, Nutricia offers you a wide range of needs-based oral nutritional supplements as well, that you can easily and conveniently integrate into everyday life – as a supplement to the usual food – to ensure your child's vital nutrient supply.

The nutritious small portions take a lot of pressure off your child. Because with just a few sips, your child absorbs all the important nutrients he or she needs to grow healthily. And that enables more joy when eating together – for all family members.



# INFATRINI DRINKABLE FOOD FOR INFANTS (Up to 9 kg).

Of course, breast milk is the best source of nutrition for infants. However, sometimes there are situations when infants need more energy and nutrients.

- First ready-to-use drinkable food for the promotion of age-appropriate growth in case of growth failure especially for infants
- Based on milk
- High quality protein for age adapted development
- Energy to optimise the nutritional status
- All essential vitamins, minerals and trace elements
- Naturally gluten-free, prescribable

**Infatrini** is suitable as a sole source of nutrition or as a supplement for infants (e.g. in addition to breast milk).



125 ml contain:  
125 kcal  
3.3 g protein  
12.8 g carbohydrates  
6.6 g fat  
0.7 g dietary fibre

**Important Notice:**  
Breastfeeding is the best nutrition for your baby. Please talk to your paediatrician or clinic if you want to use Infatrini.



# NUTRINIDRINK MULTI FIBRE: A DIFFERENT MILKSHAKE!

As a medical drinkable food based on milk, NutriDrink Multi Fibre is adapted to the needs of children according to the latest scientific findings and recommendations.

## IT PROVIDES:

- High quality protein for child development
- All important vitamins, minerals and trace elements for child development
- With fibre
- Energy to optimise the nutritional status
- Variety of tastes that children like

## AND IS:

- Naturally gluten-free
- Suitable for children from 1 year of age (> 8 kg in body weight)
- Prescribable

The high-energy drinkable food with the fibre component "Multi Fibre" was developed especially for and with children. NutriDrink Multi Fibre is available in 4 delicious flavours: **vanilla, strawberry, chocolate, banana** and moreover a **neutral** variation.



200 ml contain:  
306 kcal  
6.6 g protein  
37.6 g carbohydrates  
13.6 g fat  
3.0 g dietary fibre

For the nutritious refinement of dishes and drinks, we offer a neutral variant.



# NUTRINIDRINK COMPACT MULTI FIBRE: SMALL BOTTLE – BIG IMPACT.

NutriniDrink Compact Multi Fibre is the little superhero in the Nutricia nutritional drinks range. It contains the same nutrients as NutriniDrink Multi Fibre but with a 38% smaller volume per portion.

- 300 kcal per 125-ml bottle
- Contains all key nutrients
- Contains fibre
- Naturally gluten-free
- Proven tolerability
- Suitable for children aged 1 and above
- Available on prescription

**NutriniDrink Compact Multi Fibre** is available in **strawberry or chocolate-caramel** flavour as well as in a **neutral variant**, which can be used to enhance meals and drinks.



125 ml contain:  
300 kcal  
7.1 g protein  
35.6 g carbohydrates  
13.6 g fat  
3.0 g dietary fibre



# NUTRINIDRINK SMOOTHIE: SUPER DELICIOUS WITH FRUITS!

More than an ordinary smoothie! Nutritional therapy can only be successful if the oral nutritional supplement is actually consumed. NutriDrink Smoothie provides all essential nutrients and is popular with children.

- Energy-rich, with all important vitamins, minerals and trace elements
- With fruits that children like
- With fibre
- Naturally gluten-free
- Suitable for children after the age of 1
- Prescribable

With the fruity variants Red Fruits and Summer Fruits, NutriDrink Smoothie offers children variety on the menu. Both drinkables contain fruit – but no fruit pieces, so they are more pleasant to drink.



200 ml contain:  
300 kcal  
6.8 g protein  
38 g carbohydrates  
12.8 g fat  
2.8 g dietary fibre

**Red fruit** with strawberry, raspberry, apple, pear, lemon and carrot.

**Summer fruits** with banana, apricot, apple, pear, lemon and carrot.



# NUTRINICREAMY FRUIT: BRINGS FUN TO THE SPOON!

On the spoons, ready, go: NutriniCreamy Fruit is the first “drinking food” for children to spoon! It provides important nutrients for age appropriate development.

- With all the essential nutrients
- With fruit – without fruit pieces
- Special texture
- Helpful for children with swallowing problems
- With fibre
- Naturally gluten-free
- Suitable for children after the age of 1
- Prescribable

100 g contain:  
150 kcal  
3.5 g protein  
19.4 g carbohydrates  
6.1 g fat  
1.9 g dietary fibre



# YOUR QUESTIONS. OUR ANSWERS.

## **What is Multi Fibre?**

Multi Fibre (MF) is a mixture of 6 different dietary fibres.

## **How much sip feed can I give my child per day?**

The Nutrini products presented in this brochure are fully balanced sip feeds and a sole source of nutrition but also as supplementary nutrition for children from 1 year of age. The quantity depends on the age and weight of your child. In case of supplementary nutrition, it is between 1 – 3 bottles or 1 – 6 cups daily in addition to normal meals. The appropriate amount should be determined by your doctor or dietitian. Important notice: Must be used under medical supervision.

## **What is the best way to store sip food?**

Unopened bottles and cups: in the refrigerator or at room temperature, please observe the expiration date. After opening: sealed in the refrigerator, shelf life up to 24 hours.

## **When is the best time to drink oral nutritional supplements?**

The Nutrini products can be offered as a supplement to the normal diet – best between the main meals, slowly in small portions. The administration should be spread throughout the day.

## **How do I give my child the sip feed?**

Nutrini sip food is ready to use and can be drunk from the bottle or transferred to a drinking vessel or spooned from the cup. Drinkable food tastes best when cooled. However, NutriniDrink Multi Fibre can also be heated up to 60 – 70 °C for a short time – whether for the use in recipes or as a warm drink. Heating should preferably be done in a water bath.

## **Ask your paediatrician or pharmacist!**

Further helpful support for parents is available at [www.nutrini.de](http://www.nutrini.de) and [www.nutricia.de/gedeihstörung](http://www.nutricia.de/gedeihstörung) as well as from our nutrition team

**Which drinkable food is suitable for babies?**

Infatrini was developed specifically for infants and is suitable as a sole source of nutrition or as supplementary nutrition.

**Are Infatrini and Nutrini covered by health insurance?**

When a child's ability to eat normally is not sufficient, Infatrini, NutriniDrink Multi Fibre, NutriniDrink Compact Multi Fibre, NutriniDrink Smoothie and NutriniCreamy Fruit are reimbursable for those with statutory insurance coverage.



# SIP FOR SIP A GREAT TEAM! OUR DRINKING FOOD FAMILY.



## NutriDrink Multi Fibre

Our classic with a great variety of tastes. Flavours: Neutral, Strawberry, Chocolate, Banana and Vanilla – also available in a mixed pack.



## NutriDrink Compact Multi Fibre

Our super-minis – super-delicious and full of energy with an extra-small volume: strawberry, chocolate-caramel, neutral.



## NutriDrink Smoothie

Sip food with fruits, packed with energy and super tasty: summer and berry fruits.

## NutriCreamy Fruit

The fruity variety to spoon: summer fruits and red fruits.



## Infatrini

Ready-to-use drinkable food for increased energy needs. For infants.

**Do you have questions about your child's nutrition? Are you ready for your child to start his/her optimal nutritional therapy?**

Our Nutricia Nutrition Team Junior are here to provide you and your child with optimal support during his/her nutritional therapy in cooperation with your treating paediatrician. In addition, we manage your prescriptions and take care of deliveries to you at your home.

**Step 1:** Contact our Nutricia Nutrition Team Junior by telephone on **09131 7782 424 (free of charge)**.

**Step 2:** Use our stamped addressed envelope and send us your child's prescription.



# OUR NUTRITIONAL EXPERTS ARE HERE TO HELP: **THE NUTRICIA NUTRITION TEAM JUNIOR FOR THE LITTLE PATIENTS.**

Our Nutrition Team Junior is your personal partner and the direct contact for you, your child and the whole family, making sure you feel well supported in any situation. We are here to help – we make sure that your child's nutritional therapy runs smoothly from the outset and you can contact us at any time. Trustworthy, straightforward and 100% reliable.

- Your direct partner for all questions relating to liquid nutrition and tube feeding for children as well as medical devices.
- Optimal support during nutritional therapy in cooperation with your treating paediatrician
- Personal guidance and information from our nurses who have a wealth of experience in the field of children's nutrition
- Organisation of prescriptions and smooth delivery of all products required for the therapy
- Communication partner for all those involved in the therapy







# NUTRINI KIDZ CLUB: FUN FOR THE LITTLE ONES. GUIDANCE FOR THE PARENTS.

Stickers at the ready! The Nutrini Kidz Club brings joy to your routine and helps you and your child to incorporate the nutritional drink into your daily life in a playful way. Your child will be rewarded with amazing club surprises when he/she collects the colourful animal and fruit stickers on the NutriniDrink bottles. In addition, you will find plenty of practical tips relating to our nutritional drinks. Register now at [www.nutricia.de/nutrini-kidz-klub](http://www.nutricia.de/nutrini-kidz-klub) and start collecting!



In our recipe booklet you will find great recipe ideas with our drinkable foods that bring variety to the table. Enjoy cooking them and bon appétit!

**You can also find the recipe booklet on our website at: [www.nutricia.de/nutrinidrink](http://www.nutricia.de/nutrinidrink)**

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