

Modular Nutrients

Product	Info	Description
PROSource Plus (oral) 30 ml / packet, (Orange or Citrus Berry)	15 g prot, 100 cal, 11 g CHO, 0 fat, 29 mg Na, 17 mg K+, 57 mg Phos, 9 g sugar	Oral whey/collagen protein supplement/ low volume; 600 mOsm <i>LF, GF, SF, LR</i>
PROSource No carb (for TF) 30 ml / packet	15 g prot, 60 cal, 0 CHO / 0 fat 40 mg Na, 10 mg K+, 115 mg Phos	TF or oral; Added for additional protein: whey & collagen, predigested; <i>LF, GF, SF, LR</i>
Corn Oil	8 cal/mL 120 Cal/Tbsp	Added to feeding as a low-cost source of fat calcs
MCT Oil (Medium-Chain Triglycerides)	7.7 Cal/mL 115 Cal/Tbsp	Adds calories for patients with fat malabsorption; used in chyle leaks
Banatroil Plus Prebiotic to restore healthy gut microflora	1 packet = 40 cal, 9 g CHO, 0 fat, 3 mg Na+, 120 mg K+, 5 mg Phos, 2 g fiber	Oral or TF; Source of pectin; To treat diarrhea; give 2-3 pkts/day x 5 days. <i>GF</i>

Oral Supplements

Oral Products	Info	Description
Mighty Shake (van, choc or strawberry)	4 fl oz = 200 cal, 6 g prot, 6 g fat, 29 g CHO, 7 mcg Vit K, 60 mg Na; Choc = 210 mg K+/100 mg Phos; Van= 150 mg K+/100 mg Phos; Straw = 150 mg K+/150 mg Phos	Milk-based protein/ calorie supplement; Suitable for nectar-thick liquids, no fiber <i>GF, K</i>
Boost (van and choc) *limited supply in stock	8 fl oz = 240 cal, 4 g fat, 10 g prot, 41 g CHO, 150 mgs Na, 300 mgs Phos, 32 mcg Vit K; Van: 460 mgs K+; Choc: 580 mgs K+	Complete nutritional drink, Calorie/ protein supplement; <i>LF, GF, LR, K</i>
Boost VHC Very High Calorie (vanilla)	8 fl oz = 530 cal, 22 g prot, 30 g fat, 46 g CHO, 280 mgs Na, 420 mgs K+, 250 mgs Phos, 32 mcg Vit K	Very nutrient-dense; good for volume restricted pts; <i>LF, GF, LR, K</i>
Carnation Instant Breakfast, No Sugar Added (vanilla)	1 packet = 60 cal, 0 g fat, 5 g prot, 12 g CHO; <i>Std. mixed with 8 oz 2% milk contains:</i> 180 cal, 13 g prot, 24 g CHO, 170 mg Na, 570-650 mg K+, 20 mcg Vit K, 500 mg Phos	Milk-based protein/ calorie supplement; {mixed w/ 8 oz whole milk = 210 cal, 13 g prot, 8 g fat, 24 g CHO}; <i>K</i>
Nepro (Vanilla, Berry, Butter Pecan)	8 fl oz = 425 cal, 19 g prot, 23 g fat, 38 g CHO, 250 mg Na, 250 mg K+, 20 mcg Vit K, 170 mg Phos	Nutrient dense for renals/ good for volume restriction; <i>LF, GF, K</i>

Updated 12/2017

Tube Feeding Initiation Guidelines

- Order a dietitian consult to determine the appropriate tube feeding. This will include an assessment of protein and calorie needs, formula recommendations and goal rate to meet needs.
- STRENGTH:** On most occasions, all tube feedings can be started at full strength, as opposed to half-strength or ¾ strength.
- RATE:** Isotonic formulas may be started at 30 mL/hr; hyperosmolar formulas should be started at a lower rate (10-20 mL/hr).

Be aware of TF Drug-nutrient interactions with: levothyroxine, sucralate, phenytoin, Cipro, Levaquin and Sinemet. For each, must hold TF 1 hour before and 1 hour after each administration of the meds listed.

For more information, please page a dietitian

Oral Supplements

Oral Products	Info	Description
Ensure Enlive (van, choc or strawberry) Recommended BID choc = 590 mg K+ van/straw = 560 mg K+	8 fl oz = 350 cal, 20 g prot, 11 g fat, 44 g CHO, 3 g fiber, 240 mg Na, 350 mg phos, 20 mcg Vit K	Aids maintenance and rebuilding of muscle & strength for recovery; <i>LF, GF, LR, K</i>
Ensure High Protein (van or choc)	8 fl oz = 160 cal, 16 g prot, 2 g fat, 19 g CHO, 250 mg phos, 25 mcg Vit K; Van: 135 mg Na, 170 mg K+; Choc: 180 mg Na, 330 mg K+	High protein, low fat for pts needing lower cal/fat with higher protein <i>LF, GF, LR, K</i>
Ensure Clear (apple or berry)	8 fl oz = 240 cal, 8 g prot; 52 g CHO, 0 g fat; 30 mg Na, 0 mg Phos, 0 mg K, 20 mcg Vit K	Clear liquid, low-residue supplement. 700 mOsm <i>LF, GF, SF, LR, K</i>
Juven (orange or fruit punch) Recommended BID	1 packet = 90 cal, 14 g prot, 8-10 g CHO, 0 fat, 4 mg K+, 200 mgs Ca, 0 Na, 0 Vit K, 300 mgs Vit C, 9.5 mg Zinc, 15 mg Vit E, 1.2 mcg B12	For wound healing w/ 7 g of L-Arginine 7 g of L-Glutamine <i>LF, GF, LR, K, SF</i> (Beef collagen)
Magic Cup (choc, berry or orange) No Vit K	4 oz = 290 cal, 9 g prot, 11 g fat, 38 g CHO, 150 mg phos, 110-120 mg Na, 300-450 mgs K+	Fortified ice cream, Retains pudding consistency when melted. <i>GF, SF</i>
Gelatin 20 (Orange or Fruit punch) No Vit K, No Iodine	4 oz = 90 cal, 20 g prot, 0 fat, 1-2 g CHO, 50 mgs Na, 155 mg K+, 1 mg Phos, 0 free water	Oral low-residue gelatin supplement made from collagen and whey; <i>LF, GF</i>

LF: Lactose Free *SF:* Soy Free *K:* Kosher
GF: Gluten Free *LR:* Low Residue



Nutrition Formulary 2018 Staff Dietitians

Name	Coverage	Pager/ Extension
Chris Ferencak RD, LD	MICU Service, 2W	#0933 73645
Darby McDowell RD, LD, CNSC	SICU, GS/SON services	#0730 73606
Danielle Keech RD, LD	TES service, 7W, 10W, PARE	#2960 72369
Tiffany Mihaliak RD, LD	9SE, 7E- misc, Obs-HVIRU	#1596 72369
	8E, 8W, 8WSD Outpatient Dialysis	#0054 73578
Emily Farina RD, LD	8NE, 10E, NCCU, Neuro Service, ALS clinic	#0089 71291
Rebecca Dattola RD, LD	9W/BMTU service, 9E, CRC	#1766 73334
Emily Russell MS, RD, LD	10SE, CVICU	#0860 73625
Gina Kontur RD, LD	Obs-misc, 7NE, 5E, Outpatient POC	#0467 73089
Karen Higginbotham RD, LD	Peds-6SE, 6W Peds specialty service	#0470 78147
	6E, 6N, Milk Room, OBS6N	#0950
Kelsey Markham RD, LD	PICU, Peds-Heme Onc	#0993 77717
Kelly Loomis MS, RD, LD	½ NICU	#0471 72909
Debbie Vangieson RD, LD	½ NICU	#0469 73512
Heather Dyson MS, RD, LD	Outpatient Cheat Lake Wound Care Center	44186
Mary Anne Yanosik RD, LD	Outpatient Cancer Center	#0340 74549
Allie Farley MS, RD, LD	Outpatient Cystic Fibrosis	#1121 581-1956
Helena Sedoski MS, RD, LD	Pediatric Outpatient Clinics Adolescent and Pulmonary	#2486 78103 or 45838
Leah Woodburn MS, RD, LD, CDE	Pediatric Outpatient Clinics Endocrine, GI, Diabetes	#1422 73340 or 70419
Michelle Garcia RD, LD	Bariatric Surgery	#2565 11-1271
Rachel Allio MS, RD, LD	Bariatric Surgery	#1388 11-0613
Judy Siebart MS, RD, LD, CDE	Outpatient Family Medicine	45779

Department of Nutrition Services: 304/598-4105
Weekend RD On-call phone: 304/216-4743

WVU Medicine Nutrition Enteral Formulary

Product	Cal/mL	PRO (g/L) (%)	CHO (g/L) (%)	FAT (g/L) (%)	Water (ml/L)	Osmolality (mOsm/kg H ₂ O)	Sodium (mg/L) (mEq/L)	Potassium (mg/L) (mEq/L)	Calcium (mg/L)	Phos (mg/L)	mL to meet 100% RDI for key vitamins and minerals	Description of Products
Ensure Plus Standard formula	1.5	54.8 15	215 57	46 28	759	680	928 40.5	1772 45	1266	1266	948	Concentrated calorie formula; Easily obtainable retail; 80 mcg Vit K/L; 3g fiber/8 oz; omega-3 Fatty Acids, Vita C, D, E, Se, Ca; K, GF, LF; preferably order for tube only
Glucerna 1.5 Glucose intol. w/ fiber, sCFOS.	1.5	83 22	133 33	75 45	759	875	1380 60	2520 65	1000	1000	1000	For people with abnormal glucose tolerance; contains 16 g fiber/L, omega-3 FA's, 125 mcg Vit K/L; K, GF, LF; oral/tube
Jevity 1.2 w/ fiber & sCFOS.	1.2	55.5 18.5	169.4 52.5	39.3 29	807	450	1350 58.7	1850 47.4	1200	1200	1000	Balanced nutrition for short or long-term feeding. 18 g fiber/L; 80 mcg Vit K/L; K, GF, L; tube only
Nepro For renal pts w/ higher prot needs; sCFOS.	1.8	81 18	161 34	96 48	727	745	1060 46.1	1060 27.2	1060	720	944*	For renal patients requiring electrolyte and fluid restrictions, but high protein; 12.6 g fiber/L; Nectar-like @ room temp & chilled, Not recommended for gravity feeds. 80 mcg Vit K/L; K, GF, LF; tube/oral (in flavors: berry, van, butter pecan)
Osmolite 1.2 Low osmolality	1.2	55.5 18.5	157.5 52.5	39.3 29	820	360	1340 58.3	1810 46.4	1200	1200	1000	High protein formula (no fiber) with concentrated calories; 20% MCT, 80 mcg Vit K/L; K, GF, LF, LR; tube only
Osmolite 1.5 High protein Low volume	1.5	62.7 16.7	203.6 54.3	49.1 29	762	525	1400 60.9	1800 46	1000	1000	1000	Low-residue formula (no fiber) with concentrated calories; 20% MCT, 80 mcg Vit K/L; K, GF, LF, LR; tube only
PediaSure Enteral Kids (1-10 yo)	1.0	30 12	139 54	38 34	844	480	380 17	1308 33	1055	844	1000 mL (1-8 yo) 1500 mL (9-13 yo)	For children 1-13 years old; NOT for children with Galactosemia; Also available with 8 g fiber/L, same stats as listed at left; K, GF, LF; oral/tube
Pivot High cal/prot Elemental sCFOS, Peptide	1.5	93.8 25	172.4 45	50.8 30	759	595	1400 60.9	2000 51.3	1000	1000	1000	Use for critically ill patients with GI impairment, trauma, cancer, major surgery, or burns; 1L = 13 g arginine, 7.6 g Glutamine, 3.9 mg omega 3s (DHA/EPA) 80 mcg Vit K/L; Not Kosher; GF, LF; tube only
Promote Very high prot.	1.0	62.5 25	130 52	26 23	839	340	1000 43.5	1980 50.8	1200	1200	1000	Complete balanced very high protein; ideal for pts with low cal/high prot needs. (No fiber); 19% fat from MCT; 80 mcg Vit K/L; K, GF, LF; tube only
Pulmocare Pulmonary Formula	1.5	62.6 16.7	105.7 28.2	93.3 55.1	785	475	1310 57	1960 50.2	1060	1060	947	For pulmonary distressed patients; high calorie, high-fat, low CHO (no fiber) to decrease CO ₂ production; 20 % MCT; 85 mcg Vit K/L; K, GF, LF, oral/tube
Suplena Low protein renal sCFOS.	1.8	45 10	196 42	96 48	738	780	802 35	1139 29.1	1055	717	944*	For patients with CKD, not on dialysis. Calorie dense. Low protein, Phos, Na, K; High B6, folate; 12.7 g fiber/L, 84 mcg Vit K/L; K, GF, L, LR; oral/tube.
TwoCal HN High protein, low volume; sCFOS.	2.0	83.5 16.7	218.5 43.2	90.5 40.1	700	725	1450 63.6	2440 62.6	1050	1050	948	Calorie and protein dense; For severe fluid-restricted patients; 19% MCT; 85 mcg Vit K/L; LR, K, GF, LF; oral/tube
Vital 1.5 Elemental sCFOS, Peptide	1.5	67.5 18	187 49	57.1 33	764	610	1500 65	2000 51.3	1000	1000	1000	For patients w/ malabsorption, maldigestion, impaired GI fxn or feeding intolerance. 47% MCT, High Vit A, C, E, folate; 80 mcg Vit K/L; Not Kosher; GF, LF, LR; oral/tube

*Except P, Mg, and Vitamins A & D

LF: Lactose Free SF: Soy Free K: Kosher GF: Gluten Free LR: Low Residue