

ONS Ready Reckoner

This guide provides information on clinically and cost-effective ONS (green boxes) to prescribe within each product group and should be utilised when recommending the prescription of ONS in primary or secondary care. All prices are listed per serving and may vary dependent on pack size. Please see key.

Regular/Powdered ONS – always consider prescribing a powdered ONS first if appropriate*

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Volume served	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
EnergieShake Powder¹	£0.44	381	16	46	57g	200ml	10	22*	11	2	EF,GF,NF,WF,F F,V,H,K	Not available	474	Banana, Chocolate, Neutral, Strawberry, Vanilla
AYMES Shake¹	£0.52	383	19	42	57g	200ml	10	23*	15	3	EF,GF,NF,WF,F F,V,H,K	0	819	Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla
Foodlink Complete Powder¹	£0.52	383	19	41	57g	200ml	10	21	16	3	EF,GF,NF,WF,F F,V, K, H	0	619	Banana, Chocolate, Strawberry, Vanilla, Natural
Complan Shake¹	£0.54	381	16	45	57g	200ml	9	19	15	3	EF,GF,NF,SF,W F,FF,V,H,K	Not available	Not available	Banana, Chocolate, Vanilla, Original, Strawberry
Ensure Shake¹	£0.57	386	17	43	57g	200ml	11	18	14	3	EF,GF,NF,SF**, WF,FF,V,H*,K	0*	710	Banana, Chocolate, Vanilla, Strawberry
Fresubin Powder Extra¹	£0.73	397	18	49	62g	200ml	10	16	13	3	EF,GF,NF,SF,W F,FF,V,H,K	0-1 [□]	670*	Chocolate, Neutral, Vanilla, Strawberry
600kcal powders														
Foodlink Extra²	£1.60	601	13	62	85g	240ml	10	29	18	3	EF,GF,NF,WF,F F,V	0	947	Banana, Chocolate, Vanilla, Strawberry
Aymes ActaSolve High Energy²	£1.96	596	12	65	85g	240ml	11	23*	13	3	GF,NF,FF,V,H	0	780	Banana, Chocolate, Vanilla, Strawberry
Enshake²	£2.82	602	16	79	97g	310ml	20	20	12	5	EF,GF,NF,SF**, WF,FF,V,H,K	0-1 [□]	746	Banana, Chocolate, Strawberry, Vanilla
Calshake²	£2.89	599	12	68	87g	315ml	11	18*	9	2	EF,GF,NF,SF,W F,FF,V	0-1 [□] *	900*	Banana, Chocolate, Neutral, Strawberry, Vanilla
Scandishake²	£3.07	585	13	68	85g	240ml	9	16	12	2	EF,GF,NF,SF,W F,FF,V*,H,K	Not available	Not available	Banana, Caramel, Vanilla, Chocolate, Strawberry, Unflavoured

Over the Counter Products:

Nurishment 400g; £1.55 (Tesco); (Vanilla, Strawberry, Banana, Chocolate): 106kcal and 5g protein/100g
 Ovaltine 300g; £3.50 (Asda); (Original, Chocolate): 370kcal and 6g protein/100g
 Horlicks 500g; £4.00 (Tesco, Sainsbury's, Asda); (Original, Chocolate): 362kcal and 9.1g/100g
 Cadbury Hot Chocolate 500g; £3.30 (Tesco, Sainsbury's): 404kcal and 6.4g protein/100g

Approval date: July 2023

Review Date: April 2024

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London ICB (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

ONS Ready Reckoner

Milkshake/Bottle style – nutritionally complete (only use if powder ONS contraindicated)

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Altraplen Energy	£0.99	300	12	37	200ml	8	8	6	2	EF,GF,LF,NF,SF,WF,FF,V,H*,K*	0-1 [□]	682	Banana, Chocolate, Strawberry, Vanilla
EnergieShake Complete 1.5kcal	£1.01	300	12	36	200ml	7	8	6	2	EF,GF,LF,NF,W F,FF,V,H,K	0	347	Banana, Chocolate, Vanilla, Strawberry
Aymes Complete	£1.11	300	12	36	200ml	7	8	6	2	EF,GF,LF,NF,SF,FF,V*	0	420*	Banana, Chocolate, Strawberry, Vanilla
Aymes ActaGain 600	£1.60	600	24	72	250ml	10	16	12	3	EF,GF,LF,NF,SF,FF,V*	2	760	Banana, Strawberry, Vanilla
Altraplen Compact Daily	£1.60	600	24	72	250ml	11	15	13	3	EF,GF,LF,NF,W F,FF,V*,H*,K*	1-3 [□]	704	Banana, Hazel Chocolate, Strawberry, Vanilla
AYMES ActaGain 2.4 Complete Maxi	£1.41	480	19	58	200ml	8	13	9	3	EF,GF,LF,NF,SF,FF,V*	2	730	Banana, Strawberry, Vanilla
EnergieShake 2.0kcal	£1.52	400	19	44	200ml	8	10	8	3	EF,GF,NF,SF,FF,V	1	728	Banana, Chocolate, Strawberry, Vanilla
Ensure Plus Milkshake	£1.18	300	13	40	200ml	8	8	6	2	EF,GF,LF,NF,W F,FF,V*,H*,K*	0-1 [□]	509	Banana, Chocolate, Coffee, Fruits of the Forest, Neutral, Peach, Raspberry, Strawberry, Vanilla
Fortisip Bottle	£1.25	300	12	37	200ml	8	8	5	2	EF,GF,LF,NF,W F,FF,V*,H,K*	Not available	455*	Banana, Chocolate, Neutral, Strawberry, Vanilla
Fresubin Energy	£1.49	300	11	37	200ml	7	7	5	2	EF,GF,LF,NF,W F,H,K	0-2 ^{□*}	405*	Banana, Blackcurrant, Cappuccino, Chocolate, Lemon, Neutral, Strawberry, Vanilla, Tropical Fruits
Fortisip PlantBased 1.5kcal	£1.54	300	12	37	200ml	9	11	5	1	EF,GF,LF,NF,FF V, Ve,H,K	Not available	617	Mango & Passionfruit, Mocha
AYMES 2.0kcal	£1.94	400	16	48	200ml	8	10	8	3	EF,GF,LF,NF,SF,FF,V	2	725	Banana, Strawberry, Vanilla
Ensure 2kcal	£2.62	399	17	42	200ml	7	9	8	3	EF,GF,NF,SF**,WF,V*,FF,H,K*	1-2 [□]	527	Banana, Neutral, Strawberry, Vanilla
Resource Energy	£2.27	303	11	42	200ml	7	9	5	2	EF,GF,NF,SF,W F,FF,V*	Not available	488	Chocolate, Vanilla, Strawberry-Raspberry
Ensure (1kcal/ml)	£2.64	251	10	34	250ml can	10	10	5	2	EF,GF,LF,NF,W F,FF,V,H,K	0	319	Chocolate, Coffee, Vanilla
Fresubin Original	£2.94	200	8	27	200ml	7	6	3	2	EF,GF,LF,NF,W F,H,K	0	330	Peach, Vanilla, Blackcurrant, Chocolate

Approval date: July 2023

Review Date: April 2024

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London ICB (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

ONS Ready Reckoner

Compact style – if low volume clinically indicated

Please consider hydration status: unless there is a clear clinical rationale for fluid-restriction, please choose non-compact style ONS

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder													
AYMES Shake Compact³	£0.52	320	15	38	57g	9	20*	12	3	GF,FF,NF,V	1	1150	Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla
Foodlink Complete Compact³	£0.52	318	15	37	57g	8	17	13	3	EF,GF,NF,WF,F F,V,H*,K*	1 [□]	1190	Banana, Chocolate, Natural, Strawberry, Vanilla
Bottled													
If you are considering prescribing 2x compact products, please consider 1x Aymes ActaGain 600 or 1x Altraplen Compact Daily instead (see page 2)													
Fresubin 2kcal Mini	£1.33	250	13	28	125ml	3	5	5	1	EF,GF,LF,NF,W F,H*,K	1-2 [□]	600*	Apricot-Peach, Vanilla, Fruits of the Forest
Altraplen Compact	£1.39	300	12	36	125ml	6	8	7	2	GF,EF,LF,NF,W F,FF,V*,H*,K*	1-3 [□]	966*	Banana, Hazel-Chocolate, Strawberry, Vanilla
Fortisip Compact	£1.48	300	12	37	125ml	5	8	7	2	EF,GF,NF,WF,F F,V*,H,K*	Not available	790	Banana, Chocolate, Mocha, Neutral, Strawberry, Vanilla
Ensure Compact	£1.56	300	13	36	125ml	8	7	7	1	EF,GF,NF,SF**, WF,FF,V*,H,K*	1-2 [□]	676	Banana, Café Latte, Strawberry, Vanilla
Fresubin 3.2kcal Drink	£2.49	400	20	35	125ml	6	10	5	2	EF,GF,LF,NF,W F,FF,H,K	3	730*	Hazelnut, Mango, Vanilla-Caramel

ONS Ready Reckoner

Juice style

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder													
AYMES ActaSolve Smoothie ⁶	£0.99	298	11	42	66g	7	11	7	1	EF,GF,LF,MF,NF,FF,V,Ve	2	620	Mango, Peach, Strawberry & Cranberry Pineapple
Foodlink Smoothie ⁶	£1.00	287	10	45	66g	5	9	3	1	EF,GF,LF,MF,NF,FF,V,Ve	2	650	Orange & Mango, Peach, Red Berry, Tropical
Bottled													
Aymes ActaGain Juice	£1.70	300	11	64	200ml	1	1	1	0	EF,GF,LF,NF,SF,FF,V	0	920	Apple, Orange, Cranberry & Raspberry, Mango & Passionfruit
Altrajuce	£1.89	300	8	67	200ml	1	0	1	0	EF,GF,LF,NF,SF,WF,FF,V*,H*,K	0	428	Apple, Blackcurrant, Orange, Strawberry
Ensure Plus Juice	£2.12	330	11	72	220ml	1	1	1	0	EF,GF,LF,NF,SF,WF,FF,V*,H*,K*	0-1 [□]	718	Apple, Fruit Punch, Lemon & Lime, Orange, Peach, Strawberry
Fresubin Jucy	£2.06	300	8	67	200ml	1	0	1	0	EF,GF,LF,NF,SF,WF,FF,V,H,K	0	680	Apple, Blackcurrant, Cherry, Orange, Pineapple
Fortijuce	£2.12	300	8	67	200ml	1	1	1	0	EF,GF,LF,NF,SF,WF,FF,V,H,K	Not available	750	Apple, Lemon, Orange, Strawberry, Tropical

Savoury style

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
AYMES Actasolve Savoury ⁷	£0.76	250	10	34	57g	14	12*	6	2	GF,FF,NF,SF,V*	1	351	Chicken, Potato & Leek, Vegetable

ONS Ready Reckoner

High Protein (1/2)

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder													
Foodlink Complete Powder¹	£0.52	383	19	41	57g	10	21	16	3	EF,GF,NF,WF,FF,V,H,K	0	619	Banana, Chocolate, Strawberry, Vanilla, Natural
AYMES Shake¹	£0.52	383	19	42	57g	11	23*	15	3	EF,GF,NF,FF,V*	0	819	Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla
Aymes ActaSolve Protein Compact³	£0.95	315	20	35	57g	8	13*	9	2	GF,EF,NF,FF,V	2-3 [□]	1350	Banana, Chocolate, Neutral, Strawberry, Vanilla
Bottled													
AYMES ActaGain 2.4 Complete Maxi	£1.41	480	19	58	200ml	8	13	9	3	EF,GF,LF,NF,SF,FF,V*	2	730	Banana, Strawberry, Vanilla
EnergieShake 2.0kcal	£1.52	400	19	44	200ml	8	10	8	3	EF,GF,NF,SF,FF,V	1	728	Banana, Chocolate, Strawberry, Vanilla
Aymes ActaGain 600	£1.60	600	24	72	250ml	10	16	12	3	EF,GF,LF,NF,SF,FF,V*	2	760	Banana, Strawberry, Vanilla
Altraplen Compact Daily	£1.60	600	24	72	250ml	11	15	13	3	EF,GF,LF,NF,WF,FF,V*,H*,K*	1-3 [□]	704	Banana, Hazel-Chocolate, Strawberry, Vanilla

ONS Ready Reckoner

High Protein (2/2)

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Altraplen Protein	£2.05	300	20	30	200ml	6	8	7	2	EF,GF,LF,NF,WF,FF,V*,H*,K*	0-2 [□]	966	Strawberry, Vanilla
Fresubin 2kcal Drink	£2.31	400	20	45	200ml	5	8	8	1	EF,GF,LF,NF,WF,H*,K	1-2 [□]	640*	Apricot-Peach, Cappuccino, Fruits of the Forest, Neutral, Toffee, Vanilla
Fresubin Protein Energy	£2.31	300	20	25	200ml	5*	7	8	2	EF,GF,LF,NF,WF,H,K	0-2 ^{□*}	390*	Cappuccino, Chocolate, Tropical Fruit, Vanilla, Wild Strawberry
Fortisip Compact Protein	£2.29	306	18	31	125ml	2	3	11	3	EF,GF,NF,WF,FF,V*,H,K*	Not available	570	Banana, Mocha, Berries, Cool Red Fruits, Neutral, Hot Tropical Ginger, Peach Mango, Vanilla, Strawberry
Ensure Plus Advance	£2.31	330	20	37	220ml	14	15	8	2	EF,GF,NF,WF,FF,V*,H**,K**	1*	557	Banana, Chocolate, Coffee, Strawberry, Vanilla
Fortisip 2kcal	£2.33	400	20	41	200ml	7	9	10	1	EF,GF,NF,WF,FF,V*,H,K*	Not available	730	Chocolate-Caramel, Forest Fruit, Mocha, Strawberry, Vanilla
Fortisip Extra	£2.82	318	20	36	200ml	4	11	13	3	EF,GF,NF,WF,FF,V*,H,K*	1 [□]	470	Strawberry, Vanilla

Approval date: July 2023

Review Date: April 2024

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London ICB (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

ONS Ready Reckoner

Fibre-containing

High fibre products are considered $\geq 3\text{g}/100\text{kcal}$ or $\geq 6\text{g}/100\text{g}$. The products listed here are only a 'source of fibre', and not 'high fibre'. Therefore, please consider using high fibre foods as first-line management in place of ONS where possible (see below table for more info).

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder													
Aymes Shake Fibre ¹ (5g fibre)	£0.71	375	19	37	57g	10	23*	15	3	GF,NF,FF,V	0	879	Banana, Chocolate, Neutral, Strawberry, Vanilla
Foodlink Complete Fibre ¹ (4.5g fibre)	£0.85	397	19	42	63g	10	22	16	4	GF,NF,FF,V	0-2 [□]	679	Banana, Chocolate, Natural, Strawberry, Vanilla
Bottled													
EnergieShake Advance (4g fibre)	£1.25	260	14	26	200ml	8	13	6	2	EF,GF,LF,NF,WF,V,H,K	0	274	Chocolate, Vanilla
Resource 2.0 Fibre (5g fibre)	£2.22	400	18	40	200ml	9	11	8	2	EF,GF,NF,SF,WF,FF,V*	Not available	520	Apricot, Coffee, Neutral, Summer Fruit, Strawberry, Vanilla
Ensure Plus Fibre (5g fibre)	£2.36	310	13	40	200ml	7	7	4	3	EF,GF,LF,NF,H*,K*	1-2 [□]	552	Banana, Chocolate, Raspberry, Strawberry, Vanilla
Fortisip Compact Fibre (4.5g fibre)	£2.46	300	12	32	125ml	5	7	7	2	EF,GF,NF,WF,FF,V*,H,K*	2 [□]	790	Mocha, Strawberry, Vanilla
Fresubin 2kcal Fibre Mini (2g fibre)	£1.39	250	13	27	125ml	3	5	5	1	EF,GF,NF,H,K	1-2 [□]	595	Chocolate, Vanilla
Fresubin 2kcal Fibre (3g fibre)	£2.31	400	20	44	200ml	5	8	8	1	EF,GF,LF,NF,H,K	1-2 [□]	650	Apricot-Peach, Cappuccino, Chocolate, Lemon, Neutral, Vanilla
Fresubin Energy Fibre (4g fibre)	£2.56	300	11	36	200ml	7	7	5	2	EF,GF,LF,NF,WF,FF,V,H,K	0-1 [□]	440*	Banana, Caramel, Cherry, Chocolate, Strawberry, Vanilla

Foods (fibre content per 100g)

Figs 6g/100g | Nuts or Seeds >6g/100g | 2 slices wholemeal bread 7g | Linseeds 27g/100g

See link for fact sheet on fibre containing foods → www.bda.uk.com/resource/fibre.html

Approval date: July 2023

Review Date: April 2024

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London ICB (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

ONS Ready Reckoner

Pudding style

Ensure IDDSI recommendations are met if prescribing ONS for dysphagia patients. Consistency of products may vary at different temperatures / flavours. ***Consider energy and protein content compared to supermarket alternatives***

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
AYMES Actasolve Delight ⁴	£1.05	302	11	39	57g	8	13	10	2	GF,NF,FF,V	4	Not available	Butterscotch, Mixed Berries, Lemon
EnergieShake Dessert	£1.10	188	9	24	125g	4	6	5	1	GF,NF,FF,V	4	562	Caramel, Chocolate
AYMES ActaCal Crème	£1.42	188	9	24	125g	4	6	5	1	EF,GF,LF,NF,SF,FF,V	4	570	Chocolate, Vanilla
Fresubin 2kcal Crème	£2.04	250	13	28	125g	5	5	5	1	EF,GF,LF,NF,WF,H,K	4	Not available	Cappuccino, Vanilla, Chocolate, Praline, Wild Strawberry
Nutricrem	£2.04	225	13	24	125g	4	7*	6	1	EF,GF,LF,NF,WF,FF,V*,H*,K*	4□	Not available	Chocolate-Orange, Strawberry, Vanilla, Mint Chocolate
Forticreme Complete	£2.30	200	12	24	125g	4	6	5	1	EF,GF,NF,WF,V,H,K	Not available	580	Banana, Chocolate, Forest Fruits, Vanilla
Ensure Plus Crème	£2.21	171	7	23	125g	5	5	3	1	EF,GF,NF,WF,V	4	602	Banana, Chocolate, Neutral, Vanilla
Fresubin YOcrème	£2.57	187	9	24	125g	3	5	4	1	EF,GF,NF,WF,H,K	4	Not available	Apricot-Peach, Biscuit, Lemon, Raspberry
Nutlis Fruit Level 4	£2.88	206	11	26	150g	4	7	2	1	EF,GF,NF,WF,H,K	4	870	Apple, Strawberry

ONS Ready Reckoner

Modified Consistency

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder													
Slo Milkshake + IDDSI Level 1 ⁵	£1.99	402	28	40	50g	14	26	30	8	GF,V,H,K	1	Not available	Chocolate, Strawberry, Banana
Slo Milkshake + IDDSI Level 2 ¹	£1.99	334	24	35	50g	13	22	27	6	GF,V,H,K	2	Not available	Chocolate, Strawberry, Banana
Slo Milkshake + IDDSI Level 3 ¹	£1.99	334	24	35	50g	13	22	27	6	GF,V,H,K	3	Not available	Chocolate, Strawberry, Banana
Ready-made													
Nutlis Complete Drink Level 3	£2.46	306	12	36	125ml	5	8	7	2	EF,GF,NF,WF,FF,V,K	3	495	Chocolate, Lemon Tea, Mango Passionfruit, Strawberry, Vanilla
Nutlis Complete Crème Level 3	£2.46	306	12	36	125g	7	7	6	2	EF,GF,NF,WF,FF,V,K	3	760	Chocolate, Strawberry, Vanilla
Fresubin Thickened Level 2	£2.51	300	20	24	200ml	5	7	8	2	EF,GF,LF,NF,WF,H,K	2 [□]	430	Wild Strawberry, Vanilla
Fresubin Thickened Level 3	£2.51	300	20	24	200ml	5	7	8	2	EF,GF,LF,NF,WF,H,K	3 [□]	430	Wild Strawberry, Vanilla
Nutlis Fruit Level 4	£2.88	206	11	26	150g	4	7	2	1	EF,GF,NF,WF,H,K	4	870	Apple, Strawberry
Resource Thickened Drinks	£0.83	101	0	24	114ml	0	0	0	0	EF,GF,MF,NF,SF,WF,FF,V	3	Not available	Apple, Orange

Approval date: July 2023

Review Date: April 2024

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London ICB (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

ONS Ready Reckoner

Yoghurt style – less sweet, useful for patients with taste fatigue or taste changes

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Ensure Plus Yoghurt Style	£1.23	300	13	40	200ml	10	10	6	2	EF,GF,NF,WF,FF,H	0-1 [□]	656	Orchard Peach, Strawberry Swirl
Fresubin YoDrink	£1.71	300	15	39	200ml	5	8	6	1	EF,GF,NF,WF,H*,K	1-2 [□]	885	Apricot-Peach, Lemon, Raspberry
Fresubin Dessert Fruit Puree	£2.49	200	9	23	125g	3	6	4	2	EF,GF,LF,NF,WF,FF,V,K	4	Not available	Apple, Apple-Peach, Apple-Strawberry & Apple-Prune
Fortisip Yogurt Style	£2.60	300	12	37	200ml	9	10	7	3	EF,GF,NF,WF,FF,V,H,K	Not available	740	Peach & Orange, Raspberry, Vanilla & Lemon

Low Electrolyte

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Fortisip Compact Protein	£2.29	306	18	31	125ml	2	3	11	3	EF,GF,NF,WF,FF,V*,H,K*	Not available	570	Banana, Berries, Cool Red Fruits, Hot Tropical Ginger, Mocha, Neutral, Peach-Mango, Strawberry, Vanilla
Nepro HP	£3.88	396	18	32	220ml	7	6	5	2	EF,GF,LF,NF,WF,FF,V,H,K*	1-2 [□]	538	Strawberry, Vanilla
Renapro Powder ⁸	£2.32	74	18	1	20g	3	1	1	0	GF,LF,WF,FF,V	Not available	85 [^] (in 100ml water)	Neutral
Renapro Shot	£2.32	100	20	3	60ml	4	0	0	0	GF,LF,MF,WF,H,K	Not available	114 [^]	Cola, Peach, Wild Berry
Renilon 7.5	£2.88	249	9	25	125ml	4	1	0	0	EF,GF,NF,WF,FF,V,H,K	Not available	410	Apricot, Caramel

Approval date: July 2023

Review Date: April 2024

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London ICB (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

ONS Ready Reckoner

Modular (1/2)

Not nutritionally complete, only prescribe if under dietetic care or recommended by dietitian

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Fat-based & mixed products													
Altrashot	£2.58	420	6	20	120ml bottle	7	11	6	2	EF,GF,LF,NF, SF,WF,V*,H**, K**	2 [□]	790*	Strawberry, Vanilla
	£0.86	140	2	7	40ml serve	2	4	2	1				
Calogen Emulsion	£14.42	2250	0	1	500ml bottle	2	0	0	0	EF,GF,LF,MF, NF,SF,WF,V*, H,K*	Not available	0-150*	Neutral
	£5.86	932*	0	8*	200ml bottle	1	0	0	0				Neutral, Strawberry
	£1.17	186*	0	2*	40ml serve	0	0	0	0				
Calogen Extra	£5.20	800	10	9	200ml bottle	6	27	13	7	EF,GF,LF,NF, SF,WF,FF,V*, H,K	Not available	435*	Neutral, Strawberry
	£1.04	160	2	2	40ml serve	1	6	3	2				
Calogen Extra Shot	£1.04	160	2	2	40ml	1	6	3	2				Neutral, Strawberry
Fresubin 5kcal Shot	£3.29	600	0	5	120ml bottle	0	0	0	0	EF,GF,LF,MF, NF,SF,WF,FF, V,Ve,H*,K	2	Not available	Lemon, Neutral
	£1.10	200	0	2	40ml serve								
Pro-Cal Shot	£3.12	400	8	16	120ml bottle	6	6	7	1	EF,GF,NF,FF, H*	Not available	1900 [^]	Banana, Neutral, Strawberry
	£1.04	133	3	5	40ml serve	2	2	2	0				
Pro-Cal Powder	£19.74	3400	68	136	510g tub	34	68	68	7	EF,GF,NF,SF, FF	Not available	101 [^] (15g in 100ml water)	Neutral
	£0.84	100	2	4	15g Sachet	1	2	2	0				
ActaGain Protein Shot	£1.75	92	22	1	60ml	4	1	0	0	EF,GF,LF,NF, SF,FF,V*	1-2 [□]	567	Mixed Berry, Tropical Fruit

Approval date: July 2023

Review Date: April 2024

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London ICB (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

ONS Ready Reckoner

Modular (2/2)

Not nutritionally complete, only prescribe if under dietetic care or recommended by dietitian

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Protein-based													
ProSource Liquid	£1.21	100	10	15	30ml	1	0	3*	0	EF,GF,LF,NF, SF,FF	Not available	650^	Citrus Berry, Neutral, Orange Crème
ProSource Plus	£1.72	100	15	11	30ml	2*	0	4*	0	EF,GF,LF,NF, SF,FF	Not available	600^	Citrus Berry, Neutral, Orange Crème
ProSource Jelly	£2.24	90	20	2*	118ml	2	4	1*	0	EF,GF,LF,NF, SF,FF	4	175	Blackcurrant, Fruit Punch, Lime, Orange
Protifar	£11.73	828	196	3	225g Tin	10	8	51	2	EF,GF,NF,WF, FF,V,H,K	Not available	97	Unflavoured
	£0.13	9	2	0	2.5g scoop	0	0	1	0				
Carbohydrate-based													
Polycal Liquid	£2.28	494	0	124	200ml bottle	0	0	0	0	EF,GF,LF,MF, NF,SF,WF,FF, V,Ve,H,K	Not available	845	Neutral
Polycal Powder	£5.76	1536	0	384	400g Tin	0	0	0	0	EF,GF,LF,MF, NF,SF,WF,FF, V,Ve,H,K	Not available	97 (10% solution)	Neutral
	£0.07	19	0	5	5g scoop								
Super Soluble Maxijul	£3.27	760	0	190	200g tin	2	0	0	0	EF,GF,LF,MF, NF,SF,WF,FF, V,Ve,H,K	Not available	Not available	Neutral
	£1.22	285	0	71	75g serve	1	0	0	0				
Vitajoule	£5.87	1900	0	475	500g tub	5	0	0	0	EF,GF,MF,NF, SF,FF	Not available	101^ (12g in 100ml water)	Unflavoured
	£0.14	46	0	11	12g scoop	0	0	0	0				

ONS Ready Reckoner

Specialist ONS products – initiated only under Dietitian review (1/2)

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Carbohydrate-based													
Optifibre (4g fibre/5g serve)	£12.16	505	4	15	250g Tin	22	32	0	0	EF,GF,NF, SF,FF,V,H	Not available	Not available	Nil
	£0.24	10	0	0	5 serve (from tin)	0	1	0	0				
	£0.31	10	0	0	5g sachet	0	1	0	0				
HyFIBER (12g fibre/30ml serve)	£0.92	36	0	3	30ml sachet	0	0	0	Not available	EF,GF,LF, MF,NF,SF, FF,V, Ve,H,K	0	330^	Mild Citrus
	£27	1055	0	92	887ml bottle	4	5	Not available	Not available				
Protein-based													
Peptisip Energy HP	£3.37	300	15	38	200ml	17	17	6	2	FF,V,H,K	Not available	445	Café Latte
Survimed OPD 1.5kcal	£3.54	300	15	41	200ml	11	16	5	2	EF,GF,LF, NF,SF,WF, FF, V, K*	0	550	Cappuccino
Survimed OPD Drink	£3.39	200	9	28	200ml	7	10	3	2	EF,GF,LF, NF, K	0	410	Vanilla
Peptamen Bottle	£3.59	200	8	25	200ml	7	6	3	2	EF,NF,WF, FF, H	Not available	280	Vanilla
Vital 1.5kcal	£3.63	300	14	37	200ml	15	10	6	3	EF,GF,LF, NF,SF,WF, FF,V*,H,K*	0-1 [□]	487	Café Latte, Mixed Berry, Vanilla

ONS Ready Reckoner

Specialist ONS products – initiated only under Dietitian review (2/2)

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Elemental													
Modulen IBD	£17.35	493/100g	18/100g	54/100g	400g tin	7	15	10	4	EF,GF,NF,W F,FF,V,H	Not available	290	Neutral
Elemental 028 Extra Liquid	£4.63	215	6	28	250ml	7	6	3	2	GF,LF,V,K	Not available	725^	Grapefruit, Orange & Pineapple, Summer Fruits
Elemental 028 Extra Powder	£9.02	443	13	59	100g sachet	13	12	7	3	V,H,K	Not available	502^	Banana, Orange, Unflavoured
MCT													
Liquigen	£11.70	1135	0	0	250ml	1	Not available	Not available	Not available	EF,LF,MF,F F,V,Ve,K	Not available	Not available	Neutral
MCTProcal	£1.07	112	2	3	16g sachet	2	2	3	Not available	GF,LF,V	Not available	198^ (16g in 50ml water)	Neutral

Peri-Operative – initiated only under Dietitian review

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Pre-Op	£1.68	100	0	25	200ml	4	6	0	0	EF,GF,LF,M F,SF,WF,FF, V,Ve,H,K	Not available	240	Lemon

ONS Ready Reckoner

Disease specific – initiated only under Dietitian review

The following supplements are available, however given limited evidence for their use in this disease group(s), they would not be recommended above nutritionally comparable products. The micro/ macronutrient profiles of these supplements may be better managed with a combination of cost-effective ONS and additional prescribable or OTC products. If you would like to prescribe one of these products, please discuss with the prescribing support team and provide a clear clinical rationale.

Product Name	Price	Energy (Kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Oncology													
Supportan	£3.59	300	20	23	200ml	4	7	8	2	EF,GF,LF,NF,H	0-1 [□]	385	Tropical Fruits
ProSure	£3.98	280	15	40	220ml	11	10	6	4	EF,GF,LF,NF,SF**,WF,H	0-1 [□]	597	Vanilla
FortiCare	£2.98	204	11	24	125ml	6	7	5	2	EF,GF,LF,NF,WF,H,K*	Not available	730	Cappuccino, Orange & Lemon, Peach & Ginger

ONS Ready Reckoner

Ready Reckoner Key

- * Flavour specific, for more information visit the respective company's website
- ** Contains soya lethicin (E322), soya fibre or soya oil
- ^ MOsm/kg
- ☐☐ IDDSI level may vary depending on temperature of product, refer to manufacturer guidelines

Instructions

- 1 Made with 200ml full cream milk
- 2 Made with 240ml full cream milk
- 3 Made with 100ml full cream milk
- 4 Made with 75ml full cream milk
- 5 Made with 300ml full cream milk
- 6 Made with 150ml water
- 7 Made with 200ml water
- 8 Made with 100ml water

Allergens

- EF Egg free
- GF Gluten free
- LF Lactose free
- MF Milk free
- NF Nut free
- SF Soy free
- WF Wheat free
- FF Fish free
- V Vegetarian
- Ve Vegan
- H Suitable for Halal
- K Suitable for Kosher

Note: All nutritional values are based on the highest values and are rounded to the nearest whole number. For more specific details refer to the respective company of manufacturer's website. Products and prices are correct as of 15.05.2023. Products and prices will be updated in line manufacturer updates / compendium releases annually.