

Position Statement – Prescribing of dessert-style oral nutritional supplements (ONS)

Norfolk & Suffolk ICB does NOT support prescribing of dessert-style ONS

Dessert-style ONS from a range of manufacturers are available on prescription for people who meet ACBS criteria. However, they are costly and provide limited amounts of energy and protein compared with alternatives, such as home-made desserts, purchased dessert products, and powdered or liquid ONS.

Recommendations

Prescription of these dessert-style or ready-to-serve ONS should **not** be initiated in primary care:

Aymes Actacal Crème (AYMES)	Aymes Actasolve Delight (AYMES)
EnergieShake Dessert (Anaiah Healthcare)	Forticreme Complete Dessert (Nutricia)
Fresubin Dessert Fruit Puree (Fresenius Kabi)	Fresubin 2kcal Crème (Fresenius Kabi)
Fresubin Yocreme Dessert (Fresenius Kabi)	Nutrilis Fruit (Nutricia)
Nutricrem (Nualtra)	Nutrilis Complete Crème Level 3 (Nutricia)

Rationale

- The nutritional content of dessert-style ONS can easily be replicated by food, and there is a wide range of suitable dessert products available to purchase. See Knowledge NoW for recipe ideas: [Home-made nourishing drinks & desserts PIL](#).
- For people **without** dysphagia who meet ACBS criteria for the prescription of ONS and have trialed food-based approaches for managing malnutrition, powdered and ready-to-drink ONS options are more cost-effective and have a higher nutrient content. Please refer to Norfolk & Suffolk [Guidelines for prescribing oral nutritional supplements for adults in primary care](#) for information.
- People with malnutrition AND a diagnosis of dysphagia (ideally confirmed by a Speech and Language Therapist) should be referred to a Dietitian who can advise on suitable food-based options for improving nutritional intake in line with their recommended International Dysphagia Diet Standardisation Initiative (IDDSI) levels. See: [The IDDSI Framework](#).
- A purchased thick & creamy yoghurt fortified with 15g of skimmed milk powder is often higher in nutrients and nutritionally superior to dessert style ONS — see table below for details

Product	Volume	Energy	Protein	Cost to the NHS	Cost to the person
Ready to serve dessert-style ONS	125g	188 - 302kcal	8.8 - 12.5g	£1.19 - £3.51	£0.00
Thick & creamy yogurt + 15g (approx. 1 heaped tablespoon) skimmed milk powder	150g	220kcal	11.1g	£0.00	£1.00

Further information

See the [KNoW Dietetics, Nutrition & Blood](#) page [Eating Well](#) section for information and recipe ideas for making [Home-made nourishing drinks & desserts](#), including [Eating Well- Plant-based](#) for those following plant-based diets.

Acknowledgement: Alison Smith, Senior Lead Dietitian, NHS Central East ICB