

Fresubin® Dessert Fruit Purée

Patient name:

Cups per day:

Flavour preferences:

Dietitian:

Contact No:

Nutritional Information

NUTRITIONAL COMPOSITION	Per 100g
ENERGY kcal (kJ)	160 (670)
PROTEIN g	7.0
CARBOHYDRATE g	18.7
Of which sugars g	16.2
Of which lactose g	<0.5
FAT g	5.6
Of which saturated fatty acids g	0.4
Of which polyunsaturated fatty acids g	1.6
Of which monounsaturated fatty acids g	3.5
FIBRE g	3.5
SALT g	0.15
WATER ml	60

MINERALS AND TRACE ELEMENTS	Per 100g
SODIUM mg (mmol)	61 (2.7)
POTASSIUM mg (mmol)	175 (4.5)
CHLORIDE mg (mmol)	139 (3.9)
CALCIUM mg (mmol)	90 (2.3)
PHOSPHORUS mg (mmol)	90 (2.9)
MAGNESIUM mg (mmol)	32 (1.3)
IRON mg	2.2
ZINC mg	1.7
COPPER mg	0.38
MANGANESE mg	0.50
IODINE µg	37.6
CHROMIUM µg	13
MOLYBDENUM µg	19
FLUORIDE mg	0.24
SELENIUM µg	11

VITAMINS AND OTHER NUTRIENTS	Per 100g
VITAMIN A µgRE	213
Of which β- carotene µg RE	62.5
VITAMIN D µg	2.6
VITAMIN E mgαTE	3.8
VITAMIN K µg	21
THIAMIN mg	0.3
RIBOFLAVIN mg	0.4
NIACIN mg	1.6mg(3mg NE)
VITAMIN B ₆ mg	0.43
VITAMIN B ₁₂ µg	0.75
PANTOTHENIC ACID mg	1.3
BIOTIN µg	9.4
FOLIC ACID µg	59
VITAMIN C mg	19
CHOLINE mg	32

INGREDIENTS

Apple-Prune

Water, apple juice concentrate (18 %), apple purée (13 %), whey protein (from milk), rapeseed oil, prune concentrate (5 %), sugar, inulin, apple fibre, maize starch, calcium lactate, glucose syrup, thickener (E 1442), maltodextrin, sodium dihydrogen phosphate, magnesium citrate, emulsifiers (E 471, soya lecithins), choline bitartrate, vitamin C, flavouring, sodium citrate, sodium chloride, ferric diphosphate, zinc sulphate, vitamin E, pantothenic acid, niacin, manganese chloride, cupric sulphate, riboflavin, vitamin B₆, sodium fluoride, thiamin, beta-carotene, vitamin A, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B₁₂.

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Fresubin® Dessert
Fruit Purée

Patient Information



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Fresubin® Dessert Fruit Purée

All about Fresubin® Dessert Fruit Purée

This leaflet will answer some of the questions you may have about Fresubin® Dessert Fruit Purée. If you have any other questions, you should contact your dietitian, doctor or other healthcare professional.

What is Fresubin® Dessert Fruit Purée?

Fresubin® Dessert Fruit Purée is a thickened/ spoonable oral nutritional supplement which is classed as a Food for Special Medical Purposes, and should be used under medical supervision. It is intended for people who cannot meet their nutritional requirements through normal foods.

What does Fresubin® Dessert Fruit Purée contain?

Fresubin® Dessert Fruit Purée is made up of many nutrients that are essential in a balanced diet. These include protein (milk), fat (rapeseed oil), carbohydrate, fibre, vitamins, minerals and trace elements.

What flavours are available?

Fresubin® Dessert Fruit Purée is available in Apple-Prune flavour.

- Apple-Prune

Fresubin® Dessert Fruit Purée

How much Fresubin® Dessert Fruit Purée should I take?

Your dietitian or healthcare professional will advise you about the amount you should be taking.

When should I take Fresubin® Dessert Fruit Purée?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well.

How should I take Fresubin® Dessert Fruit Purée?

Fresubin® Dessert Fruit Purée is a spoonable nutritional supplement, so it can be eaten straight from the pot. It is recommended that it is served chilled and stirred gently before enjoying.

How should I store Fresubin® Dessert Fruit Purée?

Unopened pots can be kept at room temperature. Once opened refrigerate and use within 24 hours.

Ingredients and allergens:

Contains milk and soya.

Product Information

PRESENTATION

Fresubin® Dessert Fruit Purée is a nutritionally complete 1.6 kcal/g energy density, spoonable oral nutritional supplement with fibre. Suitable as a sole source of nutrition.

IDDSI* Level 4 (extremely thick). Lactose and gluten free.
Ready to use and available in a 125g cup
Available in 1 flavour: Apple-Prune.

* IDDSI - International Dysphagia Diet Standardisation Initiative, www.iddsi.org

CONTRA-INDICATIONS

For enteral use only
Not suitable for children under 3 years of age
Not suitable for patients with galactosaemia

PRECAUTIONS

To be used under medical supervision
Use with caution for children under 6 years
Fibre intake should be considered when consuming ≥3 cups per day

INDICATIONS FOR USE

Fresubin® Dessert Fruit Purée is a Food for Special Medical Purposes. For the dietary management of patients with or at risk of disease-related malnutrition, in particular with increased energy needs and/or dysphagia.

DOSAGE

To be advised by a healthcare professional according to the patients’ needs.
As a guide: Recommendation for supplementary nutrition 3-4 cups/day or complete nutrition 8 cups/day.

STORAGE

Store at room temperature. Once opened refrigerate and use within 24 hours.
Best served chilled. Stir gently.
Packaged in a protective atmosphere.

ENERGY DISTRIBUTION

Protein 18%
Fat 31%
Carbohydrate 47%
Fibre 4%