Adults with COVID-19 Present with High Nutritional Risk\textsuperscript{1-5}

- Adults positive for COVID-19 have increased nutritional requirements due to a severe acute inflammatory status
- Many have comorbidities (diabetes, chronic kidney disease, etc.) which put them at even higher nutritional risk
- Decreased food intake and difficulty eating are often present and prevent them from meeting their nutritional requirements

Conduct Nutrition Screening\textsuperscript{1,2,5}

- Conduct nutrition screening using a validated nutrition screening tool that is age-appropriate (such as the Mini Nutritional Assessment [MNA\textsuperscript{®}] for ages 65+ years and the Malnutrition Screening Tool [MST] for ages 18+ years) to identify [at-risk of] malnutrition in adults with suspected or confirmed COVID-19

Estimate Nutritional Requirements\textsuperscript{1,2,5-9}

- **PROTEIN:** Estimate protein needs based on increased requirements for adults with acute or chronic disease (1.2-1.5 g protein/kg body weight [BW]/day), and severe illness or marked malnutrition (up to 2 g protein/kg BW/day)
- **ENERGY:** Estimate energy requirements using a weight-based formula: 27-30 kcal/kg BW/day; to be individually adjusted based on nutritional status, physical activity level, disease status and tolerance
- **MICRONUTRIENTS:** Assure daily provision of recommended dietary allowances (RDA) for micronutrients including vitamins C, D, A, E & B-vitamins, and zinc, selenium & iron. Deficiency of these micronutrients has been associated with adverse clinical outcomes during viral infections

Initiate Nutrition Care\textsuperscript{1,2,10-12}

- Provide a diet rich in nutrient-dense foods and initiate oral nutritional supplements (ONS)
- Provide 2-3 servings of ONS in accordance with individual needs and regular food intake
  - ONS shall provide ≥400 kcal/day including ≥30 g protein/day, and micronutrients to help meet daily nutritional requirements
  - Select ONS based on individual diet, nutritional needs and presence of specific co-morbidities
- Provide adequate hydration (about 3 L fluid/day); including water and clear liquid beverages to replace fluid losses and thin respiratory secretions

Monitor Diet and ONS Intake\textsuperscript{1,2,5}

- Encourage compliance and monitor nutritional intake
- If unable to meet nutritional requirements, consider initiating supplemental enteral feeding

Plan Nutritional Support During Recovery\textsuperscript{1,13}

- Nutritional support during recovery should continue with ONS and individualized nutrition plans. This is especially important since pre-existing nutritional risk factors continue to apply, and acute disease is likely to worsen the risk or condition of malnutrition.
- Assure ONS usage for at least 1 month. Assess ONS efficacy monthly, and continue as needed.
  ONS duration may be 3-12 months depending on prior hospitalization/ICU stay, severity of infection/disease, nutrition status and speed of recovery.
Conduct Nutrition Screening for [at-risk of] Malnutrition in Adults with Suspected or Confirmed COVID-19

At-risk of Malnutrition or High Nutritional Risk Identified

Individual is able to Tolerate Oral Feedings

**Estimate Nutritional Requirements**

- **Protein**: 1.2-1.5 g protein/kg BW/day for acute or chronic disease; and up to 2 g protein/kg BW/day for severe illness or marked malnutrition
- **Energy**: 27-30 kcal/kg BW/day; to be individually adjusted based on nutritional status, physical activity level, disease status and tolerance
- **Micronutrients**: Assure provision of RDA for vitamins C, D, A, E & B-vitamins, and zinc, selenium & iron

**Initiate Nutrition Care Plan**

- **Adequate Hydration**: Assure ~3 L fluid/day; including water & clear liquid beverages
- **Nutrient-dense Foods**
- **2-3 Servings of Oral Nutritional Supplements per day**: ONS to provide ≥400 kcals/day including ≥30 g protein/day, and micronutrients to help meet daily nutritional requirements

**ONS Product Selection based on Individual Diet & Nutritional Needs**

- **ONS Product Selection based on Individual Diet & Nutritional Needs**
  - **High Protein**: BOOST® High Protein
  - **High Calorie**: BOOST PLUS®
  - **High Protein, High Calorie**: BOOST® Very High Calorie (VHC)
  - **Diabetes Friendly**: BOOST Glucose Control***
  - **Clear Liquid Options**: BOOST BREEZE®, BOOST® SOOTHE

**Plan Nutritional Support during Recovery**

- **Assure individualized nutrition plan and ONS for at least 1 month**
- **Assess ONS efficacy monthly, and continue as needed**

**For specific product information, visit www.BOOST.com or www.NestleNutritionStore.com**

For more COVID-19 nutrition and feeding resources, visit www.NestleMedicalHub.com


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