

**A ready to drink, plant-based oral nutritional supplement is highly complied with, palatable and tolerated in community-based patients at risk of disease-related malnutrition**

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**Rationale:** There is currently no ready to drink, plant-based oral nutritional supplement (ONS) available to patients at risk of disease-related malnutrition (DRM). This one-arm multi-centre intervention study evaluated compliance, palatability and tolerance of a plant-based ONS.

**Methods:** Patients with multiple diagnoses at risk of DRM (n=24; age: 59±18years; BMI: 18.9±3.3kg/m<sup>2</sup>) received dietary advice alongside ≥1bottle/day of a 200ml ready to drink, plant-based, nutritionally complete ONS (Fortisip PlantBased 1.5kcal, Nutricia Ltd., UK), containing 300kcal and 12g protein/bottle for 7-28days. Reason for requiring a plant-based ONS, daily compliance (%consumed vs. prescribed), end of intervention ONS palatability, and pre- and end of intervention gastrointestinal (GI) tolerance were recorded.

**Results:** Patients required a plant-based ONS due to personal preference (27%), cultural/religious reasons (23%), veganism or wish to reduce animal-derived food consumption (16%), and sustainability reasons (13%). Compliance to the ONS was excellent (94±16%) with most patients (n=20) consuming 1-2bottles daily for 28days. Patients confirmed that the ONS was convenient (92%) and fitted in well with their current diet (83%). Palatability was rated good to excellent (out of 10) for taste (6.3±2.5), aftertaste (6.5±2.4), smell (6.8±2.3), appearance (7.5±2.1), and thickness (7.5±2.0). GI symptoms were stable throughout the study with patients (79%) and healthcare professionals (88%) confirming that the plant-based ONS was well tolerated.

**Conclusion:** This study shows that: (i) there are a variety of reasons why patients at risk of DRM may choose a ready to drink, plant-based, nutritionally complete ONS; and (ii) this plant-based ONS is highly complied with, palatable, and well tolerated.