



ACID FLAVOR ORAL NUTRITIONAL SUPPLEMENTS EFFICACY ON CANCER TREATED PATIENTS

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Background and aims

many patients with oncological disease have a poor nutritional status, which has a negative impact on radio-chemotherapy treatment, clinical outcomes and quality of life.

Oral nutritional supports (ons) have both nutritional and therapeutical effect for their nutraceutical content like omega 3 and they should have a pleasant taste.

Approximately half of cancer patients report a decreased appetite from the beginning of antineoplastic treatment and 2/3 of patients reported at least a chemosensory alteration (especially sweet taste), that influences the caloric intake, with a weight loss.

It is very important to give ons with different taste to allow the compliance to the nutritional treatment

Methods

36 patients (20 m 16 f) mean age 66 years in chemotherapy; mna test: 14 patients malnourished, 18 patients at risk for malnutrition, 4 patients in normal nutritional state. 22 with intestinal cancer, 3 lung 4 ovarian 7 neck/mouth. all patients received 2 ons each enriched in omega 3. palatability test was performed at first day (colour, smell, taste, consistency) and after 6 weeks.

Results

Patients no longer did not tolerate ons with sweet taste. we gave them ons with acid flavor, enriched in omega 3. we observed good tolerance that helped them to maintain a good nutritional status.

Conclusions

Taste alterations may reduce food and ons intake. we observed that acid flavors may increase ons treatment compliance. further studies are necessary to confirm the beneficial effects of ons or omega-3 fatty enriched ons.

