

**Energy accuracy of nutritional fluids provided in hospital: Comparing nutrition label values against direct bomb calorimetry**

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This peer-reviewed article has been accepted for publication but not yet copyedited or typeset, and so may be subject to change during the production process. The article is considered published and may be cited using its DOI

10.1017/S0007114525000601

The British Journal of Nutrition is published by Cambridge University Press on behalf of The Nutrition Society

<b>ABBREVIATION</b>	<b>DEFINITION</b>
NIP	Nutrition Information Panel
FSANZ	Food Standards Australia New Zealand
ONS	Oral Nutrition Supplements
EN	Enteral Nutrition
TGA	Therapeutic Goods Administration
IV	Intravenous
PN	Parenteral Nutrition
AFCD	Australian Food Composition Database
kJ	Kilojoules
GE	Gross Energy
ME	Metabolisable Energy
FSS	Food Service System
CI	Confidence Interval
IDDSI	International Dysphagia Diet Standardisation Initiative
CV	Coefficient of Variation
USFDA	United States Food and Drug Administration

**ABSTRACT**

Mandatory thresholds for accuracy of reported energy on food and beverage product labels do not exist for many countries. Accurate nutrition information is essential for ensuring nutritional adequacy among hospital patients. The aim of this study was to compare direct measures of energy of nutritional fluids provided in hospital to values determined via manufacturers' specifications. Nutritional fluids were identified as any liquid provided to hospital patients orally, enterally, or parenterally, to deliver nutrition. These were categorised into six groups aligned to food/medical standards, including: 1) local recipes, 2) pre-packaged general fluids, 3) supplementary fluids, 4) prescribed nutrition fluids – thickened, 5) prescribed nutrition fluids – oral/enteral, and 6) prescribed medical nutrition – IV and parenteral. An equivalence testing statistical approach ( $\pm 10\%$  thresholds) was used to compare energy values derived directly via bomb calorimetry against those obtained from manufacturer specifications. A total of 69 fluids were measured. One fifth (n=14) exhibited non-equivalent energy values, with majority of these (n=11; 79%) likely to contain fewer calories than that calculated from reported values. Almost all (34/35; 97%) prescribed nutrition fluids (oral/enteral (20/20; 100%), IV and parenteral (7/7; 100%) and thickened fluid (7/8; 88%) products were equivalent. In contrast, only 21/34 (62%) non-prescribed fluids (local recipes (2/11; 18%), supplementary fluids (4/5; 80%) and pre-packaged general fluid (15/18; 83%) products) demonstrated equivalence. Energy content of nutritional fluids prescribed to hospital patients typically align with manufacturers' values. Consumption of non-prescribed fluids may result in lower energy intakes than expected.

**KEYWORDS:** bomb calorimetry; food energy; hospital fluids; nutrition energy; nutritional fluids; nutrition labels

## 1. INTRODUCTION

Hospital patients often have increased energy needs due to acute or chronic illness <sup>(1, 2)</sup>. Nutritional fluids (i.e., oral, enteral, parenteral) may be used as a first line intervention to feed individuals who are critically ill or nutritionally compromised <sup>(3-5)</sup>. Healthcare professionals rely on the nutrition information panel (NIP) of products to ensure patients are provided with sufficient calories to meet their estimated requirements <sup>(1)</sup>. Inaccurate calorie values could expose patients to risks associated with under- and over-feeding.

Nutritional fluids provided in hospital vary in composition, with some classified as foods while others are considered medicines. In Australia, Food Standards Australia New Zealand (FSANZ) regulate fluids that are consumed orally (including clinically prescribed oral nutrition supplements; ONS) or delivered enterally via tube feeding (e.g., enteral nutrition; EN). On the other hand, the Therapeutic Goods Administration (TGA) are responsible for the governance of medically prescribed intravenous (IV) fluids and parenteral nutrition (PN). Mandatory thresholds for the accuracy of reported energy on food and beverage product labels in Australia do not exist <sup>(6)</sup>. This resonates with other regions throughout the world, including European Union <sup>(7)</sup>, Canada <sup>(8)</sup>, and United Kingdom <sup>(9)</sup>. FSANZ stipulates that packaged products must contain a NIP, which includes information outlining the average energy content (kilojoules, kJ) for both a serving and unit quantity of the food <sup>(6, 10)</sup>. Reported energy values can be estimated either by a summation of the energy contained within each macronutrient (FSANZ Schedule 11), or obtained from a comparable item listed in the Australian Food Composition Database (AFCD) <sup>(11)</sup>. TGA conveys when a medicine is intended for use as an energy source it must display an energy (kJ) equivalent for the stated volume <sup>(12)</sup>. Without a direct measure of the energy content, stated values have the potential to misrepresent the actual energy contained within a fluid.

Bomb calorimetry provides a method for directly ascertaining the maximum energy content of food (i.e., gross energy; GE), and via energy conversion factors, can be used to verify energy values (i.e., metabolisable energy; ME) reported on food labels <sup>(13, 14)</sup>. Standardised food/fluid sample preparation methods and combustion procedures have been developed to ensure bomb calorimetry is performed reliably and accurately <sup>(15)</sup>. Measured values can then be assessed against reported values and equivalence determined by comparing to predetermined thresholds.

The aim of this study was to quantify the energy from different nutritional fluids provided in hospital via bomb calorimetry and compare these to values determined from manufacturers' specifications (i.e., NIPs). Results will indicate the extent to which current food and medical standards support the accurate quantification of energy by manufacturers of fluids supplied to vulnerable populations.

## 2. MATERIALS AND METHODS

### 2.1 Study Overview

This study employed a statistical approach to determining equivalence<sup>(16)</sup> between measured (via bomb calorimetry) and reported energy in nutritional fluids available at a major tertiary hospital (750 bed) in Queensland, Australia. Predetermined equivalence thresholds of  $\pm 10\%$  were employed for all comparisons. Reported gross energy values determined from products' NIPs or from the hospital's electronic Food Service System (FSS) were calculated. Fluids then underwent direct caloric measurement via bomb calorimetry to establish a mean  $\pm 90\%$  confidence interval (CI) gross energy value. Reported values were considered "equivalent" to measured values when the established  $\pm 90\%$  CI fell within the  $\pm 10\%$  thresholds<sup>(16, 17)</sup>.

### 2.2 Nutritional Fluids Provided in Hospital

Nutritional fluids were defined as any liquid provided to patients orally, enterally, or parenterally, to deliver nutrition. This included items available on the hospital's "Free Fluids" diet (i.e., any item that is a smooth liquid, with no lumps or pieces), including products classified by the International Dysphagia Diet Standardisation Initiative (IDDSI) framework as being a 'drink' (i.e., thin and thickened fluids)<sup>(18)</sup>, as well as clinician (e.g., dietitian) prescribed ONS and EN. Medical practitioner prescribed fluids, where the intention was for use as an energy source (i.e., IV and PN), were also included. Fluids were categorised according to FSANZ standards<sup>(6, 19, 20)</sup> and TGA criteria<sup>(21)</sup> as described in Table 1. A complete list of manufacturer names and brands for all items analysed is provided in Supporting Information (File S1 – Manufacturer Names). Items were further identified according to major product constituents, including milk, nut/seed, juice, and sugar (i.e., made from predominantly added carbohydrate/sugars) based fluids.

### 2.3 Serving Size (Weight)

Nutritional fluids were available in either single-serve (i.e., tetra pack, EN/PN bag) or multi-serve (e.g., cordial bottle, decanted juice) packages. Items were weighed prior to decanting the fluid and the package weight was subtracted from the gross weight to ascertain net fluid weight (g). If packages contained multiple serves, fluid weight was divided by the number of serves declared on the NIP to provide serving size weight. To assess serving size consistency,

five to six single serve items from within each of the five oral/enteral fluid classifications were weighed (including packaging) and the coefficient of variation (CV) determined.

#### 2.4 Establishing Equivalence Thresholds

The absence of mandated tolerance levels for energy accuracy on food and beverage product labels in Australia necessitated *a priori* consideration of an appropriate equivalence margin. Initially, the United States Food and Drug Administration (USFDA)  $\pm 20\%$  tolerance level was considered<sup>(22)</sup>. However, this threshold was deemed too lenient given the importance of accurate energy prescriptions/intake for hospital patients. As such, a more conservative  $\pm 10\%$  threshold was employed as a “consensus criteria” based on expert opinion of the Food Regulation Policy Advocacy Working Group of Dietitians Australia (personal communication).

#### 2.5 Calorimetry Sample Preparation

Calorimetry sample preparation followed the principles outlined by Hopper et al. (2024)<sup>(15)</sup>. Fluids were first agitated for ~60 seconds, then a sample (~20 g) of each was measured on an analytical balance (Ohaus AX324, Ohaus Corporation) before being poured into a silicone mould. Samples were then dehydrated by oven-drying (LT28 500W 6-layer) at 70°C for 72 hours, or until a constant weight was achieved (n.b., PN – protein component ~120 hours). Dehydrated samples were homogenised using a mortar and pestle. A pellet press (MTB12 Micro-tec, Haarlem, Netherlands) was then used to form ~1 g samples from the homogenised powder. Liquids that initially came in the form of a dry powder (i.e., supplement powders requiring water for consumption) were immediately pelletised. Initially, three pellets were combusted for each fluid using an oxygen bomb calorimeter (DDS CAL3K-S, Digital Data Systems), following the manufacturers calibration (Benzoic acid) and operational instructions<sup>(23)</sup>. Calibration was performed at the beginning of each day and after 15 combustions, or when the ambient temperature changed by greater than 2°C. If within-sample test differences for fluid pellets were  $>0.5$  kJ/g, or if the 90% confidence intervals (90% CI) of the averaged data approached an equivalence margin, up to two additional pellets were combusted.

## 2.6 Gross Energy Calculation

Energy values reported on the NIP and electronic FSS database represent ME <sup>(11)</sup>. This requires conversion to GE to permit comparison against values that are directly measured. Gross energy values of fluids were established using the following calculation:

$$GE_{kJ} = \sum_{W_i \times F_i}^N$$

Where,  $GE_{kJ}$  is the total GE per serve, N is the number of energy-contributing constituents per serve of fluid,  $W_i$  is the weight of each macronutrient per serve of the fluid item, and  $F_i$  represents the GE factors for each energy providing constituent (i.e., fat = 39 kJ/g, protein = 23 kJ/g, and all carbohydrates including fibre = 17 kJ/g <sup>(13, 24, 25)</sup>). Gross energy calculations assumed items contained the reported macronutrients (i.e., fat, protein, carbohydrate) per serve (g) as stated on the NIP (packaged items) or electronic FSS database (local recipes). Total  $E_{kJ}$  was divided by serving size actual weight (g) to provide kJ/g.

## 2.7 Gross Energy Measurement

GE values determined via bomb calorimetry were established using the following calculation:

$$\frac{M_d}{M_w} \times \varepsilon_i = \varepsilon_f$$

Where  $\varepsilon_f$  is the energy density (kJ/g) of the beverage (prior to dehydration),  $M_d$  is the dry mass of the sample,  $M_w$  is the wet (initial) mass of the sample, and  $\varepsilon_i$  is the energy density (kJ/g) of the dry sample (determined by calorimeter combustion).

## 2.8 Statistical Analysis

Data were initially entered into a Microsoft Excel (Microsoft, Office 365™) spreadsheet. The mean % difference (Mean  $\Delta$ ) for measured vs label comparison (i.e., kJ/g) and 90% CI were calculated in the Excel sheet (by imputing appropriate formula functions) for each test fluid to determine equivalence (i.e., the 90% CI fits within the established equivalence margins), and the 95% CI was used to test the null hypothesis (i.e., no statistical difference when the 95% CI crosses zero,  $p > 0.05$ ). When the 90% CI of the Mean  $\Delta$  extended beyond the established equivalence margins (i.e.,  $\pm 10\%$ ) this was interpreted as measured vs label comparisons being non-equivalent, in accordance with Lakens <sup>(16)</sup>. Equivalence plot figures were produced using RStudio™ <sup>(26)</sup>, with the 'ggplot2' package <sup>(27)</sup>.

### 3. RESULTS

#### 3.1 Serving Size (Weight) Consistency

In total, 130 samples were assessed for serving size consistency (i.e., five serves each from five to six items within each oral/enteral fluid classification). Overall, the CV ranged from 3.4% (local recipes) to 0.3% (prescribed nutrition fluids – ONS/EN) as per Table 2. A comprehensive list of weight variation for all items analysed is provided in Supporting Information (File S2 – Serving Size Consistency).

#### 3.2 Gross Energy – Reported vs Measured

GE was measured for 73 fluids. Samples consisted of 62 commercially manufactured items displaying a NIP, and 11 locally produced recipes for which nutrition information was derived from an electronic FSS database. Four items were excluded due to containing sugar alcohols (erythritol, n=2) and fatty acids (n=2). Accurate GE comparisons for these products could not be attained due to manufacturers not listing sugar alcohol amounts on their NIP, and inability to successfully dehydrate products containing fatty acids. A summary of included fluids (n=69) and classifications outlining statistical equivalence ( $\pm 10\%$ ) is provided in Table 3. A detailed list of results for all individual products is provided in Supporting Information (File S3 – Results Table).

When compared to the  $\pm 10\%$  equivalence margin, 80% (n=55) of fluids demonstrated statistical equivalence. Of the 14 products whose energy content was deemed *non-equivalent* to the NIP, most (n=11; 79%) contained fewer kilojoules than that calculated from manufacturers reports.

##### 3.2.1 Food and Medical Nutrition Classifications

Local recipes were the least equivalent nutritional fluid classification (n=2; 18%). Supplementary fluids (n=4; 80%), pre-packaged general fluids (n=15; 84%) and prescribed thickened fluids (n=7; 88%) all had equivalence outcomes over four times greater. Prescribed ONS/EN (n=20; 100%) and prescribed IV/PN (n=7; 100%) all contained calories considered equivalent to that calculated from manufacturers reports. Equivalence plots relevant to each fluid classification are displayed in Figure 1.

##### 3.2.2 Product Constituents – Milk/Juice/Nut/Seed/Sugar-based

Milk-based samples most often met the equivalence criteria (n=38; 90%), whereas all other items (i.e., juice/nut/seed/sugar-based) exhibited equivalence in only 50% of cases.



#### 4. DISCUSSION

This study quantified the energy content of different nutritional fluids available at a major tertiary hospital, comparing values derived directly via bomb calorimetry against those determined from manufacturers' reported values. Non-equivalence between reported and measured calorie values was identified for items across most fluid categories (except for prescribed ONS/EN and IV/PN) but was more common in non-prescribed fluids (e.g., locally prepared recipes). Results suggest that a direct measure of energy may be required for some hospital fluid categories to ensure accurate calorie provision for vulnerable patients.

The current analysis indicated that one fifth of nutritional fluid products provided to patients at a large tertiary hospital exhibited non-equivalent energy values (i.e., 90% CI crossed the  $\pm 10\%$  threshold). Previous research suggests that reported energy content of foods and beverages can differ from directly measured values by up to 85%<sup>(14, 28-31)</sup>. Greater magnitude of difference tends to occur when items are locally produced (i.e., restaurant, take away kitchen, or café) compared to those generated on a larger national and commercial scale<sup>(14, 29, 30, 32)</sup>. Local recipes can be prone to larger differences due to increased instances of human error (e.g., inaccurate recipe formulation)<sup>(29, 30, 32)</sup>. However, evidence suggests that large scale pre-packaged food producers still often underestimate reported energy despite improved processes and efforts for standardization<sup>(14, 33)</sup>. The current study indicates that approximately 80% of all non-equivalent outcomes comprised energy levels under the reported value, whereby locally produced recipes did in fact exhibit the greatest energy variation. Conversely, pre-packaged prescribed nutrition fluids (ONS/EN) and medical nutrition fluids (IV/PN) displayed the most accurate energy values, with all items demonstrating statistical equivalence.

Fluids governed by a food/medical standard and requiring clinician prescription (i.e., FSANZ Standard 2.9.5<sup>(20)</sup> and TGA Order No. 91<sup>(21)</sup>) were typically more accurate (i.e., statistically equivalent) than those not meeting these criteria (i.e., FSANZ Standard 1.2.8<sup>(6)</sup> and 2.9.3<sup>(19)</sup>). Accuracy was greater for prescribed nutrition fluids (i.e., ONS/EN) where product consistency was regulated (e.g., milk-based). In Australia, milk composition is governed by FSANZ (Standard 2.5.1<sup>(34)</sup>), which permits manufacturers to add or withdraw milk

components (such as fat) to standardise milk composition as a means of producing nutritionally consistent products. In contrast, juice and nut/seed beverages are regulated according to a different standard (i.e., FSANZ Standard 2.6.1<sup>(35)</sup>) with less emphasis on product consistency. As such, fruit and nut/seed-based items assessed in this study were least likely to demonstrate equivalence, typically containing less energy than reported. Fruit and nut energy levels can vary based on season<sup>(36)</sup>, ripening<sup>(37-39)</sup>, climate<sup>(40)</sup> and maturity<sup>(41)</sup>. With a lack of nutrient and energy regularity in unformulated raw produce, these fluids may be prone to higher levels of energy variation and inaccuracy.

Despite being categorised as a prescribed nutrition fluid, thickened fluids demonstrated a slightly lower likelihood of equivalence (88%) compared to ONS/EN and IV/PN products (100%). Thickening agents listed as ingredients (e.g., guar and tara gums) contain organic compounds such as acetic and pyruvic acid, which have unique FSANZ GE factors (i.e., 13 kJ/g<sup>(11)</sup>). It is unclear how much these compounds impact reported ME values, as amounts (g) for these are not specified on the NIP. Energy values were unable to be accounted for with these compounds when calculating GE. Further research determining the impact of thickening agents on reported energy provision is required.

#### 4.1 Clinical Implications and Suitability of Current Standards

While some food and medical nutrition labelling standards may facilitate accurate energy provision of hospital nutrition fluids, others may not. A lack of defined thresholds for food and beverage energy reporting may ultimately lead to inaccurate determination of energy provision to patients in Australian hospitals. As the majority of non-equivalent fluids tested in this study contained less energy than reported on the product's NIP, the inadequate dietary provision (and intakes) of hospitalised patients previously reported within our facility<sup>(42)</sup> may have been underestimated. Possibly more apparent among patients whose intakes consist largely of locally prepared recipes and pre-packaged fluids that are juice or nut/seed-based. This can potentially lead to clinically meaningful variances in energy intake, examples of which have been demonstrated in a previous study whereby a ~12% reduction in the total calorie provision/day was observed when the non-equivalent measured energy value replaced NIP-derived ME values<sup>(43)</sup>. Mandating energy accuracy thresholds may present an

opportunity to ensure all food and beverage items (not just prescription-based fluids) provide accurate nutrition label information. Although generous, the USFDA has a threshold for allowable energy variation of  $\pm 20\%$  <sup>(22)</sup>. The mere presence of this mandatory regulation may facilitate hospitals' and clinicians' ability to provide sufficient nutrition to meet patient energy needs. This could be a consideration for other countries, however, associated implications such as manufacturer costs <sup>(13)</sup> and willingness to undertake additional product testing remain relatively unexplored. Establishing thresholds and the impact of associated changes is likely to require further industry and stakeholder consideration. Ultimately, hospitals could achieve improved energy accuracy if menu items supplied under foodservice contracts were mandated to undergo independent testing for direct determination of calorie content.

#### 4.2 Reported Energy Values – Additional Sources of Error

FSANZ indicates reported energy values for food/fluids to be estimated either by a summation of the ME contained within each macronutrient, or obtained from a comparable item listed in the AFCD <sup>(11)</sup>. However, macronutrient and total energy values can vary based on the methods used to quantify the composition of the food/fluid <sup>(44)</sup>, or constraints associated with the scope of products included within publicly available nutrition databases <sup>(45)</sup>. Previous research suggests energy underestimation is prominent in nutrition databases <sup>(31, 46)</sup>. Foods and beverages listed in databases often display energy and macronutrient values based on averages taken from multiple samples (i.e., different brands), whereby individual values for each sample may differ. Without a direct measure of energy content, reported values, either via calculation or food databases, may misrepresent the actual energy contained within a food/beverage item.

Energy provision may also be influenced by variability in serving size, whereby serving size variation (CV) in the present study ranged from 0.3% (prescribed nutrition fluids – ONS/EN) to 3.4% (local recipes). Research indicates local recipes (i.e., restaurant meals and takeaway items) are likely to have weight discrepancies <sup>(29, 30, 32, 46, 47)</sup> compared to pre-packaged items <sup>(48)</sup>. Reduced variation within packaged fluids implies patients are likely to be provided with correct portions and nutritional values for these products. Improved weight consistency (and

energy accuracy) may be achieved if hospital menus primarily consist of pre-packaged items rather than locally produced/decanted products. However, this may have financial and environmental implications that hospitals should consider.

#### 4.3 Gross Energy Measurement – Challenges

Due to the scope of this investigation, outcomes were only measured for one item relevant to each hospital nutrition fluid analysed. As such, factors such as seasonal variation, batch production variability, and manufacturing location differences were not examined. Combustion of erythritol (sugar alcohol) containing products also exhibited considerable energy variation (i.e., reported vs measured = +19%). While dietary erythritol has a GE content of 17.2 kJ/g<sup>(49)</sup>, the ME value has been estimated to be less than 1.7 kJ/g<sup>(50)</sup>. The label value assigned by FSANZ is 1 kJ/g<sup>(11)</sup> (i.e., ~95% less than sugar and other carbohydrates). Accurate energy comparison for these products could not be attained because manufacturers did not list amounts of these compounds on their NIP.

Inability to fully dehydrate fatty acids successfully has been documented when undertaking lyophilization, relating to structural membrane properties causing increased integrity and resistance to freezing<sup>(51-54)</sup>. This may also occur with oven-drying, with outcomes from this study indicating fluids containing fatty acids (e.g., mixed PN) were unable to be dehydrated (and combusted) completely, even after five days dehydration. Label comparison results for these samples were therefore considered inaccurate. As a result, protein and carbohydrate PN chambers were dehydrated and analysed separately for this study. Further research is required to assess the impact of successfully dehydrating fatty acids for bomb calorimetry.

#### 4.4 Conclusion

Current food labeling requirements in many countries, including Australia, provide limited imperative (i.e., mandatory thresholds) for food manufacturers to ensure accurate energy values are represented on NIPs. This study determined that the reported energy value of nutritional fluids provided in hospital can at times be non-equivalent (and lower) than the actual measured value. This is especially relevant for non-prescribed fluids, such as locally prepared recipes, and fluids consisting of predominantly raw produce (such as fruit, nuts and seed additives). Fewer inaccuracies were evident among nutrition fluids governed by a food

or medical standard dictating clinical prescription and/or product formulation. The direct measurement of energy density of locally prepared hospital nutritional fluids is recommended to ensure appropriate energy provision to patients.

## **ACKNOWLEDGMENTS**

This work was supported by a PhD scholarship from Griffith University.

## **FUNDING**

This research received no external funding.

## **CONFLICT OF INTEREST**

The authors have no conflicts of interest.

## **AUTHOR CONTRIBUTIONS**

**ZH:** Conceptualisation, Methodology, Formal analysis, Investigation, Writing – Original draft preparation, Writing – Review and editing. **CI:** Conceptualisation, Methodology, Data Curation, Writing – Review and editing, Supervision. **BD:** Conceptualisation, Methodology, Resources, Writing – Review and editing, Supervision. **SR:** Conceptualisation, Methodology, Writing – Review and editing, Supervision.

## **TRANSPARENCY DECLARATION**

The authors affirm that this manuscript is an honest, accurate, and transparent account of the study being reported. No important aspects of the study have been omitted and any discrepancies from the study as planned have been described.

## **SUPPORTING INFORMATION**

File S1 – Manufacturer Names

File S2 – Serving Size Consistency

File S3 – Results Table

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**Table 1.** Food and medical nutrition classifications of nutritional fluids using FSANZ and TGA criteria

<b>Fluid classification</b>	<b>Food/medical standard</b>	<b>Product/label specifications</b>	<b>Examples</b>
1. Local Recipe	FSANZ Standard 1.2.8 – Nutrition information requirements <sup>(6)</sup> .	Average energy (kJ) content.	Locally decanted/prepared juice, cordial, soup, custard, jelly etc.
2. Pre-packaged General Fluids	FSANZ Standard 1.2.8 – Nutrition information requirements <sup>(6)</sup> .	Average energy (kJ) content.	Pre-packaged beverages (milk, juice, soft drink, custard, yoghurt etc.) as available in supermarkets.
3. Supplementary Fluids	FSANZ Standard 2.9.3 – Formulated meal replacements & supplementary food <sup>(19)</sup> .	FMR: $\geq 850$ kJ/serve. SF: $\geq 550$ kJ/serve.	Supermarket-based a) meal replacements and b) supplementary foods.
4. Prescribed Nutrition Fluids – Thickened	FSANZ Standard 2.9.5 – Foods for special medical purposes <sup>(20)</sup> .	Prescribed only by Medical Practitioner or Speech Pathologist.  Minimum or average energy (kJ) content.	Thickened fluids prescribed for dysphagia.
5. Prescribed Nutrition Fluids – ONS/EN	FSANZ Standard 2.9.5 – Foods for special medical purposes <sup>(20)</sup> .	Prescribed only by Medical Practitioner or Dietitian. Minimum or average energy (kJ) content.	Oral nutrition supplements, enteral nutrition.
6. Prescribed Medical Nutrition – IV/PN	TGA Order No. 91 – Standard for labels of prescription and related medicines <sup>(21)</sup> .	Prescribed only by Medical Practitioner and intended for use as an energy source. Energy (kJ) equivalent of the stated volume.	Parenteral nutrition, intravenous fluids.

FSANZ = Food Standards Australia New Zealand

EN = Enteral Nutrition

FMR = Formulated Meal Replacement

IV = Intravenous

SF = Supplementary Food

PN = Parenteral Nutrition

ONS = Oral Nutrition Supplements

TGA = Therapeutic Goods Administration

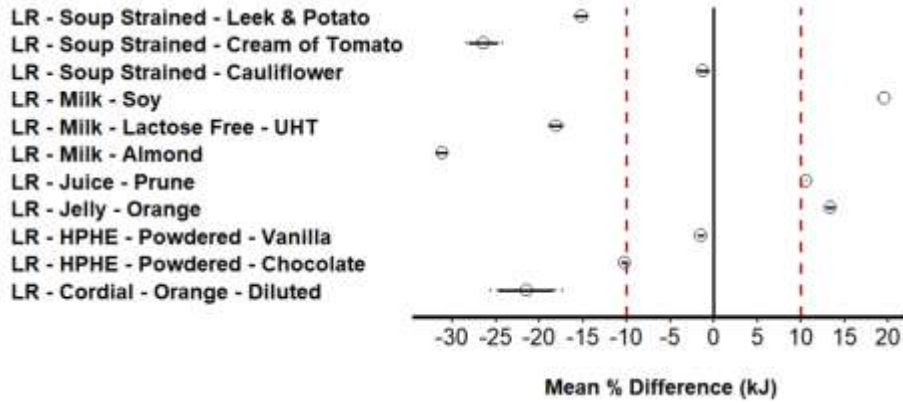
**Table 2.** Serving size consistency summary

<b>Fluid classification</b>	<b><i>n</i></b>	<b>CV (%)</b>
Local Recipes	25	3.4
Pre-packaged General Fluids	25	0.6
Supplementary Fluids	25	0.6
Prescribed Nutrition Fluids – Thickened	25	0.8
Prescribed Nutrition Fluids – ONS/EN	30	0.3

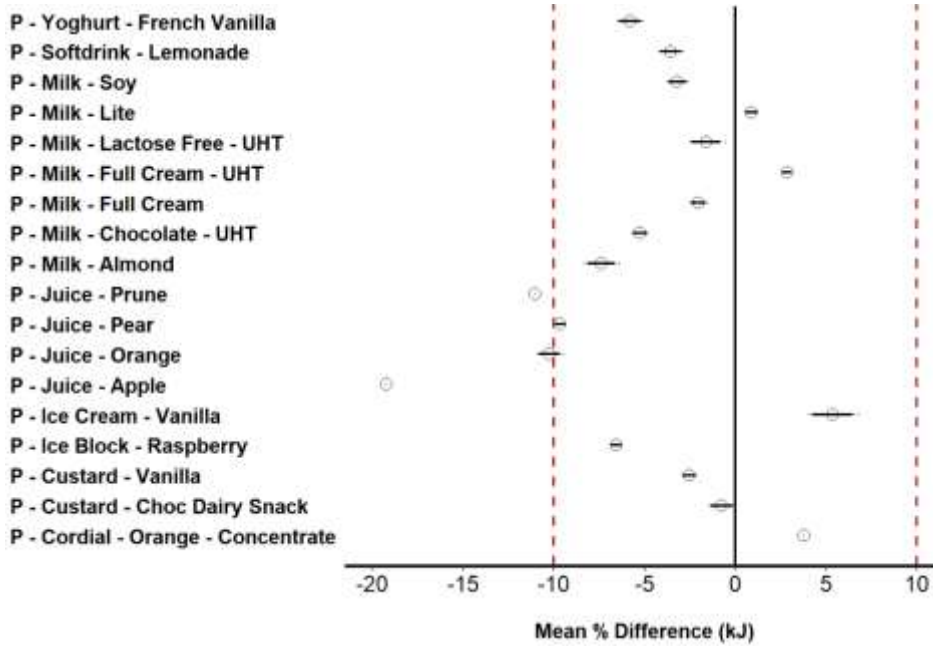
**Table 3.** Reported vs measured energy accuracy of nutritional fluid categories

Fluid classification	<i>n</i>	Number of items demonstrating statistical equivalence ( $\pm 10\%$ )
		<i>n</i> (%)
All Included Items	69	55 (80%)
1. Local Recipes	11	2 (18%)
2. Pre-packaged General Fluids	18	15 (84%)
3. Supplementary Fluids	5	4 (80%)
4. Prescribed Nutrition Fluids – Thickened	8	7 (88%)
5. Prescribed Nutrition Fluids – ONS and EN	20	20 (100%)
6. Prescribed Medical Nutrition – IV and PN	7	7 (100%)
Product Constituents:		
Milk-based	42	38 (90%)
Juice-based	12	6 (50%)
Nut/seed-based	4	2 (50%)
Sugar-based	4	2 (50%)

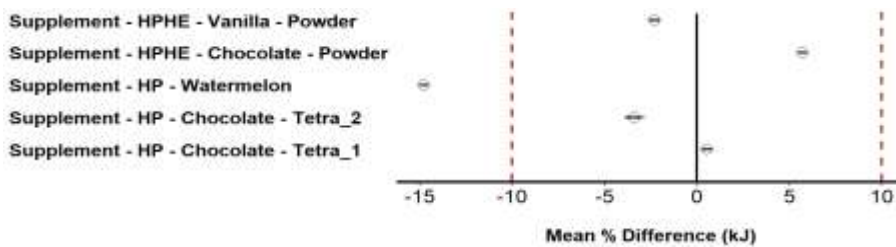
### A Local Recipes



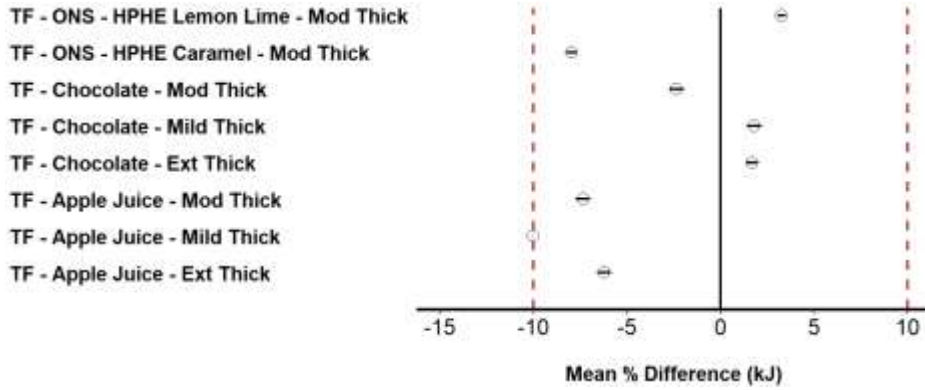
### B Pre-packaged General Fluids



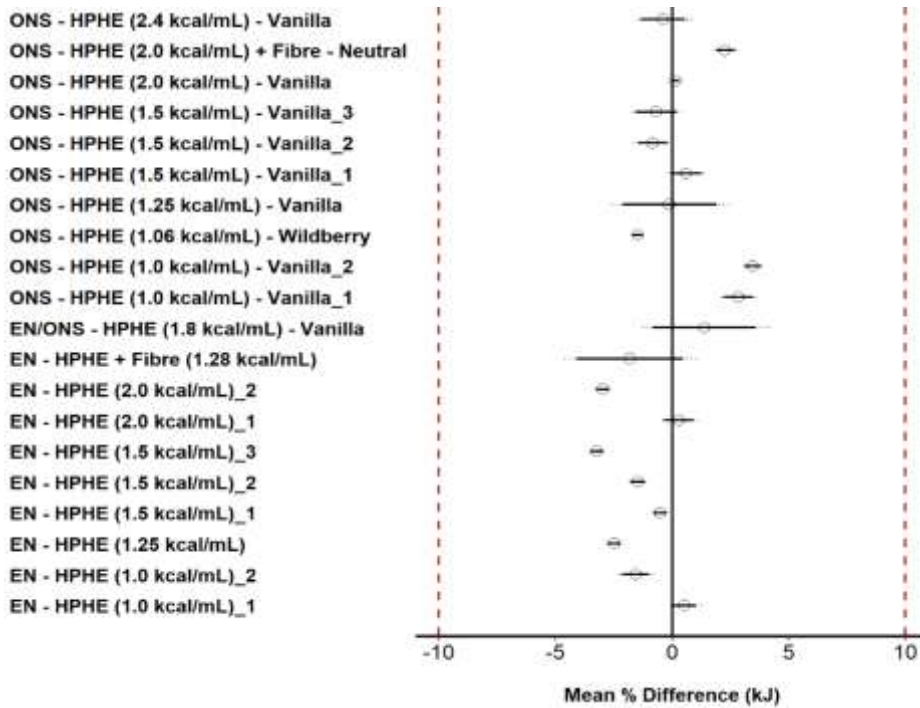
### C Supplementary Fluids



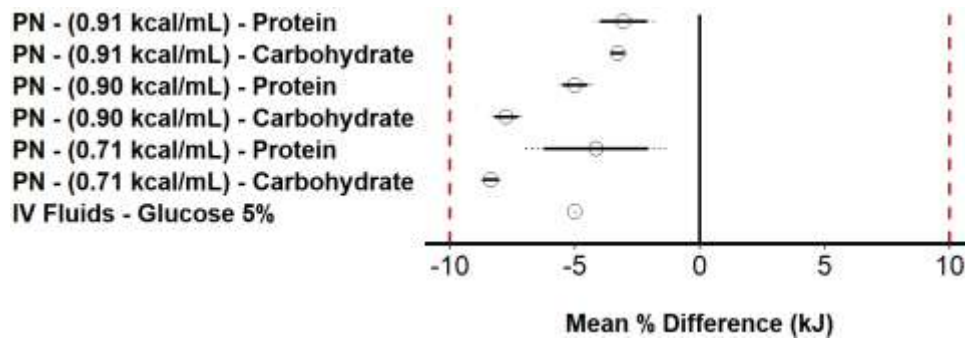
**D Prescribed Nutrition Fluids – Thickened**



**E Prescribed Nutrition Fluids – Oral Nutrition Supplements (ONS) and Enteral Nutrition (EN)**



**F Prescribed Medical Nutrition – Intravenous (IV) and Parenteral Nutrition (PN)**



**Fig. 1** Local Recipes (A), Pre-packaged General Fluids (B), Supplementary Fluids (C), Prescribed Nutrition Fluids – Thickened (D), Prescribed Nutrition Fluids – ONS and EN (E) and Prescribed Medical Nutrition – IV and PN (F) directly measured (bomb calorimetry) vs food label energy comparison (Mean  $\Delta$  (centre), 90% CI (thick error bars) and 95% CI (dashed thin error bars)). All measured values (mean  $\pm$  90% CI) are normalised to the energy value reported from manufacturers specifications using the nutrition information panel (0).