



Carewell's Guide to Nutrition & Feeding

This guide addresses several common nutrition & feeding challenges, like getting enough calories or protein, chewing and swallowing difficulties, tube feeding, proper hydration, and more.



Adequate calorie intake

Getting the right amount of daily calories helps maintain a healthy weight and keeps other bodily systems functioning well. Try these high-calorie products if you or a loved one struggle with low appetite, eating or chewing difficulties, or are recovering from a surgery.

We consider any product with 350+ calories per serving to be high-calorie.



Kate Farms
Chocolate Nutrition Shake



Shop Now

Boost
Very High Calorie Shake



Shop Now

Ensure Plus
Nutrition Shake



Shop Now



Carewell Tip

Blend any of these shakes into a smoothie for even more added nutrition.

Shop High-Calorie on Carewell.com



Chewing & swallowing difficulties

If you or a loved one struggle to chew and swallow foods or liquids, options like pureed meals and thickened beverages are a great way to make mealtimes easier.



Thick-It
Food & Drink Thickener



[Shop Now](#)

Hear it from a Caregiver

"This is a wonderful product. [I add] it to my mother's drinks throughout the day to keep her hydrated. Without it, she struggles with choking on liquids."

- Gloria G.



Thick & Easy

Roasted Chicken with Potatoes & Carrots



[Shop Now](#)

Thick-It

Hydrolyte Thickened Water
Nectar Consistency



[Shop Now](#)

Thick & Easy

Thickened Drink
Nectar Consistency



[Shop Now](#)

Shop Thickened Foods & Drinks on Carewell.com



Tube-feeding friendly

Those who require tube feeding often have increased calorie and protein requirements. These products offer complete nutrition profiles and can be used for bolus, gravity, or pump feeding.



Hear it from a Caregiver

"Switching to this simple, whole food formula that's allergen-free is the best thing we've ever done. My son has so many allergies but his body is doing great on this formula"

- Norma A.

Real Food Blends Pureed Food Blends Tube Feeding Formula



[Shop Now](#)



Kate Farms Peptide 1.5 Sole-Source Nutrition Formula



[Shop Now](#)

Osmolite 1.5 Cal Tube Feeding Formula



[Shop Now](#)

Jevity 1.5 Cal Tube Feeding Formula



[Shop Now](#)

Shop Tube Feeding on Carewell.com



High protein intake

Protein is essential for maintaining muscle mass and strength. If your loved one struggles to chew or swallow or has a low appetite, protein-rich foods like red meat may be challenging to eat. Many family caregivers turn to protein shakes and pre-prepared meals to supplement their loved one's protein intake.



Carnation

Breakfast Essentials
Powder Packets



Shop Now

Nestle

HealthScience Beneprotein
Instant Protein Powder



Shop Now



Carewell Tip

Try mixing this into
oatmeal if you need a
break from smoothies.

Orgain

Organic Plant Based
Protein Powder



Shop Now

Shop Protein on Carewell.com



Hydration & electrolytes

Electrolytes are essential minerals that help restore your body's day to day functions, like optimal nerve and muscle function, balancing blood acidity, and hydration. Family caregivers often opt for electrolyte enhanced beverages to keep their loved ones hydrated, especially if their overall fluid intake is low.

Liquid I.V.

Hydration Multiplier Electrolyte Drink Mix



[Shop Now](#)

Pedialyte

Electrolyte Drink



[Shop Now](#)

Sqwincher

Zero Qwik Stik Electrolyte Drink Mix



[Shop Now](#)



Dehydration symptoms in older adults

Pay attention to signs like chapped lips, infrequent urination, dry mouth, fatigue, and lightheadedness.



[Shop Electrolytes on Carewell.com](#)



Organic nutrition shakes & snacks

With high-quality, better-for-you ingredients, organic shakes, snacks, and meals are a great option for delivering optimal nutrition. Stock your kitchen pantry with easy-to-digest shakes, tube-feeding friendly formulas, and healthful snacks for in between meal times.

Shakes



Kate Farms
Chocolate Nutrition Shake



[Shop Now](#)

Orgain Organic
Sweet Vanilla Bean
Nutritional Shake



[Shop Now](#)

Hear it from a Caregiver

"This is the best-tasting product we have tried. It's the only shake my father will drink. I even drink them if I don't have time to eat or energy to cook."

-Mark F

Snacks & Meals

Pacific Natural Foods
Bone Broth



[Shop Now](#)



Carewell Tip

Great for sipping on by itself or using for soups or sauces.

Annie's

Organic Cheddar Snack Mix



[Shop Now](#)

Bob's Red Mill

Organic Fruit & Seed
Oatmeal Cup



[Shop Now](#)

Shop Organic on Carewell.com



Addressing nutrient gaps with vitamins & supplements

Vitamins & supplements help to fill gaps in our modern diets, ensuring that your body is getting all of the vital nutrients needed to support healthy systems. The type of vitamins you need can vary depending on your gender, diet, your lifestyle. You can shop different need-states on Carewell.com, like herbal supplements, immune support, joint support, mood, prenatal, and more.



Ollly
Men's Multivitamin



Shop Now

Ollly
Women's Multivitamin



Shop Now

Osteo Bi-Flex
Joint Health Triple
Strength with Turmeric



Shop Now



Nature's Bounty
Calcium & Vitamin D3



Shop Now



Prevagen
Brain Health Supplement



Shop Now

Shop Vitamins & Supplements on Carewell.com



Supplies to make mealtimes easier

Spillproof drinking cups, bibs, and weighted utensils are great to have on hand in your kitchen to help prevent spills and stains from food. You can also shop a variety of enteral feeding supplies to support tube feeding systems.

Kennedy
Spillproof Cup



[Shop Now](#)

Beck's
Classic Snap Closure
Reusable Bib



[Shop Now](#)

Alimed
Weighted Handle Fork



[Shop Now](#)



Carewell Tip

The ENFit secure connection on the Bolink Large Cap helps keep enteral feeding bags and tubes connected, even if part of the system is squeezed.

U Deliver Medical
Bolink Large Cap with ENFit Connector



[Shop Now](#)

Shop Feeding Supplies on Carewell.com



More resources

If you need more in-depth information, check out some of our nutrition & feeding educational resources.

A Guide to Organic Nutrition at Carewell



[Read More](#)

Buying Guide: Specialty Nutrition Products & Beverages



[Read More](#)

The 5 Best High-Calorie Nutrition Shakes & Meals on Carewell



[Read More](#)

Shopping Guide: Carewell's 5 Best Protein Shakes & Meals



[Read More](#)

No question is too big or too small for our Customer Care team. If you need help choosing the right nutrition shakes, purees, or meals...or just need to talk to someone who gets it, give us a call.

We're here for you 24/7 • 800-696-2273

Shop Nutrition & Feeding on Carewell.com