

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

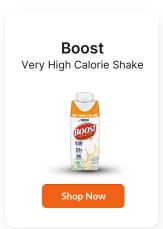


Adequate calorie intake

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.











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.

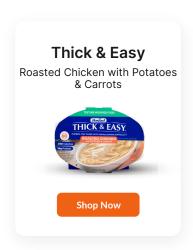


Hear it from a Caregiver

"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.











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



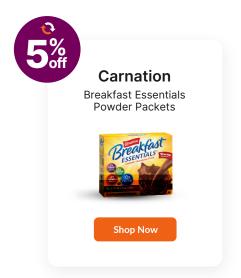






High protein intake

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.









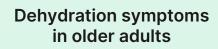


Electrolytes are essential minerals that help restore your body's day to day functions, like optimal nerve and muscle function, balancing blood acidity, and hydration. Family caregivers often opt for electrolyte enhanced beverages to keep their loved ones hydrated, especially if their overall fluid intake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









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

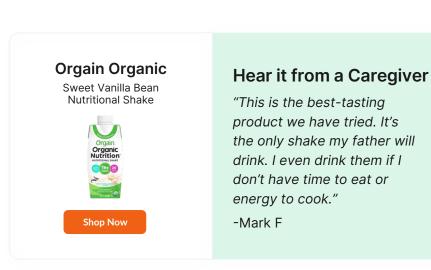




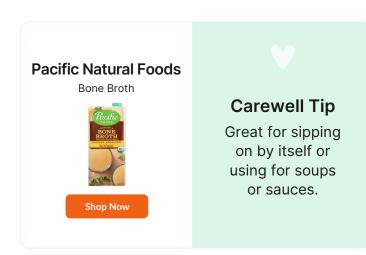
Organic nutrition shakes & snacks

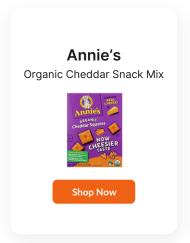
With high-quality, better-for-you ingredients, organic shakes, snacks, and meals are a great option for delivering optimal nutrition. Stock your kitchen pantry with easy-to-digest shakes, tube-feeding friendly formulas, and healthful snacks for in between meal times.





Snacks & Meals









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.

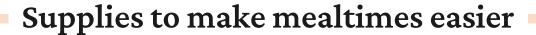






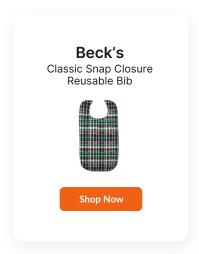


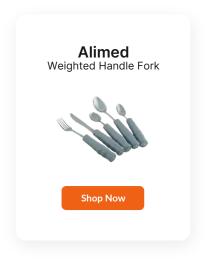




Spillproof drinking cups, bibs, and weighted utensils are great to have on hand in your kitchen to help prevent spills and stains from food. You can also shop a variety of enteral feeding supplies to support tube feeding systems.







Carewell Tip

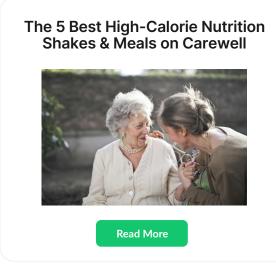
The ENFit secure connection on the Bolink Large Cap helps keep enteral feeding bags and tubes connected, even if part of the system is squeezed.

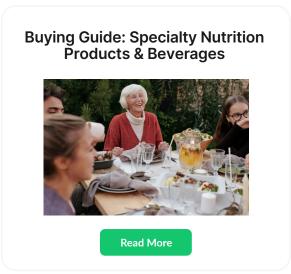


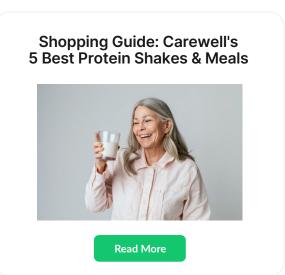


If you need more in-depth information, check out some of our nutrition & feeding educational resources.









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