

FORTISIP PLANTBASED IN A VEGAN PATIENT WITH CROHN'S DISEASE

A South Island Tertiary Hospital, New Zealand.

PATIENT BACKGROUND

Lily is a 16-year-old female, raised in a family which has followed a vegan, gluten-free diet since before her birth. She was diagnosed with Crohn's Disease in 2021 and experienced a flare up of symptoms in 2024. To manage her condition, Lily previously underwent a period of Exclusive Enteral Nutrition (EEN) and has also implemented a modified version of the Crohn's Disease Exclusion Diet (CDED) adapted to accommodate her family's dietary preferences, among other medical management strategies.

Lily was breastfed until age 3, at which point she transitioned to soy and rice milk. These milk alternatives aligned with her family's vegan dietary preferences and values. Lily's family wanted to avoid giving her lactose-containing products as other family members had experienced intolerances, so these milk choices accommodated this preference too. Lily is also allergic to three varieties of tree nuts.

Lily's elevated faecal calprotectin levels improved between February and October of 2024, however she was still experiencing some Crohn's symptoms. She was particularly concerned about noticing occasional blood in her stools, nausea (worsened after long periods without eating) and generally feeling unwell. These symptoms worsened when her school exams were approaching, coinciding with her gradual weight loss throughout the year. Lily was struggling to consume the recommended amount of Fortisip she had been prescribed previously (3-4 x 200 ml serves daily, in addition to her food intake) alongside her modified CDED diet. She was experiencing flavour fatigue with her standard Fortisip liquid and was dissatisfied by the fact it didn't fit with her vegan diet and contained traces of lactose. She learned Fortisip PlantBased contains no detectable lactose and was Vegan. Lily was eager to try switching to this product instead of standard Fortisip.

NUTRITIONAL ASSESSMENT

Biochemistry: Lily's elevated faecal calprotectin levels improved between February and October 2024, from 829 ug/g (high) to 39 ug/g (within reference range), however she continued to experience symptoms of Crohn's including nausea and occasional blood in her stools.

Diet: Daily nutritional requirements were estimated as **2,395 kcal, 45-59 g protein and 1,770-2,360 ml fluid**.

Despite these dietary requirements, Lily's diet recall indicated she was only obtaining around 1,500 kcal/day. Between February and October of 2024, Lily experienced significant weight loss, totaling 8.5% of her bodyweight. At the time of

introducing Fortisip PlantBased, her BMI was only 19.7 kg/m².

To help Lily meet her nutritional requirements, three serves (3 x 200ml bottles) of Fortisip PlantBased (300 kcal each) were added to her daily diet, with the PlantBased product range allowing her to obtain the energy she needed while adhering to her and her family's dietary preferences.

After two months of incorporating Fortisip PlantBased into her diet, Lily's weight (and BMI) had stabilised with no further weight loss

NUTRITIONAL INTERVENTION AND RATIONALE

Lily needed to supplement her diet to allow her to meet her nutritional requirements, but finding an option which aligned with her vegan dietary preferences was important to her. She was eager to try the Fortisip PlantBased range, with two flavours (Mango Passionfruit and Mocha) to choose from to prevent flavour fatigue. She hoped the flavour options and vegan formula would help her adhere to her recommended 3-4 serves per day, which she had previously struggled to maintain when using standard Fortisip.

The bottle format also appealed to Lily as it was convenient and portable, making it easy to take to school. Her mother occasionally used the product in baking, also finding the bottle easy to recap and store in the fridge for Lily to consume later in the day.

The alignment of Fortisip PlantBased with Lily's nutritional needs and dietary preferences, and the ease of use for her lifestyle made it a natural choice to help increase her energy and protein intake and manage her symptoms.

RESULTS

Symptom Management: Lily felt less nauseous using Fortisip PlantBased, and her ongoing weight loss stopped after integrating it into her daily diet. Her weight stabilised while using Fortisip PlantBased, likely due to her improved adherence to her prescribed 3-4 servings per day, which she'd struggled to achieve when using standard Fortisip. This greatly helped her meet her nutritional requirements.

Patient Feedback: Lily "loved" the Fortisip PlantBased range, feeling less nauseous than she did when using standard Fortisip and finding it felt "lighter" in her stomach. She couldn't decide which was her favourite of the flavour options, noting they were very different from each other, which helped prevent flavour fatigue. She also enjoyed adding Fortisip PlantBased to smoothies and wished she could continue using the range instead of returning to standard Fortisip.

DISCUSSION

Lily was significantly more satisfied with supplement drinks while using Fortisip PlantBased, and her adherence to her prescribed intake improved hugely as a result. The flavour options appealed to Lily, further improving her willingness to maintain her 3-4 daily serves, and preventing flavour fatigue. Fortisip PlantBased helped Lily avoid further weight loss, more effectively managed her symptoms including nausea, and assisted in ensuring she met her overall nutritional requirements. It also aligned with the dietary preferences and values of Lily and her family, being both Vegan and containing no detectable lactose, meaning Lily and her family were far more satisfied with the product and the need to integrate it into her routine multiple times per day.

PRODUCT INFORMATION



Suitable as a sole source of nutrition



Can be given orally or via tube feeding



Energy Dense: 300kcal/bottle (1.5kcal/ml) to increase energy intake and help improve body weight.¹



Suitable for vegan or plant-based diets



High Compliance: 94% compliance among patients using Fortisip PlantBased over a 4-week intervention.²



Two delicious flavour choices: Mango Passionfruit or Mocha to suit patient preferences and tastes. **User-friendly bottle:** Resealable, easy to open cap.



12 g protein per bottle, from soy and pea protein sources.

References:

1. Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. Cochrane Database Syst Rev. 2009; 2.
2. Nutricia UK ACBS trial, data on file 2022.

Fortisip PlantBased is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and must be used under medical supervision. The patient's name in this case study has been changed to a fictitious name to protect their identity.

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Date of publication: Aug 2025

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PlantBased