

EDITION 4

Dear Wing,**Welcome to Edition #4 of the Clinical Insights Newsletter!**

This issue consolidates leading evidence and expert perspectives across a broad spectrum of clinical nutrition practice.

This includes the new ASPEN nutrition guidelines for adults with head and neck cancer, a Cochrane review comparing oral nutritional interventions for hospitalised older adults at nutritional risk in addition to supportive care considerations for people using GLP-1 therapies.

We further highlight major takeaways from the ESPEN 2025 Conference, with a focus on malnutrition and emerging real-food nutrition strategies. Rounding out the edition, we feature key webinars from leading experts in paediatric education, focusing on informed nutritional choices for infants with cow's milk protein allergy. We hope these insights offer meaningful support as you continue to deliver informed, evidence-based care for your patients.

ONCOLOGY**Guidelines for nutrition in adults with head and neck cancer: The American Society for Parenteral and Enteral Nutrition**

In these nutrition guidelines by Kiss N et al. 2026, it emphasises the importance of early nutrition support and regular dietitian involvement to prevent malnutrition in adults with head and neck cancer.

[READ MORE](#)**MALNUTRITION****Cochrane Review: Oral nutritional interventions in hospitalised older people at nutritional risk: a network meta-analysis of individual participant data**

In this study by Kresswetter E. et al. 2026, a network meta-analysis compared oral nutrition interventions that most effectively improve outcomes in malnourished hospitalised older adults.

[READ MORE](#)**METABOLIC HEALTH****Nutritional and lifestyle supportive care recommendations for management of obesity with GLP-1 - based therapies: An expert consensus statement**

This publication provides 52 consensus recommendations by an expert panel on nutrition and lifestyle support for people using GLP-1-based obesity therapies, addressing weight management, body composition, and common GI symptoms.

[READ MORE](#)**MALNUTRITION****Highlights from ESPEN 2025 Conference**

Listen in on the exclusive Meet the Expert sessions from the ESPEN 2025 Conference

Addressing Protein-Energy Malnutrition in Older Adults: Evidence-Based Management Strategies

Presenter: Prof. Alfonso Cruz-Jentoft

Nourishing Health: The Power of Real-Food Nutrition in Transforming Patient Care

Presenter: Dr. Michael Sels

[Watch now](#)**PAEDIATRIC NUTRITION**

Hear from experts that presented on behalf of Nestlé Health Science at the 2025 European Society for Pediatric Gastroenterology Hepatology and Nutrition (ESPGHAN) Conference. This Symposium explores key considerations for making informed choices in the nutritional management of infants with **Cow's Milk Allergy (CMA)**.

The symposium review article

[Read more](#)

Symposium Recording: Making Informed Choices for the Nutritional Management of Infants with CMA

[Watch now](#)**PAEDIATRIC NUTRITION**

Join Paediatric Gastroenterologist and Allergist, Dr Ralf Heine, for an insightful session exploring the emerging benefits of Human Milk Oligosaccharides (HMOs) and Lactose in formula-fed infants with Cow's Milk Protein Allergy (CMPA).

This two-part webinar will highlight how these components support immune system development in a compromised population, offering a deeper understanding of their role in allergy management.

The Effect of human milk oligosaccharides and lactose on the gut microbiome in infants with cow's milk allergy

[Watch now](#)

From Symptoms to Solutions: Optimising Care for Infants with suspected cow's milk allergy

[Explore now](#)

For more information about our products, be sure to sign up to the **Nestlé Health Science product catalogue on NConnect!**

It's your go-to resource for all things nutrition, packed with detailed product info and smart filtering options to help you find the perfect fit for your patient's needs - faster and easier than ever. Log in to NConnect and start exploring today!

[Explore now](#)**We hope you enjoy Edition #4.**

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Sincerely,

The Medical Affairs Team

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BREASTFEEDING IS BEST FOR BABIES.
Breast milk is best for baby and provides ideal nutrition. Good maternal nutrition is important for preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed. Mothers should be encouraged to continue breastfeeding even when their infants have cow's milk protein allergy. If a decision to use an infant formula for special dietary use is taken, it must be used under medical supervision.



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