



Clinical Nutrition INSIGHTS

BY NESTLÉ HEALTH SCIENCE

EDITION 3

Dear Healthcare Professional,

Welcome to Edition #3 of Clinical Nutrition Insights!

This issue highlights emerging research and global perspectives across key areas of clinical nutrition. Explore new findings on nutritional risks in patients using GLP-1 RA therapy, insights into dysphagia and malnutrition drawn from the TEAMS Global Survey, and the latest updates from the 2025 ERAS guidelines for perioperative nutrition care in colorectal surgery. In addition, we spotlight three expert-led presentations from the ASCIA 2025 Industry Symposium; *Making Informed Choices for the Nutritional Management of Infants with Cow's Milk Protein Allergy*

Dig into the latest findings and bring fresh, evidence-based ideas into your clinical practice.

OBESITY

Nutrient deficiency risk and GLP-1 RA Therapy

In this retrospective observational study by Butsch WS et al. 2025, it reports on the increased nutritional risks and muscle mass loss observed in adults who undergo GLP-1 RA therapy and discusses implications on overall health.

[READ MORE](#)



DYSPHAGIA

Diet Modification in Dysphagia: Impacts on Nutrition, Aspiration and Hydration

In this meta-analysis of randomised control trials by Chu YH et al. 2025, it details how texture-modified diets can increase dietary intake of energy and protein in addition to fluid intake for adults with dysphagia.

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DYSPHAGIA

Understanding Clinical Knowledge of Malnutrition and Dysphagia: Results from the TEAMS Global Survey

In this international survey by Cheng L et al. 2025, it explores current knowledge gaps regarding malnutrition and dysphagia among HCPs and discusses opportunities for improved care, management and identification strategies.

[READ MORE](#)



ONCOLOGY

Guidelines for perioperative care in elective colorectal surgery: ERAS recommendations 2025

The 2025 Enhanced Recovery After Surgery (ERAS) guidelines mark a major leap in perioperative nutrition care, introducing preoperative immunonutrition and refined postoperative strategies. With stronger evidence and a proactive approach, they offer essential tools for optimising outcomes in colorectal surgery.

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Nestlé Health Science was proud to sponsor the ASCIA 2025 Conference held in Brisbane this September, reinforcing our commitment to advancing nutritional care for infants with Cow's Milk Protein Allergy (CMPA).

As part of our Industry Symposium, "*Making Informed Choices for the Nutritional Management of Infants with CMPA*," three expert speakers shared timely insights. [Click the links below to access the full symposium recordings.](#)



New International Guidelines for CMPA Diagnosis and Management

Presented by Sue Jones - Global Medical Affairs Lead for Paediatric Allergy, Nestlé Health Science, this presentation provides an overview of the New International Guidelines for CMPA Diagnosis and Management.

[Explore now](#)

Are all Protein Hydrolysates the same?

Peptide Profiles and Allergenicity Potential in Extensively Hydrolysed Infant Formulas is explored by Dr. Sophie Nutton, Global Science Lead for Allergy, Nestlé Health Science.

[Explore now](#)

Impact of Lactose & HMO on the Microbiome of Infants with CMPA

Professor Liam O'Mahony (APC Microbiome Ireland, NUI Cork) presents emerging insights into how lactose and human milk oligosaccharides (HMOs) influence gut microbiota composition and immune development in infants with cow's milk protein allergy (CMPA).

[Explore now](#)

We also showcased our latest innovation - [EXTENSIVE HA™ Infant Formula](#) - a specialised whey-based, hypoallergenic formula designed for infants with mild to moderate CMPA. Available exclusively over the counter at Chemist Warehouse, EXTENSIVE HA™ provides essential nutrients to support growth and development, and is suitable from birth as a sole source of nutrition or for supplementary feeding from six months.

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 #3.

To receive future editions of Clinical Nutrition Insights, sign-up to [NConnect](#) now.

Sincerely,

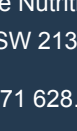
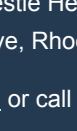
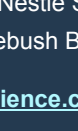
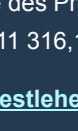
Marisa Nastasi and April Xu
Medical Affairs, Nestlé Health Science

IMPORTANT NOTICE: Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for the 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 weekly 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.

EXTENSIVE HA™ is a special medical purpose product for infants, formulated for infants with Cow's Milk Protein Allergy, for use only under medical supervision. This product is not suitable for general use. Not for parenteral use.

 **Nestlé** **NC+CONNECT**
Additional Clinical Resources

[Access now](#)



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