

**HEALTH FOOD
FOR YOUR
BRAND.**

For specific medical purposes

BALANCED DIET

Whether it is “nutritionally complete” or “nutritionally incomplete”: we offer expert advice and product development for balanced diet products.

BALANCED DIET: WHEN WEIGHT REDUCTION IS NOT THE FOCUS

The term “diet” is often associated with weight reduction products. A balanced diet is something different. The products are food for specific medical purposes that are to be used under medical supervision. A balanced diet is for patients with a limited, impaired or disturbed capacity to take, digest, absorb, metabolize or excrete ordinary food or certain nutrients.

In general, a balanced diet is prescribed to persons who have specific nutritional and calorie requirements because of certain medical conditions. For example, because they suffer from certain diseases, have an impaired organ function or are in need of care. Products intended for a balanced diet need to meet certain requirements in order to supply the proper amounts of nutrients, vitamins and minerals.



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WHAT ARE THE FEATURES OF A BALANCED DIET?

In general, a balanced diet can be distinguished between “nutritionally complete” and „nutritionally incomplete” food. In the field of nutritionally complete foods, a balanced diet often consists of easy to swallow sip feed which is made so as to meet the entire daily intake requirements, always under consideration of the special nutritional needs of the patient.

Sip feed is used primarily for people that are no longer capable of eating on their own. Next there are the so-called “nutritionally incomplete foods”. They have to be consumed together with other food products - preferably within the scope of a diet plan - in order to ensure a sufficient intake of energy and nutrients. Nutritionally incomplete foods are not suitable for being used as the sole source of nutrition because they do not meet the nutrient, vitamin and mineral requirements.

Many people who are reliant on a balanced diet are often suffering from a disease and are physically handicapped. In order to not put any more stress on their health, it is of the utmost importance that the products used meet the highest quality standards, in particular and especially in terms of hygiene. At nutrineo, hygiene locks safeguard the proper separation of the individual production areas. Additional product safety is guaranteed by constant monitoring by our quality management system, our sophisticated hygiene concept and our allergen management. Beyond these measures, we also seek audits and certificates on a voluntary basis.