

経腸栄養剤を利用したレシピの考案

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Recipes for dishes to supplement the daily dinners of patients using an enteral feeding formula as part of the ingredients

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要旨

経腸栄養剤は、経管栄養の栄養剤として、また経口栄養において、摂取量の少ない人の補助として利用されている。食事の補助として経口摂取する場合、経腸栄養剤そのままの飲用は独特の香りや味などから敬遠されがちで、飽きがきたりするため、継続しての飲用、さらには1回量の摂取でさえ難しい場合が見受けられる。そこで本調査では、経腸栄養剤を料理へ利用する試みについて検討した。日常的な食事としての提供を目的に、レシピの考案および嗜好調査を実施した。鳥取臨床科学 3(2), 196-209, 2010

Abstract

Enteral feeding formulae are utilized as nutrients not only for tube feeding but also for oral supplementation of patients with insufficient food intake. When enteral feeding formulae are orally taken to supplement daily meals, patients often dislike the formulae because of their characteristic odor. Furthermore, patients are sometimes satiated making it more difficult for them to eat the formulae as regular foods during meals or even during a single meal. In the present study, to meet the first step of our challenge, the Meibalance (Meiji Dairies), standard balanced liquid formula, developed for enteral feeding, was utilized as an ingredient for meals and finally to provide dishes in daily dinners. For this purpose, several recipes for such dishes were contrived: stews consisting of many ingredients including vegetables and pork in miso-soup, cream soup with pumpkin, boiled spinach garnished with sesame, fried bean curd, creamy stewed soup with vegetables, and fried egg and crab dressed with a thick starchy sauce including mushrooms. Then, preferences for dishes prepared with Meibalance were surveyed among students. Tottori J. Clin. Res. 3(2), 196-209, 2010

Key Words: 経腸栄養剤, 食事の補助, レシピ, 嗜好調査; enteral feeding formula, supplementation to meals, recipes for dishes containing enteral feeding formulae, preference survey

はじめに

平成 21 年 4 月より, 特別用途食品制度が改正