

## Oral Nutrition Supplements

You may have been advised by your dietitian or health care provider to take an oral nutritional supplement. This may be because you have lost weight, have a poor appetite, or are not able to eat enough food to keep you healthy. These products are designed to complement your diet, not replace your meals and snacks. You should continue to keep eating as much of your regular meals as possible.

Your dietitian or doctor will help you decide how long you should take oral nutritional supplements. In most cases, you only need them while you are having difficulties with eating a normal diet or until you have reached a healthy weight. Most oral nutrition supplements are lactose-free, so you can still consume them if you are lactose intolerant.

**Tip:** Visit retailer websites for coupons and recipe ideas!

- Boost products (manufactured by Nestle): [boost.com](https://www.boost.com)
- Carnation Instant Breakfast Essentials (manufactured by Nestle): [carnationbreakfastessentials.com](https://www.carnationbreakfastessentials.com)
- Ensure products (manufactured by Abbott): [ensure.com](https://www.ensure.com)

### Ready-to-drink nutrition supplements

*Available over the counter at most grocery stores and pharmacies.*

- **BOOST Optimum™:** Provides 220 calories and 22 grams of protein
- **BOOST® Original:** Provides 240 calories and 10 grams of protein per serving
- **BOOST® High Protein:** Provides 240 calories and 15 grams of protein per serving
- **BOOST Max™:** Provides 270 calories and 27 grams of protein per serving
- **BOOST Plus®:** Provides 360 calories and 14 grams of protein per serving
- **BOOST® Very High Calorie:** Provides 530 calories and 2 grams of protein per serving

- Available online through [nestlenutritionstore.com](https://www.nestlenutritionstore.com), [amazon.com](https://www.amazon.com), [homesupply.net](https://www.homesupply.net), or other medical supply websites. Also available at the Harold C. Simmons Comprehensive Cancer Center retail pharmacy.
- **Special K® Protein Shakes:** Provides 190 calories and 15 grams of protein per serving
- **Carnation Breakfast Essentials® High Protein:** Provides 220 calories and 15 grams of protein per serving
- **Carnation Breakfast Essentials®:** Provides 240 calories and 10 grams of protein per serving
- **Ensure® Max Protein:** Provides 150 calories and 30 grams of protein per serving
- **Ensure® High Protein:** Provides 160 calories and 16 grams of protein per serving
- **Ensure® Original:** Provides 220 calories and 9 grams of protein per serving
- **Ensure® Compact:** Provides 220 calories and 9 grams per serving
- **Ensure® Plus:** Provides 350 calories and 13 grams of protein per serving
- **Ensure® Enlive:** Provides 350 calories and 20 grams of protein per serving

## Ready-to-drink clear nutrition supplements

*Available over the counter at most grocery stores and pharmacies.*

- **Premier Protein® Clear:** Provides 90 calories and 20 grams of protein per serving
- **Ensure® Clear:** Provides 180 calories and 8 grams of protein per serving
- **BOOST® Breeze:** Provides 250 calories and 9 grams of protein per serving
- **BOOST® Soothe:** Provides 300 calories and 10 grams of protein per serving

## Powdered nutrition supplements

*Available over the counter at most grocery stores and pharmacies.*

- **BOOST® Simply Complete Protein Powder:** Provides 80 calories and 18 grams of protein per 4 ½ tablespoon servings
- **BOOST® Essential Protein Powder:** Provides 80 calories and 18 grams of protein per 4 ½ tablespoon servings
- **Carnation Breakfast Essentials® Powdered Drink Mix:** Provides 220 calories and 13 grams of protein per packet (or 6 level tablespoon servings) when

mixed as directed with 1 cup of fat-free milk; try mixing with whole milk for an extra 70 calories

- **Ensure® Original Nutrition Shake Powder:** Provides 250 calories and 9 grams of protein per ½ cup serving
- **SCANDISHAKE®\***: Provides 588 calories and 12 grams of protein per serving when mixed as directed (1 packet of shake mixed with 1 cup of whole milk)
  - Currently not sold over the counter. Available online through [amazon.com](https://www.amazon.com) or [vitalitymedical.com](https://www.vitalitymedical.com). Please note that minor nutrition variations in different flavors – see individual packaging for details.

## Nutrition supplements for patients with diabetes

*Available over the counter at most grocery stores and pharmacies.*

- **BOOST® Glucose Control:** Provides 190 calories and 16 grams of protein per serving
- **Glucerna Hunger Smart®:** Provides 180 calories and 15 grams of protein per serving

## Other nutrition supplement drinks

*Available online or at some specialty stores.*

- **Kate Farms® Standard 1.0 Core Essentials:** Provides 325 calories and 18 grams of protein per serving
  - Currently not sold over the counter. Visit [shop.katefarms.com](https://shop.katefarms.com) and use code “ginab” for a 20% discount off any order. Also available on [amazon.com](https://www.amazon.com)
- **Orgain® All-In-One:** Provides 250 calories and 16 grams of protein per serving
  - Visit [orgain.com/find-a-store/](https://www.orgain.com/find-a-store/) to help locate a store near you. May also be ordered online through [amazon.com](https://www.amazon.com)
- **ENU® Complete Nutrition:** Provides 340 calories and 17 grams of protein per serving
  - Order online through [enu-nutrition.com/shop/](https://www.enu-nutrition.com/shop/) or [amazon.com](https://www.amazon.com)

## Nutrition additives

*Available online.*

- **BENECALORIE®**: Provides 330 calories and 7 grams of protein per 1.5-ounce serving
  - Available online through [nestlenutritionstore.com](https://www.nestlenutritionstore.com) or [amazon.com](https://www.amazon.com)
- **BENEPROTEIN®**: Provides 25 calories and 6 grams of protein per scoop (or 7-gram packet)
  - Available online through [nestlenutritionstore.com](https://www.nestlenutritionstore.com) or [amazon.com](https://www.amazon.com)
- **Pro-Stat® Liquid Protein**: Provides 100 calories and 15 grams of protein per packet (or 1-ounce serving)
  - Available online at [shop.specializedadultnutrition.com](https://shop.specializedadultnutrition.com) or [amazon.com](https://www.amazon.com)