

Nutritional Supplements

Product Name	Serving Size	Protein (Grams)	Calories	
Ensure® Plus (Abbott)	8 oz	16	350	Owyn® (Plant-Based Protein Powders and Nutrition Shakes) 12 oz, 20-32 140-180
Boost® Plus (Nestle)	8 oz	14	360	Unjury® whey protein isolate 1 Scoop 21 90
Ensure® Enlive HMB (Abbott)	8 oz	20	350	Orgain® (Plant-Based Protein Powders and Nutrition Shakes) 11oz, 16-20 160-250
Ensure® Plant-Based Protein Nutrition Shake (Abbott)	11 oz	20	180	Kate Farms® (Plant-Based Nutrition shakes, and Standard 1.0-1.5) For Oral or Tube Feed use 11 oz 16-24 325-500
Ensure® Complete Nutrition Shake (Abbott)	10 oz	30	350	Liquid Hope® -Organic tube feeding formula (Functional Formularies) 12 oz 23-31 450-520
Glucerna® Shake (Abbott)	8 oz	10	180	
Boost® Glucose Control (Nestle)	8 oz	16	190	
Ensure® Max Protein	11 oz	30	150	
Ensure® Clear (Abbott)	10 oz	8	180	
Boost® Breeze (Nestle)	8 oz	9	250	
Boost® Soothe (Nestle)	8 oz	10	300	
Carnation® Breakfast Essentials™ (Carnation)	8 oz	10	240	
KIRKLAND® Signature Complete Nutrition Shake	8.2 oz	15	200	
Premier Protein® Protein Shake	11 oz	30	160	
Nutritional Shake Plus Protein (Walgreens)	8 oz	13	370	
Equate® Plus (Walmart)	8 oz	13	350	

There are many options available to help you meet your nutritional needs.

You can choose from a variety of protein and nutritional powders to make your own shakes at home, as well as pre-made shakes.

There are high-protein options with both high and low calories, and you can also find plant-based and lower sugar options to suit your preferences and nutritional needs.

Consult your Registered Dietitian to find the best product for your specific needs.