

5 Chapter

Using Meal Supplements

Using nutritional meal supplements can improve the diet by ensuring a variety of essential nutrients are consumed.

When choosing a meal supplement, it is important to find one that is suitable, tasty, and convenient.

When should meal supplement drinks be used?

Meal supplements can be used freely. For example, use after or instead of a meal if troubled by a poor appetite or getting full quickly. Meal supplements can also be snacks between meals.

To make a "small meal" more nutritious, consider:

- Replacing milk with a vanilla-flavored meal supplement when eating hot or cold cereal
- Adding a meal supplement to a fruit smoothie instead of juice or milk

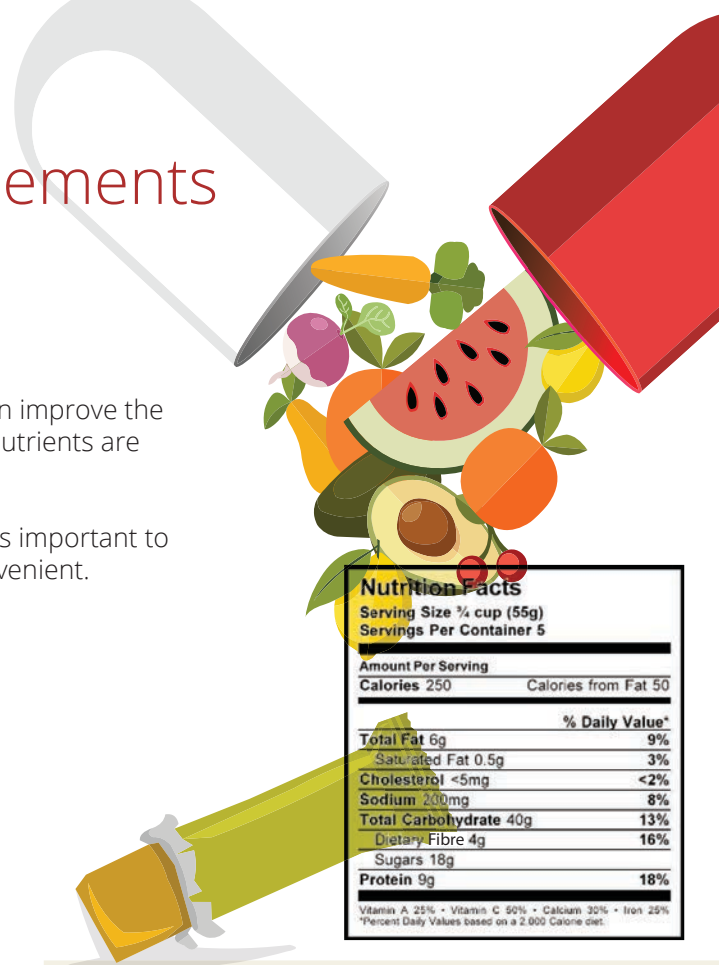
How can meal supplements be altered to taste better?

Sometimes, meal supplements may be too sweet or thick, or you are craving change in taste. Here are some suggestions:

- Mix chocolate or vanilla meal supplement with coffee or tea (hot or cold)
- Blend a sweet meal supplement with frozen fruit that is tart, like berries
- Pour the supplement into a glass and add ice
- Add the supplement to ice cube or popsicle trays and freeze it for a fun, refreshing alternative
- Dilute the supplement with other drinks: milk, soy or almond milk, or water

Using food labels to choose the best meal supplement

Check the "Nutrition Facts Label" for information about the calories, protein, and sodium per serving.



Some suggestions for choosing the best meal supplement

Energy/Calories:

- Meal supplement drinks range from 200 to 500 calories per drink
- If you have lost a lot of weight and muscle, choose a drink with 400 to 500 calories
- If your weight is stable or you are overweight, choose a drink with 200 to 250 calories

Protein:

- Most drinks range in protein from 9 to 20 g
- Aim to choose drinks that have 10 g protein or more in each bottle

Sodium:

- After choosing the best options for calories and protein, choose from the drink that has the lowest amount of sodium

Common nutritional meal supplement drinks

The table below highlights the available options as of March 2017. Remember to check the food label in case of manufacturer changes!

Remember that generic brands are usually less expensive than brand name products. Make sure to compare costs **and** nutritional content before purchasing!



Nutritional meal supplement	Serving size	Calorie (kcal)	Protein (g)	Sodium (mg)	Calcium (mg)	Highlights
Ensure® Regular	1 bottle (237 ml)	235	9.4	250 (10% DV)	300 (27% DV)	Maintain a healthy weight; increase energy; balanced nutrition for use between or with meals
Ensure® Plus Calories	1 bottle (237 ml)	355	14	250 (10% DV)	300 (27% DV)	50% more protein and 120 more calories per bottle than regular Ensure®; helps gain or maintain weight
Ensure® High Protein	1 bottle (237 ml)	225	12	290 (12% DV)	275 (25% DV)	For weight maintenance; provides 28% more protein than regular Ensure®
Ensure® Enlive®	1 bottle (235 ml)	350	20	240 (10% DV)	550 (50% DV)	Contains HMB (β-hydroxy β-methylbutyrate, a common dietary supplement) plus 20 g of protein; good for those recovering from malnutrition to help rebuild muscle tissues, strength, energy, and gain weight
Ensure® Compact	1 bottle (118 ml)	220	9	170 (7% DV)	330 (30% DV)	Good if a regular supplement drink is too filling or need a snack on the fly; is half the volume of other Ensure® drinks
Glucerna® (Ensure® for diabetes)	1 bottle (235 ml)	225	11	250 (10% DV)	275 (25% DV)	23 g available carbohydrates; good for diabetics and patients with NASH cirrhosis or who are overweight or obese
BOOST® Original	1 bottle (237 ml)	240	10	150 (6% DV)	330 (30% DV)	Use as a mini-meal or snack; has 10 g of high-quality protein
BOOST® High Protein	1 bottle (237 ml)	240	15	200 (8% DV)	385 (35% DV)	Nutritionally complete formula with 15 g of high-quality protein; use as a snack or meal; good for patients with a reduced appetite
BOOST® Diabetic	1 bottle (237 ml)	190	16	200 (8% DV)	280 (25% DV)	Nutritionally-complete formula designed for diabetes; contains 17 g of carbohydrates per serving
BOOST® Plus Calories	1 bottle (237 ml)	360	14	200 (8% DV)	385 (35% DV)	Concentrated source of calories in a small volume for patients with high energy needs
Carnation® Breakfast Essentials (Ready-to-drink or powder)	1 bottle (237 ml) Powder 1/3 cup (40 g)	Drink 240 Powder 150	Drink 10 Powder 7	Drink 265 (11% DV) Powder 115 (5% DV)	Drink 208 (28% DV) Powder 220 (20% DV)	Use as a snack or meal When mixed with milk, provides a source of protein and an excellent source of calcium, vitamin D, iron and vitamin C