Oral Supplements

Oral supplements provide calories, protein, hydration and often vitamins and minerals. If you have a poor appetite or are losing weight, oral supplements may be beneficial to supplement intake or to replace a meal. There are many different types, which can be confusing. Use this chart to determine which supplement is best for you. If you have questions, contact your Oncology Dietitian at 443-849-8186

Ensure

	size	calories	protein	when to use
Original	8 oz	220	9	moderate calorie drink to supplement or replace a meal
Plus	8 oz	350	13	higher calories to supplement or replace a meal
High Protein	8 oz	160	16	will provide extra protein but low in calories
Max Protein	11 oz	150	30	high protein, low in calories, larger volume
Enlive	8 oz	350	20	helps with muscle mass- need to drink 2 bottles a day
Complete	10 oz	350	30	high calories and highest protein
Clear	10 oz	180	9	a clear liquid, juice-like supplement
Pudding	4 oz	170	4	a snack with extra calories and protein
Glucerna Shake	8 oz	180	10	supplement to use when Diabetic

Boost

	size	calories	protein	when to use
Original	8 oz	240	10	moderate calorie drink to supplement or replace a meal
Plus	8 oz	360	14	higher calories to supplement or replace a meal
High Protein	8 oz	240	15	will provide extra protein with moderate calories
Very High Calorie	8 oz	530	22	highest calories and high protein- order online
Boost Breeze	7 oz	240	9	a clear liquid, juice-like supplement
Boost Soothe	8 oz	300	10	juice-like with a mild flavor, soothing to throat
Pudding	5 oz	240	7	a snack with extra calories and protein
Glucose Control	8 oz	190	16	supplement to use when Diabetic

Carnation Breakfast Essentials

	size	calories	protein	when to use
Ready-to-Drink	8 oz	240	10	moderate calorie drink to supplement or replace a meal
Powder	with 1 cup fat free milk	220	13	can be made higher in calories by using whole milk

Orgain

	size	calories	protein	when to use
Organic	11 oz	250	16	moderate calorie, organic supplement
Organic Vegan	11oz	220	16	moderate calorie, organic and vegan supplement