

# Good nutrition can make a difference during and following your medical treatment



Heal faster<sup>1</sup>



Fight infection<sup>2</sup>



Reduce hospital readmission<sup>3</sup>

## You need more protein and calories to help you recover

**Protein helps build antibodies and strong muscles.**

Include high-protein foods at each meal:



Fish



Milk



Beans



Chicken



Eggs

**High-calorie foods can help maintain your weight when appetite is poor.**

Add to meals:

Snack between meals:



Mayonnaise



Salad dressing



Nuts



Oil



Nut butter



Butter



Avocado



Cheese



Ice cream

**When eating is difficult, oral nutritional supplements (ONS) help you get more protein, calories and nutrients, to recover. ONS can be consumed in 3 ways.**



**As a complement to your meals:**

- As an appetizer to stimulate your appetite
- As a dessert
- Included in your favourite recipes



**Between meals:**

- As a nutritious snack



**As a medication pass (med pass):**

- Small amounts with or without medications<sup>†</sup>



life. to the fullest.®

Abbott

# Your nutrition recommendation

Drink \_\_\_\_\_ serving(s) \_\_\_\_\_ time(s) per day.  
This will give you an extra \_\_\_\_\_ grams of protein and \_\_\_\_\_ Calories.

Feel more strength and energy†

For diabetes

<div>NEW NAME§</div> 					
<b>Ensure® Advance</b>	<b>Ensure® Plus Calories</b>	<b>Ensure® Regular</b>	<b>Ensure® Compact</b>	<b>Ensure® High Protein 12 g</b>	<b>Glucerna®</b>
Complete, balanced nutrition®. Our most innovative formula with protein to support strong muscles, and HMB.	Complete, balanced nutrition® to help gain or maintain a healthy weight.	Complete, balanced nutrition® to help stay active and energetic.	Complete, balanced nutrition® in half the size.†	Complete, balanced nutrition® with protein, to help build muscles.	Complete, balanced nutrition® with a low glycemic index††, designed for people with diabetes.
20 g of protein 350 Calories	13 g of protein 350 Calories	9 g of protein 240 Calories	9 g of protein 218 Calories	12 g of protein 225 Calories	11 g of protein 225 Calories 5.6 g of fibre
Flavours††	Flavours††	Flavours††	Flavours††	Flavours††	Flavours††
  Vanilla Chocolate	  Vanilla Chocolate	  Vanilla Chocolate	  Vanilla Chocolate	  Vanilla Chocolate	  Vanilla Chocolate
	  Strawberry Butter Pecan	  Strawberry Butter Pecan		 Strawberry	  Strawberry Mixed Berry

**TIPS:** ✓ Drink cold with ice   ✓ Drink through a straw   ✓ Alternate flavours for variety

Notes:

Health care professional:

Email/Phone:

HMB:  $\beta$ -hydroxy- $\beta$ -methylbutyrate

† Speak to your pharmacist or health care professional about drug-nutrient interactions.

‡ In a survey of 321 independent-living adults aged 50-80 years old who reported a lack of energy or appetite and added 1-2 servings of Ensure® daily to their regular diet for a period of 2 weeks, improvements in strength, energy and activity were self-reported. Canadian formulation is similar to the one used in the survey.

§ Formerly Ensure® Protein Max 20 g.

¶ Compared to 235-mL Ensure® Regular.

†† Only Glucerna® Vanilla has been tested. Other Glucerna® flavours have a nutritional profile similar to that of the Vanilla flavour.

‡‡ Natural and artificial flavours.

References: 1. Volkert D et al. *Clin Nutr* 2006;25(2):330-60. 2. Wolfe RR. *Clin Nutr* 2008;27(5):675-84. 3. Loman BR et al. *JPEN* 2019;43(6):794-802.

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