

Oral Nutrition Supplement Chart

This chart shows the nutritional facts for some of the most common oral nutrition supplements. Some information may change. Check each brand's website for the most up-to-date information. Talk with your health care provider or nutritionist if you have questions or if you have galactosemia.

Product name	Calories in 1 serving	Protein (grams)	Fat (grams)	Sugar (grams)	Total carbs (grams)	Fiber (grams)	Main sugar ingredients	Allergy information
Benecalorie® 1.5 ounces	330	7	33	0	0	0		Milk
Beneprotein®	25	6	0	0	0	0		Milk and soy
Boost® Original	240	10	4	25	41	0	Corn syrup, sugar	Milk and soy
Boost Breeze®	250	9	0	34	54	0	Sugar, corn syrup	Milk
Boost® Essential Protein	80	18	0	0	1	0	Unflavored whey protein	Milk and soy
Boost Glucose Control®	250	14	12	6	23	3	Fructose, corn syrup	Milk and soy
Boost® High Protein	240	15	6	23	33	0	Sugar, corn syrup	Milk and soy
Boost® Nutritional Pudding	230	7	8	14	32	less than 1	Maltodextrin, sugar	Milk
Boost Plus®	360	14	14	22	45	3	Corn syrup, sugar	Milk and soy
Boost® Very High Calorie	530	22	26	13	52	0	Glucose syrup, sugar	Milk and soy
Boost® Soothe	300	10	0	15	65	0	Brown rice syrup	Milk

Product name	Calories in 1 serving	Protein (grams)	Fat (grams)	Sugar (grams)	Total carbs (grams)	Fiber (grams)	Main sugar ingredients	Allergy information
Carnation Breakfast Essentials® Powder	220	13	1	31	39	less than 1	Sugar, maltodextrin	Milk and soy
Carnation Breakfast Essentials® High Protein	220	15	6	12	28	3	Corn syrup, sugar	Milk and soy
Carnation Breakfast Essentials® Ready-to-Drink	240	10	4	15	41	0	Corn syrup, sugar	Milk and soy.
Ensure® Original	220	9	6	15	32	less than 1	Sugar, corn maltodextrin	Milk and soy
Ensure® Original Powder	240	8	8	12	33	2	Corn syrup, corn maltodextrin, sugar	Milk and soy
Ensure® Original Pudding	170	4	5	15	30	3*	Sugar, corn maltodextrin	Milk
Ensure® Original Therapeutic Nutrition Shake	250	9	6	23	41	3*	Sugar, corn maltodextrin	Milk and soy.
Ensure® Clear Therapeutic Nutrition	240	8	0	32	52	0	Sugar, corn syrup solids	Milk ingredients
Ensure® Enlive®	350	20	11	20	44	3*	Corn syrup, sugar	Milk and soy
Ensure® High Protein Therapeutic Nutrition Shake	160	16	2	4	19	less than 1	Corn maltodextrin, sugar	Milk and soy
Ensure® Light Nutrition Shake	70	12	2	0	2	0		Milk and soy

Product name	Calories in 1 serving	Protein (grams)	Fat (grams)	Sugar (grams)	Total carbs (grams)	Fiber (grams)	Main sugar ingredients	Allergy information
Ensure® Max Protein Nutrition Shake	150	30	1.5	1	6	2	Corn maltodextrin	Milk
Ensure® Plus	350	13	11	20	50	0	Corn maltodextrin, sugar	Milk and soy
Gelatein® Plus	160	20	0	18	20	2	Sugar	Milk
Gelatein® MCT	260	20	10	20	23	>1	Sugar	Milk
Glucerna® Shake	180	10	9	4	16	4	Fructose, corn maltodextrin	Milk and soy
Kate Farms® Nutrition Shake (organic, plant-based)	330	16	12	18	38	6	Agave syrup, brown rice syrup	No allergens
Kate Farms® Glucose Support 1.2 (organic, plant-based)	300	16	15	9	26	6	Brown rice syrup, agave syrup	No allergens
Orgain® Organic Nutrition Shake	250	16	7	12	32	2	Organic cane sugar, organic brown rice syrup	Milk
Premier Protein® Shakes	160	30	3	1	5	3		Milk
Scandishake® Mix	580	4	21	20	56	1	Maltodextrin, sugar, corn syrup solids	Milk
Protein20® (protein water)	70-90	15-20	0	0	7	0	Erythritol, no added sugar	Whey protein, lactose-free

*Fructooligosaccharide is a plant-based sugar substitute.