

# 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
<b>Benecalorie® 1.5 ounces</b>	330	7	33	0	0	0		Milk
<b>Beneprotein®</b>	25	6	0	0	0	0		Milk and soy
<b>Boost® Original</b>	240	10	4	25	41	0	Corn syrup, sugar	Milk and soy
<b>Boost Breeze®</b>	250	9	0	34	54	0	Sugar, corn syrup	Milk
<b>Boost® Essential Protein</b>	80	18	0	0	1	0	Unflavored whey protein	Milk and soy
<b>Boost Glucose Control®</b>	250	14	12	6	23	3	Fructose, corn syrup	Milk and soy
<b>Boost® High Protein</b>	240	15	6	23	33	0	Sugar, corn syrup	Milk and soy
<b>Boost® Nutritional Pudding</b>	230	7	8	14	32	less than 1	Maltodextrin, sugar	Milk
<b>Boost Plus®</b>	360	14	14	22	45	3	Corn syrup, sugar	Milk and soy
<b>Boost® Very High Calorie</b>	530	22	26	13	52	0	Glucose syrup, sugar	Milk and soy

(over)

Product name	Calories in 1 serving	Protein (grams)	Fat (grams)	Sugar (grams)	Total carbs (grams)	Fiber (grams)	Main sugar ingredients	Allergy information
<b>Carnation Breakfast Essentials® Powder</b>	220	13	1	31	39	less than 1	Sugar, maltodextrin	Milk and soy
<b>Carnation Breakfast Essentials® High Protein</b>	220	15	6	12	28	3	Corn syrup, sugar	Milk and soy
<b>Carnation Breakfast Essentials® Ready-to-Drink</b>	240	10	4	15	41	0	Corn syrup, sugar	Milk and soy.
<b>Ensure® Original</b>	220	9	6	15	32	less than 1	Sugar, corn maltodextrin	Milk and soy
<b>Ensure® Original Powder</b>	240	8	8	12	33	2	Corn syrup, corn maltodextrin, sugar	Milk and soy
<b>Ensure® Original Pudding</b>	170	4	5	15	30	3*	Sugar, corn maltodextrin	Milk
<b>Ensure® Original Therapeutic Nutrition Shake</b>	250	9	6	23	41	3*	Sugar, corn maltodextrin	Milk and soy.
<b>Ensure® Clear Therapeutic Nutrition</b>	240	8	0	32	52	0	Sugar, corn syrup solids	Milk ingredients
<b>Ensure® Enlive®</b>	350	20	11	20	44	3*	Corn syrup, sugar	Milk and soy
<b>Ensure® High Protein Therapeutic Nutrition Shake</b>	160	16	2	4	19	less than 1	Corn maltodextrin, sugar	Milk and soy
<b>Ensure® Light Nutrition Shake</b>	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
<b>Ensure® Max Protein Nutrition Shake</b>	150	30	1.5	1	6	2	Corn maltodextrin	Milk
<b>Ensure® Plus</b>	350	13	11	20	50	0	Corn maltodextrin, sugar	Milk and soy
<b>Glucerna® Shake</b>	180	10	9	4	16	4	Fructose, corn maltodextrin	Milk and soy
<b>Orgain® Organic Nutrition Shake</b>	250	16	7	12	32	2	Organic cane sugar, organic brown rice syrup	Milk
<b>Premier Protein® Shakes</b>	160	30	3	1	5	3		Milk
<b>Scandishake® Mix</b>	580	4	21	20	56	1	Maltodextrin, sugar, corn syrup solids	Milk
<b>TwoCal® HN</b>	475	20	21.5	0	51.8	1.2*	Corn syrup solids, corn maltodextrin	Milk and soy

\*Fructooligosaccharide is a plant-based sugar substitute.