

## **Options for Nutritional Supplements**

You may have less of an appetite and lose weight during your cancer treatments. Having cancer and cancer treatments can increase your need for calories, protein and other nutrients. It is important to eat and drink enough to maintain your body weight and muscle mass. This handout offers a list of options for nutritional supplements.

Name of supplement	Picture of supplement	What it provides	Where to find it	
	Regular nutritional supplements			
Ensure Regular	ENGLIS OF THE PROPERTY OF THE	Each 235ml provides:  • 240 calories  • 9g protein  • 6g fat  • 37g carbohydrates	<ul><li> Grocery stores</li><li> Pharmacies</li><li> Online at <u>ensure.ca</u></li></ul>	
Ensure Compact	The state of the s	Each 118ml provides:  • 220 calories  • 9g protein  • 6g fat  • 32g carbohydrates	<ul><li>Walmart</li><li>Pharmacies</li><li>Online at ensure.ca</li></ul>	
Boost Original	BOOST original control of the contro	<ul><li>Each 237ml provides:</li><li>230 calories</li><li>10g protein</li><li>6g fat</li><li>34g carbohydrates</li></ul>	<ul> <li>Pharmacies</li> <li>Grocery stores</li> <li>Online at madewithnestle.ca</li> </ul>	
Boost Powder	Powper Founds Boost	Each 40g (1/3 cup) scoop provides:  150 calories 7g protein 1g fat 30g carbohydrates	<ul> <li>Walmart</li> <li>Superstore</li> <li>Pharmacies</li> <li>Online at madewithnestle.ca</li> </ul>	

Boost Fruit Flavored Beverage	BOOSI  FRATERACU  AD THE ACU  ACU  ACU  ACU  ACU  ACU  ACU  ACU	Each 237ml provides:  180 calories  9g protein  0.5g fat  36g carbohydrates  Available in: wild berry, orange, and peach flavours.	•	Walmart Metro Online at madewithnestle.ca
Equate Nutritional Shake	NUTRITIONAL SHAKE OHIGHAL Green	Each 237ml provides:  • 220 calories  • 9g protein  • 6g fat  • 32g carbohydrates	•	Walmart
Ensure Clear	Ensure Clar Proposition due to the	<ul> <li>Each 237ml provides:</li> <li>180 calories</li> <li>8g protein</li> <li>0g fat</li> <li>37g carbohydrates</li> <li>Available in: mixed berry or apple flavours.</li> </ul>	•	From your pharmacy as "special order" Online order from a The Specialty Food Shop found at specialityfoodshop. ca
PC Ultra Shake	Comment of the commen	Each 237 ml offers:  • 240 calories  • 10g protein  • 4g fat  • 41g carbohydrates	•	Shopper's Drug Mart Loblaws Superstore
Kirkland Complete Nutrition	KIRKLAND COMPLETE NU RHITON GHOCOLAT GHOCOLAT SPECE	Each 242 ml offers:  15g protein  6g fat  22g carbohydrates	•	Costco

Nutritional supplements with extra calories			
Boost Plus	BOOST PLUS CALORIES CALORIES CITY OF THE PROPERTY OF THE PROPE	Each 237ml offers:  • 360 calories  • 14g protein  • 14g fat  • 45g carbohydrates	<ul> <li>Grocery stores</li> <li>Pharmacies</li> <li>Online at madewithnestle.ca</li> </ul>
Ensure Plus	CALCAST THE PROPERTY OF THE PR	Each 235ml offers:      350 calories      13g protein      11g fat      50g carbohydrates	<ul><li> Grocery stores</li><li> Pharmacies</li><li> Online at ensure.ca</li></ul>
Equate Plus	NURTIONA SHAKE PAUS STREET STREET STREET	Each 237ml offers:  • 350 calories  • 13g protein  • 11g fat  • 50g carbohydrates	Walmart
	Nutritional s	supplements with extra p	rotein
Boost High Protein	HIGH PROTEIN BOOS 244 209 27	Each 237ml offers:  • 240 calories  • 15g protein  • 5g fat  • 24g carbohydrates	<ul> <li>Grocery stores</li> <li>Pharmacies</li> <li>Online at madewithnestle.ca</li> </ul>
Ensure High Protein	MIGH PROTES  12. WITH  12. WITH  12. WITH  13. WITH  14. WITH  15. WITH  16. WITH  17. WITH  18.	Each 235ml offers:  225 calories  12g protein  6g fat  31g carbohydrates	<ul><li> Grocery stores</li><li> Pharmacies</li><li> Online at ensure.ca</li></ul>

Ensure Advance	ADVANCE AVANCE STORY OF THE PROPERTY OF THE PR	Each 235ml offers: <ul> <li>350 calories</li> <li>20g protein</li> <li>11g fat</li> <li>44g carbohydrates</li> </ul>	<ul> <li>Shopper's Drug Mart</li> <li>Walmart</li> <li>Some grocery stores</li> <li>Online at ensure.ca</li> </ul>
Ensure Protein Max	Ensure of MAX  30, with the strength of the st	Each 330ml offers: <ul> <li>50 calories</li> <li>30g protein</li> <li>1.5g fat</li> <li>6g carbohydrates</li> </ul>	<ul> <li>Shopper's Drug Mart</li> <li>Walmart</li> <li>Some grocery stores</li> <li>Online at ensure.ca</li> </ul>
Ensure High Protein	SON MARKET STATE OF THE PARKET STATE OF THE PA	Each 235ml offers: 160 calories 16g protein 2g fat 19g carbohydrates	<ul><li> Grocery stores</li><li> Pharmacies</li><li> Online at ensure.ca</li></ul>
Boost Simply+	SIMPLY+ B	Each 325ml offers:  • 215 calories  • 20g protein  • 8g fat  • 18g carbohydrates	<ul> <li>Shopper's Drug Mart</li> <li>Superstore</li> <li>Walmart</li> <li>Online at madewithnestle.ca</li> </ul>
Milk 2Go Sport	ZBT ZBC	Each 325ml offers:  • 200 calories  • 26g protein  • 1g fat  • 23g  carbohydrates	<ul><li>Walmart</li><li>Metro</li></ul>
Quest	CUEST Parameter Concentrations Concentrations And Top Top Top Top Top Top Top Top Top Top Top Top	Each 325ml offers:  160 calories 30g of protein 3.5g of fat 4g of carbohydrates	<ul><li>Walmart</li><li>Healthy Planet</li></ul>

Core Power	CORE POWER	Each 414ml offers:  170 calories  26g protein  4.5g fat  8g carbohydrates	<ul><li>Metro</li><li>Sobeys</li><li>Gas station stores</li></ul>
Muscle Milk	MUSCLE WILK SERVICE SE	Each 330ml offers:  160 calories  25g protein  4.5g fat  9g carbohydrates  Also available in: PRO  Advanced Nutrition  Protein Shake (40g protein)	<ul><li>Metro</li><li>Gas station stores</li><li>Costco</li></ul>
Premier Protein	Premier Protein  300  100 M	Each 325ml offers:  160 calories  30g protein  3g fat  5g carbohydrates	<ul> <li>Shopper's Drug Mart</li> <li>Costco</li> <li>Walmart</li> </ul>
Fairlife Protein Shake	Callife Comments	Each 340ml offers:  150 calories  30g protein  2.5g fat  4g carbohydrates	<ul><li>Costco</li><li>Walmart</li><li>Online at amazon.ca</li></ul>
Boost Just Protein	Marie Manager word i program sharing and the second state of the first and the second state of the first and the second state of the first and the second state of the	Each scoop (7g) offers:  • 24 calories  • 6g protein  • 0g fat  • 0g carbohydrates	<ul> <li>Shopper's Drug Mart</li> <li>Walmart</li> <li>Grocery stores</li> <li>Online at madewithnestle.ca</li> </ul>

		Protein milk		
Joyya	SOYA  -School  It as exactive  18 6  FROTERI  2 10 20  11	Each 250ml of 2% offers;  • 150 calories  • 18g protein  • 5g fat  • 9g carbohydrate  Available in 0%, 2%, 3.25% and 2% chocolate milk.	•	Grocery stores
Natrel Plus	Natrel Natrel Publication 189	Each 250ml of 2% offers:  • 160 calories  • 18g protein  • 5g fat  • 9g carbohydrates  Available in 0%, 2%, 3.25% and 2% chocolate milk.	•	Grocery stores
Fairlife Milk	tairlife  So 20 20  Resident at the second a	Each 240ml of 2% offers:  120 calories  13g protein  4.5g fat  6g carbohydrate	•	Grocery stores
Lactancia UltraPur (50% More Protein)	UltraPur 50 Profiles 10 10 10 10 10 10 10 10 10 10 10 10 10	Each 250ml offers:  140 calories  14g protein  5g fat  10g carbohydrates  Available in 0%, 2%, 3.25%, and 1% chocolate	•	Grocery stores

For people with Diabetes					
Glucerna	Glucerno  Garage	Each 237ml offers:  225 calories  11g protein  8g fat  27g carbohydrates	<ul><li> Grocery stores</li><li> Pharmacies</li><li> Online at glucerna.ca</li></ul>		
Boost Carb Smart	BOOST SMART EQUE	Each 237ml offers:  190 calories  16g protein  7g fat  17g carbohydrates	<ul> <li>Grocery stores</li> <li>Pharmacies</li> <li>Online at madewithnestle.ca</li> </ul>		
	Plant based nutritional supplements				
Sperri	Speri.	Each 330ml offers:	<ul><li>Loblaws</li><li>Metro</li><li>Superstore</li><li>Sobeys</li><li>Online at sperri.ca</li></ul>		

Ask to talk to a dietitian if you have questions or concerns about any of the information in this handout.

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