















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		Each 235ml provides: <ul style="list-style-type: none"> • 240 calories • 9g protein • 6g fat • 37g carbohydrates 	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at ensure.ca
Ensure Compact		Each 118ml provides: <ul style="list-style-type: none"> • 220 calories • 9g protein • 6g fat • 32g carbohydrates 	<ul style="list-style-type: none"> • Walmart • Pharmacies • Online at ensure.ca
Boost Original		Each 237ml provides: <ul style="list-style-type: none"> • 230 calories • 10g protein • 6g fat • 34g carbohydrates 	<ul style="list-style-type: none"> • Pharmacies • Grocery stores • Online at madewithnestle.ca
Boost Powder		Each 40g (1/3 cup) scoop provides: <ul style="list-style-type: none"> • 150 calories • 7g protein • 1g fat • 30g carbohydrates 	<ul style="list-style-type: none"> • Walmart • Superstore • Pharmacies • Online at madewithnestle.ca




<p>Boost Fruit Flavored Beverage</p>		<p>Each 237ml provides:</p> <ul style="list-style-type: none"> • 180 calories • 9g protein • 0.5g fat • 36g carbohydrates <p>Available in: wild berry, orange, and peach flavours.</p>	<ul style="list-style-type: none"> • Walmart • Metro • Online at madewithnestle.ca
<p>Equate Nutritional Shake</p>		<p>Each 237ml provides:</p> <ul style="list-style-type: none"> • 220 calories • 9g protein • 6g fat • 32g carbohydrates 	<ul style="list-style-type: none"> • Walmart
<p>Ensure Clear</p>		<p>Each 237ml provides:</p> <ul style="list-style-type: none"> • 180 calories • 8g protein • 0g fat • 37g carbohydrates <p>Available in: mixed berry or apple flavours.</p>	<ul style="list-style-type: none"> • From your pharmacy as “special order” • Online order from a The Specialty Food Shop found at specialtyfoodshop.ca
<p>PC Ultra Shake</p>		<p>Each 237 ml offers:</p> <ul style="list-style-type: none"> • 240 calories • 10g protein • 4g fat • 41g carbohydrates 	<ul style="list-style-type: none"> • Shopper’s Drug Mart • Loblaws • Superstore
<p>Kirkland Complete Nutrition</p>		<p>Each 242 ml offers:</p> <ul style="list-style-type: none"> • 15g protein • 6g fat • 22g carbohydrates 	<ul style="list-style-type: none"> • Costco

Nutritional supplements with extra calories			
Boost Plus		Each 237ml offers: <ul style="list-style-type: none"> • 360 calories • 14g protein • 14g fat • 45g carbohydrates 	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at madewithnestle.ca
Ensure Plus		Each 235ml offers: <ul style="list-style-type: none"> • 350 calories • 13g protein • 11g fat • 50g carbohydrates 	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at ensure.ca
Equate Plus		Each 237ml offers: <ul style="list-style-type: none"> • 350 calories • 13g protein • 11g fat • 50g carbohydrates 	<ul style="list-style-type: none"> • Walmart
Nutritional supplements with extra protein			
Boost High Protein		Each 237ml offers: <ul style="list-style-type: none"> • 240 calories • 15g protein • 5g fat • 24g carbohydrates 	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at madewithnestle.ca
Ensure High Protein		Each 235ml offers: <ul style="list-style-type: none"> • 225 calories • 12g protein • 6g fat • 31g carbohydrates 	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at ensure.ca

Ensure Advance		<p>Each 235ml offers:</p> <ul style="list-style-type: none"> • 350 calories • 20g protein • 11g fat • 44g carbohydrates 	<ul style="list-style-type: none"> • Shopper's Drug Mart • Walmart • Some grocery stores • Online at ensure.ca
Ensure Protein Max		<p>Each 330ml offers:</p> <ul style="list-style-type: none"> • 50 calories • 30g protein • 1.5g fat • 6g carbohydrates 	<ul style="list-style-type: none"> • Shopper's Drug Mart • Walmart • Some grocery stores • Online at ensure.ca
Ensure High Protein		<p>Each 235ml offers:</p> <p>160 calories 16g protein 2g fat 19g carbohydrates</p>	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at ensure.ca
Boost Simply+		<p>Each 325ml offers:</p> <ul style="list-style-type: none"> • 215 calories • 20g protein • 8g fat • 18g carbohydrates 	<ul style="list-style-type: none"> • Shopper's Drug Mart • Superstore • Walmart • Online at madewithnestle.ca
Milk 2Go Sport		<p>Each 325ml offers:</p> <ul style="list-style-type: none"> • 200 calories • 26g protein • 1g fat • 23g carbohydrates 	<ul style="list-style-type: none"> • Walmart • Metro
Quest		<p>Each 325ml offers:</p> <ul style="list-style-type: none"> • 160 calories • 30g of protein • 3.5g of fat • 4g of carbohydrates 	<ul style="list-style-type: none"> • Walmart • Healthy Planet

Core Power		<p>Each 414ml offers:</p> <ul style="list-style-type: none"> • 170 calories • 26g protein • 4.5g fat • 8g carbohydrates 	<ul style="list-style-type: none"> • Metro • Sobeyes • Gas station stores
Muscle Milk		<p>Each 330ml offers:</p> <ul style="list-style-type: none"> • 160 calories • 25g protein • 4.5g fat • 9g carbohydrates <p>Also available in: PRO Advanced Nutrition Protein Shake (40g protein)</p>	<ul style="list-style-type: none"> • Metro • Gas station stores • Costco
Premier Protein		<p>Each 325ml offers:</p> <ul style="list-style-type: none"> • 160 calories • 30g protein • 3g fat • 5g carbohydrates 	<ul style="list-style-type: none"> • Shopper's Drug Mart • Costco • Walmart
Fairlife Protein Shake		<p>Each 340ml offers:</p> <ul style="list-style-type: none"> • 150 calories • 30g protein • 2.5g fat • 4g carbohydrates 	<ul style="list-style-type: none"> • Costco • Walmart • Online at amazon.ca
Boost Just Protein		<p>Each scoop (7g) offers:</p> <ul style="list-style-type: none"> • 24 calories • 6g protein • 0g fat • 0g carbohydrates 	<ul style="list-style-type: none"> • Shopper's Drug Mart • Walmart • Grocery stores • Online at madewithnestle.ca

Protein milk			
Joyya		<p>Each 250ml of 2% offers;</p> <ul style="list-style-type: none"> • 150 calories • 18g protein • 5g fat • 9g carbohydrate <p>Available in 0%, 2%, 3.25% and 2% chocolate milk.</p>	<ul style="list-style-type: none"> • Grocery stores
Natrel Plus		<p>Each 250ml of 2% offers:</p> <ul style="list-style-type: none"> • 160 calories • 18g protein • 5g fat • 9g carbohydrates <p>Available in 0%, 2%, 3.25% and 2% chocolate milk.</p>	<ul style="list-style-type: none"> • Grocery stores
Fairlife Milk		<p>Each 240ml of 2% offers:</p> <ul style="list-style-type: none"> • 120 calories • 13g protein • 4.5g fat • 6g carbohydrate 	<ul style="list-style-type: none"> • Grocery stores
Lactancia UltraPur (50% More Protein)		<p>Each 250ml offers:</p> <ul style="list-style-type: none"> • 140 calories • 14g protein • 5g fat • 10g carbohydrates <p>Available in 0%, 2%, 3.25%, and 1% chocolate</p>	<ul style="list-style-type: none"> • Grocery stores

For people with Diabetes			
Glucerna		Each 237ml offers: <ul style="list-style-type: none"> • 225 calories • 11g protein • 8g fat • 27g carbohydrates 	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at glucerna.ca
Diabetic Boost		Each 237ml offers: <ul style="list-style-type: none"> • 190 calories • 16g protein • 7g fat • 17g carbohydrates 	<ul style="list-style-type: none"> • Grocery stores • Pharmacies • Online at madewithnestle.ca
Plant based nutritional supplements			
Sperry		Each 330ml offers: <ul style="list-style-type: none"> • 330 calories • 16g protein • 11g fat • 39g carbohydrates 	<ul style="list-style-type: none"> • Loblaws • Metro • Superstore • Sobeys • Online at sperry.ca

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

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