## **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<br>Regular  | FIGURE 132 STATE OF THE PARTY O | 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<br>Compact  | Compact Compac | 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 management of the control of the con | Each 237ml provides:  230 calories  10g protein  6g fat  34g carbohydrates           | <ul> <li>Pharmacies</li> <li>Grocery stores</li> <li>Online at madewithnestle.ca</li> </ul>              |
| Boost Powder       | Powder Pounds  BOOSI   | 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<br>Flavored<br>Beverage | BOOSI  BOOSI  FORTER ANGE  FORT | 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<br>Nutritional<br>Shake      | EQUATE NUTRITIONAL SHAKE ONIGINAL SH | Each 237ml provides:  • 220 calories  • 9g protein  • 6g fat  • 32g carbohydrates   | • | Walmart   |
| Ensure Clear                        | Ensure<br>Clear<br>Percedit safety   | <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<br>Shake                   | UCTO STATE OF THE PROPERTY OF  | Each 237 ml offers:  • 240 calories  • 10g protein  • 4g fat  • 41g carbohydrates   | • | Shopper's Drug<br>Mart<br>Loblaws<br>Superstore   |
| Kirkland<br>Complete<br>Nutrition   | KIRKLAND<br>COMPLETE<br>NURRITION<br>COCCULT<br>COCCULT<br>COCCULT<br>Space  | Each 242 ml offers:  15g protein  6g fat  22g carbohydrates   | • | Costco  |

| Nutritional supplements with extra calories |  |  |   |
|---|--|--|---|
| Boost Plus                                  | BOOS<br>PLUS<br>CALORIS<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHARLES<br>CHAR | 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                                 | CALORS CALORS THE PROPERTY OF  | 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                                 | OCCLECTOR  NUTRITIONAL SHARE  FAULT   | Each 237ml offers: <ul> <li>350 calories</li> <li>13g protein</li> <li>11g fat</li> <li>50g carbohydrates</li> </ul> | Walmart   |
|   | Nutritional s  | supplements with extra p   | rotein  |
| Boost High<br>Protein                       | HIGH PROTEIN  BOOS  240  27  VAN   | 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<br>Protein                      | MOG PROTEIN INFERROTEN  12. mer re  CRAM III   | Each 235ml offers:  • 225 calories  • 12g protein  • 6g fat  • 31g carbohydrates                                     | <ul><li> Grocery stores</li><li> Pharmacies</li><li> Online at <u>ensure.ca</u></li></ul>   |

| Ensure<br>Advance      | ADVANCE ANANCE ANANCE DO 10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1  | 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<br/>Mart</li> <li>Walmart</li> <li>Some grocery<br/>stores</li> <li>Online at ensure.ca</li> </ul> |
|------------------------|--|--|--|
| Ensure Protein<br>Max  | Ensure of MAX  30, with the manual power of th   | 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<br/>Mart</li> <li>Walmart</li> <li>Some grocery<br/>stores</li> <li>Online at ensure.ca</li> </ul> |
| Ensure High<br>Protein | SOX MARKET STATE OF THE PARKET STATE OF THE PA   | Each 235ml offers:<br>160 calories<br>16g protein<br>2g fat<br>19g carbohydrates                                     | <ul><li> Grocery stores</li><li> Pharmacies</li><li> Online at ensure.ca</li></ul>   |
| Boost Simply+          | SIMPLY+ II   | Each 325ml offers:  • 215 calories  • 20g protein  • 8g fat  • 18g carbohydrates                                     | <ul> <li>Shopper's Drug<br/>Mart</li> <li>Superstore</li> <li>Walmart</li> <li>Online at<br/>madewithnestle.ca</li> </ul>  |
| Milk 2Go Sport         | ZGO<br>SPORT<br>260<br>SPORT<br>260<br>SPORT<br>27 m   | Each 325ml offers:  • 200 calories  • 26g protein  • 1g fat  • 23g  carbohydrates                                    | <ul><li>Walmart</li><li>Metro</li></ul>  |
| Quest                  | CUEST<br>Paraman<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticular<br>Porticul | 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 SEE SEE SEE SEE SEE SEE SEE SEE SEE 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<br>Protein        | Premier Protein  300  100 M  | Each 325ml offers:  • 160 calories  • 30g protein  • 3g fat  • 5g carbohydrates  | <ul><li>Shopper's Drug<br/>Mart</li><li>Costco</li><li>Walmart</li></ul>  |
| Fairlife Protein<br>Shake | Tairlife<br>Property   | 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<br>Protein     | THE PROPERTY OF THE PROPERTY O | Each scoop (7g) offers:  • 24 calories  • 6g protein  • 0g fat  • 0g carbohydrates   | <ul> <li>Shopper's Drug<br/>Mart</li> <li>Walmart</li> <li>Grocery stores</li> <li>Online at<br/>madewithnestle.ca</li> </ul> |

|   |   | Protein milk   |   |                |
|---|---|--|---|----------------|
| Joyya                                       | SOYA -School transmer 186 1780 180 110 11 | Each 250ml of 2% offers;  • 150 calories  • 18g protein  • 5g fat  • 9g carbohydrate  Available in 0%, 2%, 3.25% and 2% chocolate milk.  | ٠ | Grocery stores |
| Natrel Plus                                 | Natrel Natrel Pulls                       | 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                               | fairlife                                  | Each 240ml of 2% offers:  120 calories  13g protein  4.5g fat  6g carbohydrate   | • | Grocery stores |
| Lactancia<br>UltraPur (50%<br>More Protein) | UltraPür 50 Profiles 10 20 1,5 L          | 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<br>Caracon a Caracon a Caraco | 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<br>Smart                 | BOOST  | 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                              | Sperri. Sperri   | 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.

This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in December of 2024.