Nutrition Counts
QUICK AND EASY RECIPES
Good nutrition plays a critical role in cancer treatment, often contributing to its success. However, the side effects of treatment can often make it difficult for you to get the nutrition you need. You may need to make changes to your diet in order to maintain your strength, even though eating may be the last thing you feel like doing.

The recipes in this booklet are made from the Abbott Nutrition products you already know and love—Ensure® Clear,™ Ensure® Clinical Strength, Glucerna® shakes, and Juven®—and have been created to give you the nutrition you need to Start Strong to Stay Strong™. This booklet also contains tips to help you manage many of the side effects that you could encounter during your cancer treatment, such as taste alterations, mouth sores, fatigue, weight loss, nausea, or vomiting.

Whether you’re in the mood for a healthy breakfast or a delicious treat, these quick and easy recipes will help provide your body with the good nutrition and the energy it needs.
Peachy Keen Lemonade

Makes 8 servings

INGREDIENTS

- 2 bottles cold Peach Ensure® Clear™
- 1 12-fl-oz container frozen concentrated lemonade
- 4 C cold water
- 3 large fresh strawberries, chopped

DIRECTIONS

In large pitcher, combine Ensure Clear, lemonade concentrate, cold water, and chopped strawberries. Pour over ice and enjoy! Store in refrigerator.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 C (252g)
Servings: 8

Amount Per Serving
Calories 150 .......... Calories from Fat 0
% Daily Value*
Total Fat 0 g ................. 0% 
Saturated Fat 0 g ............. 0% 
Trans Fat 0 g 
Cholesterol 0 mg .............. 0%

Sodium 15 mg .............. 1%
Potassium 55 mg ............. 2%
Total Carbohydrate 35 g .... 12%
Dietary Fiber 0 g ............. 0%
Sugars 27 g
Protein 2 g .................. 4%
Vitamin A 8% ............. Vitamin C 30%
Calcium 4% ............ Iron 6%

*Percent Daily Values are based on a 2,000 Calorie diet.
Blue-Granate Smoothie

Makes 1 serving

**INGREDIENTS**
- 6-fl-oz Blueberry Pomegranate Ensure® Clear™
- 1/2 C vanilla frozen yogurt
- 1/4 C crushed ice

**DIRECTIONS**
Add Ensure Clear, frozen yogurt, and ice to blender and blend until desired consistency. Pour into glass and enjoy!

Store in freezer in freezer-safe container.

**RECIPE NUTRITION FACTS**
- Serving Size: Approximately 1 1/4 C (299g)
- Servings: 1
- Amount Per Serving
  - Calories 220 ........................................ 1% Daily Value*
  - Calories from Fat 35 
  - Total Fat 4g ......................................... 6%
  - Saturated Fat 2.5g ................................... 12%
  - Trans Fat 0g
  - Cholesterol 5 mg ..................................... 2%
  - Sodium 95 mg ........................................ 4%
  - Potassium 180 mg .................................... 5%
  - Total Carbohydrate 38g ............................... 13%
  - Dietary Fiber 0g ...................................... 0%
  - Sugars 28g
  - Protein 8g ............................................. 16%
  - Vitamin A 20% ....................................... Vitamin C 25%
  - Calcium 15% ......................................... Iron 10%

*Percent Daily Values are based on a 2,000 Calorie diet.
Chocolate Pudding

Makes 4 servings

INGREDIENTS

2 8-fl-oz bottles Homemade Vanilla Ensure® Clinical Strength*
1 package chocolate pudding and pie filling mix

DIRECTIONS

Combine Ensure and pudding mix in a saucepan. Cook at medium heat until mixture comes to a boil. Lower heat and stir constantly until thick and creamy. Pour mixture into serving dishes. Chill until set. Cover top of pudding with waxed paper to avoid a film forming on top of the pudding in the refrigerator.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.
On days when you feel run down, choose foods that require less chewing and are easy to eat, such as soups, stews, and casseroles.

Cherry Gelatin
Makes 4 servings

INGREDIENTS
1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*
1 3-oz package cherry-flavored gelatin
3/4 C boiling water

DIRECTIONS
Dissolve gelatin in boiling water. Chill until slightly thickened. Add chilled Ensure. Mix thoroughly at low speed with electric mixer. Pour into dessert dishes or individual molds. Chill until firm.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)
Serving Size: Approximately 1/2 C (125g)
Servings: 4
Amount Per Serving
Calories 160 .......... Calories from Fat 25 ......................................... % Daily Value†
Total Fat 3g ......................................... 5%
Saturated Fat 0g.......................... 0%
Trans Fat 0g
Cholesterol 0 mg ......................... 0%
Sodium 160 mg .................................. 7%
Potassium 210 mg.......................... 6%
Total Carbohydrate 31g ..................... 10%
Dietary Fiber <1g.......................... <4%
Sugars 23g
Protein 5g ........................................ 10%
Vitamin A 6%.....................Vitamin C 15%
Calcium 8%..............................Iron 6%
†Percent Daily Values are based on a 2,000 Calorie diet.
**Fuzzy Navel**

Makes 1 serving

**INGREDIENTS**

1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*

1/2 C sliced, canned peaches in heavy syrup, drained

1/4 tsp vanilla extract

1/4 tsp cinnamon

2 drops yellow food coloring, optional

**DIRECTIONS**

In a blender, combine all ingredients. Blend until smooth. Pour into a glass and serve.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.

**RECIPE NUTRITION FACTS** (if prepared with Ensure Clinical Strength)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories 440.........</td>
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<td>% Daily Value</td>
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<tr>
<td>Total Fat 11g........</td>
<td>17%</td>
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<tr>
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<td>Trans Fat 0g..........</td>
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<tr>
<td>Cholesterol 5 mg.....</td>
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<td>Vitamin A 40%.........</td>
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<td>Iron 25%..............</td>
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†Percent Daily Values are based on a 2,000 calorie diet.
Peachy Banana Smoothie

Makes 3 servings

INGREDIENTS

1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*
1 whole medium banana
1 15-oz can of peaches, drained
1/4 tsp nutmeg
1 tsp sugar
5-7 ice cubes

DIRECTIONS

Cut banana into chunks and place in a blender along with the can of drained peaches. Add the nutmeg, Ensure, sugar, and ice cubes. Process until smooth, about 45 seconds. Serve immediately.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.
Blackberry Slush

Makes 2 servings

INGREDIENTS

1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*
1 C frozen whole blackberries, unsweetened
1 Tbsp sugar
1/4 tsp cinnamon
1/8 tsp nutmeg

DIRECTIONS

Whip all ingredients in blender until thick. Serve immediately or freeze for 10 to 15 minutes.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

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<td>Calcium 20%</td>
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<td>Iron 15%</td>
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†Percent Daily Values are based on a 2,000 Calorie diet.
Miami Ice Cooler

Makes 3 servings

INGREDIENTS

1 8-fl-oz bottle chilled Homemade Vanilla Ensure®
Clinical Strength*
1/2 C unsweetened orange juice
1 C pineapple chunks in juice
1 tsp of granulated sugar
1 tsp coconut extract
1 C frozen strawberries, unsweetened
5 ice cubes

DIRECTIONS

Place orange juice and pineapple into a blender. Pour 1/2 C of Ensure into the blender. Cover and blend for 15 to 30 seconds. Add the sugar, coconut extract, remaining Ensure, frozen strawberries, and ice cubes. Cover and blend on high until smooth. Serve immediately.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

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*Percent Daily Values are based on a 2,000 Calorie diet.
Berry Smoothie

Makes 2 servings

INGREDIENTS

1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*

8 oz mixed berry low-fat yogurt

DIRECTIONS

In a blender, combine Ensure and yogurt. Blend until smooth. Pour into a glass and serve chilled.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.
Banana Smoothie

Makes 1 serving

INGREDIENTS

1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*
1 small, ripe banana
1/4 tsp vanilla extract

DIRECTIONS

In a blender, combine all ingredients. Blend until smooth. Pour into a glass and serve.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1 1/2 C (339g)
Servings: 1

Amount Per Serving
Calories 440 ........... Calories from Fat 100
........................................ % Daily Value
Total Fat 11g .....................................17%
Saturated Fat 1g ..................................5%
Trans Fat 0g
Cholesterol 5 mg ..................................2%

Sodium 240 mg .......................................10%
Potassium 1200 mg ................................34%
Total Carbohydrate 74g ..........................25%
Dietary Fiber 6g ....................................24%
Sugars 32g
Protein 14g ..........................................28%
Vitamin A 25% ..........................Vitamin C 70%
Calcium 35% ....................................Iron 25%

†Percent Daily Values are based on a 2,000 Calorie diet.
Minty Chocolate Shake

Makes 1 serving

INGREDIENTS

1 8-fl-oz bottle chilled Creamy Milk Chocolate Ensure®
Clinical Strength*
1/4 tsp vanilla extract
1/4 tsp mint extract

DIRECTIONS

Combine Ensure and flavorings in a glass, mix well and serve.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.
Red Velvet Smoothie

Makes 2 servings

INGREDIENTS

1 8-fl-oz bottle chilled Creamy Milk Chocolate Ensure® Clinical Strength*
1 C frozen pitted dark cherries
1/2 tsp sugar-free cherry gelatin powder
1/2 C low-fat chocolate frozen yogurt
2 Tbsp non-dairy whipped topping, optional

DIRECTIONS

In a blender, combine the Ensure, cherries, gelatin powder, and frozen yogurt. Blend 15-20 seconds, until smooth. Serve immediately.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1 C (249g)
Servings: 2

Amount Per Serving
Calories 280........... Calories from Fat 60
........................................... % Daily Value*
Total Fat 7g.............................11%
Saturated Fat 1.5g...................8%
Trans Fat 0g
Cholesterol 10 mg.....................3%

Sodium 160 mg............................7%
Potassium 725 mg........................21%
Total Carbohydrate 45g...............15%
Dietary Fiber 3g........................12%
Sugars 17g
Protein 10g.............................20%
Vitamin A 25%..........................Vitamin C 50%
Calcium 25%.............................Iron 15%

*Percent Daily Values are based on a 2,000 Calorie diet.
Nutty Butter Shake

Makes 1 serving

INGREDIENTS

1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*
1 Tbsp creamy peanut butter

DIRECTIONS

In a blender, combine Ensure and peanut butter. Blend until smooth. Pour into a glass and serve.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1 C (253g)
Servings: 1

Amount Per Serving
Calories 440........... Calories from Fat 170
.................................... % Daily Value†
Total Fat 19g .....................................29%
Saturated Fat 2.5g ......................13%
Trans Fat 0g
Cholesterol 5 mg .................................2%
Sodium 310 mg .................................13%
Potassium 945 mg ..............................27%
Total Carbohydrate 54g .....................18%
Dietary Fiber 4g.................................16%
Sugars 21g
Protein 17g..............................34%
Vitamin A 25%..............................Vitamin C 60%
Calcium 35%..............................Iron 25%
†Percent Daily Values are based on a 2,000 Calorie diet.

Contact your healthcare professional as soon as you notice any changes that might impact your ability to eat.
Real Chocolate Shake

Makes 1 serving

INGREDIENTS

1 8-fl-oz bottle chilled Homemade Vanilla Ensure® Clinical Strength*
1 C chocolate ice cream

DIRECTIONS

In a blender, combine Ensure and ice cream. Blend until smooth. Pour into a glass and serve.

*This recipe can be prepared with any variety of Ensure. Nutrition information will vary with product used.
Bread Pudding
Makes 6 servings

INGREDIENTS

3 cups Homemade Vanilla Glucerna® Shake
5 pieces whole wheat bread, cubed
1 1/2 C unsweetened corn or bran flakes

For topping:
1 3/4 C fresh blueberries (frozen can be used)

DIRECTIONS

Preheat the oven to 350°F. Prepare a 2-quart baking dish with nonstick cooking spray. Spread the bread evenly in the dish and top with cereal. In a small bowl, whisk together remaining ingredients and pour over bread. Let stand for 30 minutes until liquid is absorbed, patting down occasionally to help absorb evenly. Bake for 75 minutes until puffed and firm in center.

To prepare the topping, combine all ingredients in a saucepan and simmer for 5 minutes. Serve warm.

Blueberry Topping
Makes 6 servings

INGREDIENTS

1/2 C egg substitute
1/3 C sugar substitute
1 tsp vanilla
1 tsp cinnamon
1/2 tsp salt

DIRECTIONS

Keep your blood sugar steady by eating small, frequent meals throughout the day.
Breakfast Smoothie

Makes 1 serving

INGREDIENTS

1 8-fl-oz Rich Chocolate Glucerna® Shake
1/2 banana
1/2 C ice

DIRECTIONS

Combine ingredients in a blender and blend until smooth.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 1/3 C (328g)
Servings: 1

Amount Per Serving

Calories 260 .......... Calories from Fat 60
% Daily Value*
Total Fat 7g .......................................12%
Saturated Fat 0.5g ........................3%
Trans Fat 0g
Cholesterol <5 mg ............................<2%
Dietary Fiber 5g ..............................20%
Sugars 16g
Protein 11g ......................................22%

Vitamin A 25% .................Vitamin C 110%
Calcium 25%..............................Iron 25%

*Percent Daily Values are based on a 2,000 Calorie diet.
†Adjusted for dietary fiber

† Exchanges: 1 Starch, 1 reduced fat milk, 1 fruit
Carb Choices*: 3

Sodium 210 mg...............................9%
Potassium 625 mg.........................18%
Total Carbohydrate 42g ..................14%

Exchanges: 1 Starch, 1 reduced fat milk, 1 fruit
Carb Choices*: 3
Orange Pineapple Sorbet

Makes 1 serving

INGREDIENTS

- 1 package of Orange Juven®
- 3 Tbsp water
- 1/4 C half and half
- 1/2 C canned crushed or chopped pineapple
- 2 tsp fresh lemon juice
- 2 Tbsp confectioners’ sugar

DIRECTIONS

In a small bowl, whisk together the Juven, water, and half and half. Pour into the jar of a blender or the bowl of a food processor. Add the remaining ingredients and blend until smooth.

Pour mixture into a shallow bowl and freeze for 3 hours. Remove from freezer. Using a fork, mash the crystals that have formed. Return the mixture to the freezer for 2 to 3 more hours or until almost solid. Scoop and serve.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 C (252g)
Servings: 1

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<th>Amount Per Serving</th>
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<td>Vitamin A 6%</td>
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<td>Vitamin C 25%</td>
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<td>Calcium 30%</td>
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<td>Iron 2%</td>
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*Percent Daily Values are based on a 2,000 Calorie diet.
Frozen Pop

Makes 2 servings

INGREDIENTS
1 package Fruit Punch flavored Juven®
1/3 C water, room temperature
2 Tbsp sugar
1/3 C frozen mixed tropical fruit
Disposable cups and wooden sticks

DIRECTIONS
In a small bowl, combine the Fruit Punch flavored Juven with water and sugar. Stir until dissolved. Pour liquid into the blender; add frozen fruit and blend on high. Pour the mixture into 2 disposable cups. Freeze mixture for 1 to 2 hours. Slide a wooden stick into center of each pop and return to freezer. Freeze about 3 hours or until firm. Unmold pops and serve.

RECIPE NUTRITION FACTS
Serving Size: Approximately 1 pop (105g)
Servings: 2
Amount Per Serving
Calories 120 ..........Calories from Fat 0
% Daily Value*
Total Fat 0g ..................................0%
Saturated Fat 0g ................................0%
Trans Fat 0g ........................................0%
Cholesterol 0 mg ..................................0%
Sodium 0 mg ........................................0%
Potassium 40 mg .................................11%
Total Carbohydrate 26g ........................9%
Dietary Fiber 0g ..................................0%
Sugars 14g ............................................
Protein 0g ............................................0%
Vitamin A 0% .........................Vitamin C 6%
Calcium 10% ..................................Iron 0%
*Percent Daily Values are based on a 2,000 Calorie diet.

JUVEN INGREDIENTS
Arginine .................................................7g
Glutamine .............................................7g
CaHV8 ......................................................1.5g

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82019 / JANUARY 2012 LITHO IN USA