



Your Nutrition Prescription

Start Strong to Stay Strong™

with Abbott Nutrition

Nutrition Counts

QUICK AND EASY RECIPES





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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.



RECIPES MADE WITH ENSURE CLEAR

RECIPES MADE WITH ENSURE

RECIPES MADE WITH GLUCERNA

RECIPES MADE WITH JUVEN



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 0g0%
Saturated Fat 0g0%
Trans Fat 0g0%
Cholesterol 0 mg0%

Sodium 15 mg1%
Potassium 55 mg2%
Total Carbohydrate 35g12%
Dietary Fiber 0g0%
Sugars 27g

Protein 2g4%
Vitamin A 8% Vitamin C 30%
Calcium 4% Iron 6%

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

MADE WITH



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)		Sodium 95 mg.....4%	
Servings: 1		Potassium 180 mg5%	
Amount Per Serving		Total Carbohydrate 38g.....13%	
Calories 220	Calories from Fat 35	Dietary Fiber 0g.....0%	
.....% Daily Value*		Sugars 28g	
Total Fat 4g6%	Protein 8g.....16%	
Saturated Fat 2.5g.....12%	Vitamin A 20%.....Vitamin C 25%	
Trans Fat 0g	Calcium 15%.....Iron 10%	
Cholesterol 5 mg2%	*Percent Daily Values are based on a 2,000 Calorie diet.	

MADE WITH





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.

Eating your foods with plastic utensils may help eliminate any metallic tastes you might experience.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1/2 C (143g)	Sodium 210 mg.....9%
Servings: 4	Potassium 470 mg13%
Amount Per Serving	Total Carbohydrate 48g16%
Calories 260	Dietary Fiber 3g.....12%
..... % Daily Value†	Sugars 21g
Total Fat 6g9%	Protein 7g.....14%
Saturated Fat 1g5%	Vitamin A 15%.....Vitamin C 30%
Trans Fat 0g	Calcium 20%.....Iron 15%
Cholesterol 5 mg2%	†Percent Daily Values are based on a 2,000 Calorie diet.

MADE WITH



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.



On days when you feel run down, **choose foods that require less chewing and are easy to eat**, such as soups, stews, and casseroles.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1/2 C (125g)	Sodium 160 mg.....7%
Servings: 4	Potassium 210 mg6%
Amount Per Serving	Total Carbohydrate 31g10%
Calories 160..... Calories from Fat 25	Dietary Fiber <1g..... <4%
..... % Daily Value†	Sugars 23g
Total Fat 3g5%	Protein 5g.....10%
Saturated Fat 0g0%	Vitamin A 6%..... Vitamin C 15%
Trans Fat 0g	Calcium 8%..... Iron 6%
Cholesterol 0 mg0%	†Percent Daily Values are based on a 2,000 Calorie diet.

MADE WITH





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)

Serving Size: Approximately 1 1/2 C (350g)	Sodium 250 mg.....10%
Servings: 1	Potassium 950 mg27%
Amount Per Serving	Total Carbohydrate 74g25%
Calories 440 Calories from Fat 100	Dietary Fiber 6g.....24%
..... % Daily Value†	Sugars 40g
Total Fat 11g17%	Protein 14g.....28%
Saturated Fat 1g5%	Vitamin A 40%.....Vitamin C 70%
Trans Fat 0g	Calcium 35%.....Iron 25%
Cholesterol 5 mg2%	†Percent Daily Values are based on a 2,000 Calorie diet.

MADE WITH





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.

Drink an oral nutritional supplement, such as Ensure® Clinical Strength, twice a day to provide a convenient source of extra nutrition.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1 1/4 C (297g)	Sodium 90 mg.....4%
Servings: 3	Potassium 545 mg16%
Amount Per Serving	Total Carbohydrate 50g17%
Calories 240..... Calories from Fat 35	Dietary Fiber 3g.....12%
..... % Daily Value†	Sugars 28g
Total Fat 4g6%	Protein 6g.....12%
Saturated Fat 0g0%	Vitamin A 25%..... Vitamin C 30%
Trans Fat 0g	Calcium 10%.....Iron 10%
Cholesterol 0 mg0%	†Percent Daily Values are based on a 2,000 Calorie diet.

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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)

Serving Size: Approximately 3/4 C (201g)	Sodium 120 mg.....5%
Servings: 2	Potassium 530 mg15%
Amount Per Serving	Total Carbohydrate 44g15%
Calories 250 Calories from Fat 50	Dietary Fiber 5g.....20%
..... % Daily Value†	Sugars 24g
Total Fat 6g9%	Protein 7g.....14%
Saturated Fat 0.5g3%	Vitamin A 15%.....Vitamin C 35%
Trans Fat 0g	Calcium 20%.....Iron 15%
Cholesterol 5 mg2%	†Percent Daily Values are based on a 2,000 Calorie diet.

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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)

Serving Size: Approximately 1 1/4 C (292g)	Sodium 85 mg.....3%
Servings: 3	Potassium 535 mg15%
Amount Per Serving	Total Carbohydrate 41g14%
Calories 210.....	Dietary Fiber 3g.....12%
Calories from Fat 35	Sugars 26g
.....% Daily Value*	Protein 5g.....10%
Total Fat 4g6%	Vitamin A 10%.....Vitamin C 90%
Saturated Fat 0g0%	Calcium 15%.....Iron 10%
Trans Fat 0g	
Cholesterol 0 mg0%	

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

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Make swallowing easier by drinking through a straw and eating soft foods, such as soup, frozen yogurt, applesauce, cottage cheese, mashed potatoes, and scrambled eggs.

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.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1 C (232g)	Sodium 180 mg.....7%
Servings: 2	Potassium 640 mg18%
Amount Per Serving	Total Carbohydrate 46g15%
Calories 280	Dietary Fiber 2g.....8%
Calories from Fat 60	Sugars 30g
..... % Daily Value†	Protein 11g.....22%
Total Fat 6g9%	Vitamin A 15%.....Vitamin C 30%
Saturated Fat 1g5%	Calcium 30%.....Iron 15%
Trans Fat 0g	†Percent Daily Values are based on a 2,000 Calorie diet.
Cholesterol 15 mg4%	

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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 1½ C (339g)	Sodium 240 mg.....10%
Servings: 1	Potassium 1200 mg34%
Amount Per Serving	Total Carbohydrate 74g25%
Calories 440 Calories from Fat 100	Dietary Fiber 6g.....24%
..... % Daily Value†	Sugars 32g
Total Fat 11g17%	Protein 14g.....28%
Saturated Fat 1g5%	Vitamin A 25%.....Vitamin C 70%
Trans Fat 0g	Calcium 35%.....Iron 25%
Cholesterol 5 mg2%	†Percent Daily Values are based on a 2,000 Calorie diet.

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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.

If you experience an unpleasant aftertaste, lemon drops, gum, or mints can help change the flavor in your mouth following a meal.

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1 C (239g)	Sodium 240 mg.....10%
Servings: 1	Potassium 915 mg26%
Amount Per Serving	Total Carbohydrate 51g17%
Calories 360 Calories from Fat 100	Dietary Fiber 3g.....12%
..... % Daily Value†	Sugars 20g
Total Fat 11g17%	Protein 13g.....26%
Saturated Fat 1g5%	Vitamin A 25%..... Vitamin C 60%
Trans Fat 0g	Calcium 35%.....Iron 25%
Cholesterol 5 mg2%	

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

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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)	Sodium 160 mg.....7%
Servings: 2	Potassium 725 mg21%
Amount Per Serving	Total Carbohydrate 45g15%
Calories 280 Calories from Fat 60	Dietary Fiber 3g.....12%
..... % Daily Value†	Sugars 17g
Total Fat 7g11%	Protein 10g.....20%
Saturated Fat 1.5g8%	Vitamin A 25%..... Vitamin C 50%
Trans Fat 0g	Calcium 25%.....Iron 15%
Cholesterol 10 mg3%	†Percent Daily Values are based on a 2,000 Calorie diet.

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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.

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

RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1 C (253g)	Sodium 310 mg.....13%
Servings: 1	Potassium 945 mg27%
Amount Per Serving	Total Carbohydrate 54g18%
Calories 440 Calories from Fat 170	Dietary Fiber 4g.....16%
..... % Daily Value†	Sugars 21g
Total Fat 19g29%	Protein 17g.....34%
Saturated Fat 2.5g13%	Vitamin A 25%..... Vitamin C 60%
Trans Fat 0g	Calcium 35%.....Iron 25%
Cholesterol 5 mg2%	†Percent Daily Values are based on a 2,000 Calorie diet.

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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.

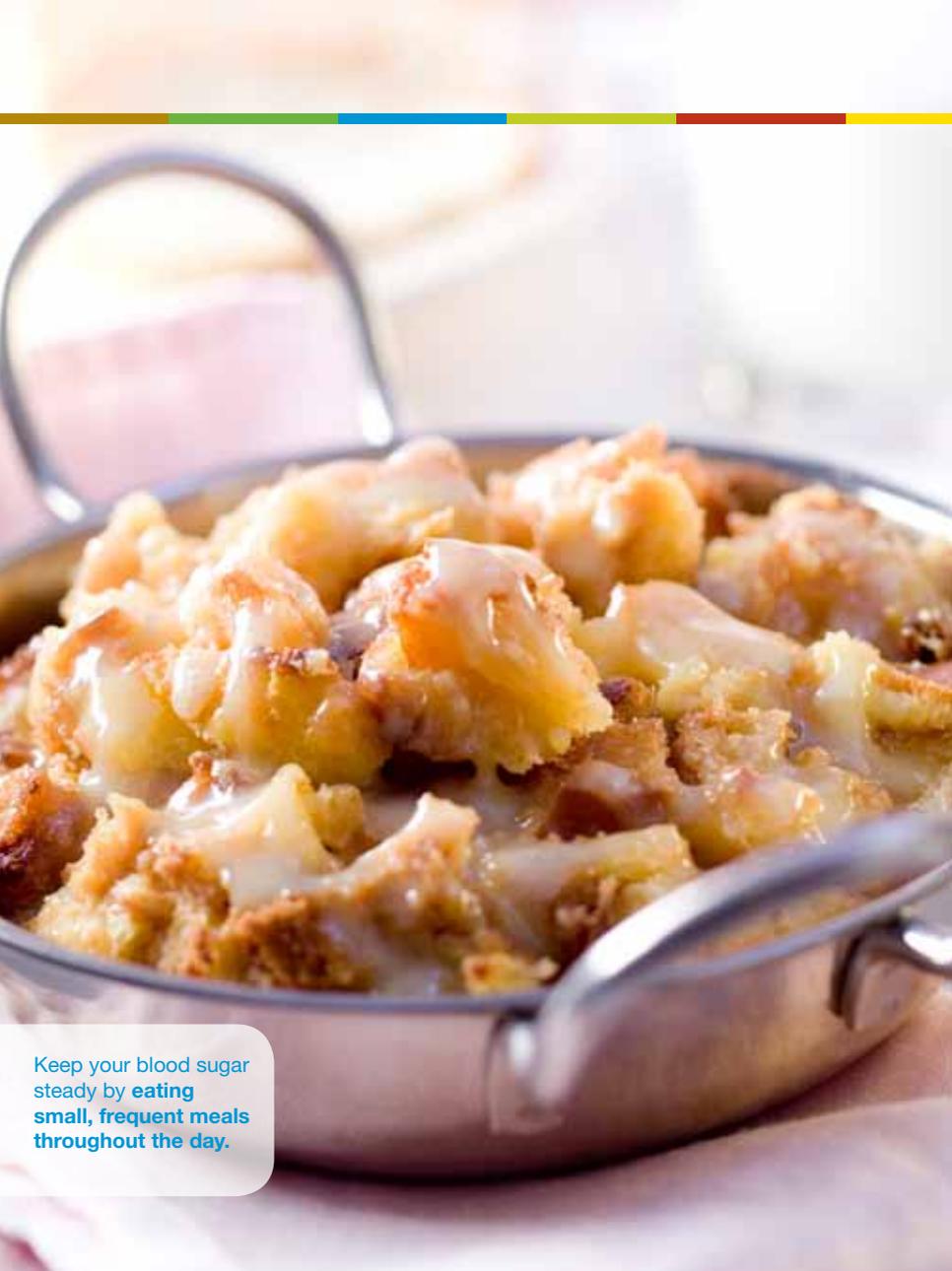
RECIPE NUTRITION FACTS (if prepared with Ensure Clinical Strength)

Serving Size: Approximately 1½ C (385g)	Sodium 320 mg.....13%
Servings: 1	Potassium 1190 mg34%
Amount Per Serving	Total Carbohydrate 82g27%
Calories 730..... Calories from Fat 330	Dietary Fiber 4g.....16%
..... % Daily Value†	Sugars 46g
Total Fat 36g55%	Protein 20g.....40%
Saturated Fat 16g80%	Vitamin A 45%..... Vitamin C 60%
Trans Fat 0g	Calcium 60%..... Iron 35%
Cholesterol 95 mg32%	

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

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

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

For topping:

- 1 3/4 C fresh blueberries (frozen can be used)
- 1/2 C sugar-free maple syrup
- 2 Tbsp fresh lemon juice

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.

RECIPE NUTRITION FACTS

Bread Pudding
 Serving Size: Approximately 1/2 C (185g)
 Servings: 6

Amount Per Serving	Calories from Fat 45	% Daily Value*
Total Fat 5g	8%	
Saturated Fat 0.5g	3%	
Trans Fat 0g	0%	
Cholesterol <5 mg	<2%	
Sodium 510 mg	21%	
Potassium 40 mg	1%	
Total Carbohydrate 40g	13%	
Dietary Fiber 4g	16%	
Sugars 15g		
Protein 11g	22%	
Vitamin A 15%		Vitamin C 50%
Calcium 15%		Iron 25%

Exchanges: 2 Starch and 1 Reduced Fat Milk
Carb Choices: 2 1/2

Blueberry Topping
 Serving Size: Approximately 2 Tbsp (67g)
 Servings: 6

Amount Per Serving	Calories from Fat 0	% Daily Value*
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0 mg	0%	
Sodium 30 mg	1%	
Potassium 40 mg	1%	
Total Carbohydrate 11g	4%	
Dietary Fiber 1g	4%	
Sugars 4g		
Protein 0g	0%	
Vitamin A 0%		Vitamin C 10%
Calcium 0%		Iron 0%

Exchanges: 1/2 Fruit
Carb Choices: 1



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

†Adjusted for dietary fiber



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

Amount Per Serving

Calories 270Calories from Fat 60
% Daily Value*

Total Fat 6g9%
Saturated Fat 4g9%
Trans Fat 0g
Cholesterol 20 mg7%
Sodium 25 mg1%
Potassium 215 mg6%

Total Carbohydrate 42g14%
Dietary Fiber 1g.....4%
Sugars 30g
Protein 2g4%
Vitamin A 6% Vitamin C 25%
Calcium 30%.....Iron 2%

JUVEN INGREDIENTS

Arginine.....7g
Glutamine7g
CaHMB.....1.5g

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

MADE WITH



Maintain your weight and muscle with nutrition

The right nutrition can help make the difference in the success of your cancer treatment. Abbott Nutrition has the right products to provide your body with essential nutrition to help you maintain your weight and muscle. Your healthcare provider can help you decide which products are right for you.



Patient Name _____

Your Nutrition Prescription

COMING SOON!



Ensure® Clear™

When you need or want a refreshing, fruit-flavored drink



Ensure® Clinical Strength

Helps maintain and rebuild muscle when you need it most



Glucerna®

For patients with diabetes to help minimize blood sugar spikes



Juven®

Targeted nutrition to help build lean body mass which supports wound healing



Instructions:

Drink _____ daily between meals or when taking medicine.

Use under medical supervision

Abbott Nutrition makes it easy to get the nutrition you need



Look for **Ensure** and **Glucerna** products at major retailers. **Juven** is available at Walgreens and Rite-Aid.



Find nutritional products online at Abbottstore.com/nutrition4cancer.



Visit Ensure.com, Glucerna.com, and Juven.com for recipes, and find nutritious sample meal plans on the Glucerna Web site.



Order nutritional products by calling **1-800-258-7677**.