



**ONCOLOGY NUTRITION**

**High Calorie, High Protein Drinks**

**Ready-to-drink**

Name of product	Nutritional Analysis* For 1 can (255ml)		Where it is sold	Cost per serving**
	Energy (calories)	Protein (grams)		
President's Choice™ Ultra Shake Plus Calories	353	18.0	Superstore	\$1.33
Equate Nutritional Shake Plus™ Calories	353	17.6	Walmart	\$1.41
Truly™ plus calories	353	17.6	Zellers	\$1.41
Safeway Nutritional Shake Plus calories	353	17.6	Safeway	\$1.65
Breakfast Anytime™	303	15.0	Drug & Grocery stores	\$2.04
Boost Plus Calories™	360	14.0	Drug and Grocery stores	\$1.92
Equate Meal Replacement Plus™ Calories	355	13.3	Walmart	\$1.41
London Drugs Meal Replacement Plus Calories	355	13.3	London Drugs	\$1.25
Western Family Meal Cal+™	355	13.3	Save-On-Foods	\$1.25
Ensure Plus™	355	13.3	Drug and Grocery stores	\$1.58
Shoppers Replenish Complete Plus Calories	355	13.0	Shoppers Drug Mart	\$1.50

*\*Nutritional analysis may vary with different flavours*

*\*\*Prices may be based on purchasing 6-12 cans & is subject to change*

**Drinks you can make at home (recipes below):**

Drinks containing milk, ice cream or skim milk powder, contain lactose.

Name of product	Nutritional Analysis For 1 serving (1 cup/250 ml)		Cost Per serving
	Energy (Calories)	Protein (grams)	
High Protein Milkshake Made with 2% milk	360	20.0	\$0.84
High Protein Milk Made with 2% milk	220	17.0	\$0.59
Breakfast Anytime™ (powder mixed with whole milk)	300	15.0	\$1.04
Tofu Fruit Shake	360	11.0	\$1.13

**Recipes**

**High Protein Milk Shake**

Ingredients:

2% milk	250 mL	(1 cup)
Skim milk powder	60 mL	(1/4 cup)
Ice cream	125 mL	(1/2 cup)

Combine all ingredients in a blender (with fruit or flavouring, as desired), ad mix until smooth. Use of whole milk will increase calories and fat content.

**Tofu Fruit Shake**

Ingredients:

Soft tofu	300 g	(1 package)
Sweetened soy milk	175 mL	(3/4 cup)
Frozen fruit juice concentrate	75 mL	(1/3 cup)
Ripe banana (or other fruit)	125 mL	(1/2 cup)

Combine ingredients in a blender and mix until smooth. May sweeten with honey, if desired. Makes 2 servings.

*Produced by the BC Cancer Agency, Oncology Nutrition, May 2004*

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.