



BC Cancer Agency

CARE & RESEARCH

An agency of the Provincial Health Services Authority

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	\$1.30
Truly™ plus calories	353	17.6	Zellers	\$1.41
Safeway Nutritional Shake Plus calories	353	17.6	Safeway	\$1.33
Breakfast Anytime™	303	15.0	Drug & Grocery stores	\$1.97
Boost Plus Calories™	360	14.0	Drug and Grocery stores	\$1.83
Equate Meal Replacement Plus™ Calories	355	13.3	Walmart	\$1.41
London Drugs Meal Replacement Plus Calories	355	13.3	London Drugs	\$1.33
Western Family Meal Cal+™	355	13.3	Save-On-Foods	\$1.25
Ensure Plus™	355	13.3	Drug and Grocery stores	\$1.67
Life Brand 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	\$0.86
High Protein Milk Made with 2% milk	220	17.0	\$0.61
Breakfast Anytime™ (powder mixed with whole milk)	300	15.0	\$1.06
Tofu Fruit Shake	360	11.0	\$1.15

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.

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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.