



Nutrition Tips

Supplements

Supplement Order

**Take one/two a day/ with/
between/instead of/ meals**

- Ensure Plus** (*Chocolate, Vanilla, Strawberry*)
- Boost Plus** (*Chocolate, Vanilla, Strawberry*)
- Boost Glucose Control** (*Chocolate, Vanilla, Strawberry*)
- Nepro** (*Vanilla, Butter Pecan, Mixed Berry*)
- Resource Boost Breeze** (*Orange, Wildberry*)
- Beneprotein Powder:**
_____scoops/day

Your dietitian can give you sample supplements to try. There are several brands available, try them to find which one you like best.

If you don't have much appetite, try sipping small amounts over time. Remember to refrigerate unused product.

Eating enough of the right foods is not always easy for people with kidney disease. Your dietitian may recommend a nutritional supplement for you.

To qualify nutritionally and financially through Northwest Kidney Centers program:

- You have a low albumin laboratory value lab for several months
- You are underweight or are losing weight
- You have no appetite or have problems chewing or swallowing solid foods

You can also buy supplements from your local drugstore or grocery store. Some stores may carry other types and brands that cost less. Ask your dietitian if they are alright for you. You can also have supplements delivered from:

Byram Healthcare

Seattle: 206-329-1668 Toll free:800-456-3500

www.walgreens.com

1-800-828-9194

Abbott Home Store (Nepro Only)

1-800-258-7677 or www.abbottstore.com





Ways to flavor your nutritional supplement

- Add a tablespoon of chocolate syrup, raspberry jam or honey to flavor your supplement.
- Try a teaspoon of freeze-dried coffee with chocolate Boost or Ensure Plus to make a mocha flavored drink.
- Try a tablespoon or less of cherry Kool-Aid, for a cherry flavor, or add orange Kool-Aid to make an orange sherbet flavored drink.
- A scoop of peppermint or chocolate chip mint ice cream mixed with chocolate Ensure or Boost makes a peppermint milkshake.
- Try using the flavored syrups that are sold to flavor coffee drinks, you can try hazelnut, almond, even gingerbread flavors.

Serve it hot, or cold!

- When using supplements, try and keep them in the container they come in, and drink them with a straw, they will smell better. Try serving them chilled for best flavor.
- You can heat the chocolate supplements to make hot cocoa, or add nutmeg to the vanilla and heat to make an eggnog flavor.
- Freeze a can of chocolate supplement in popsicle or ice cube trays, it tastes like a fudge sickle.

Simple Shake

1 can Ensure Plus, Boost Plus, or Glucose Control

1/2 cup fresh or frozen strawberries, blueberries, or blackberries

1/2 cup ice cream

Blend well in blender or food processor and enjoy!

Mocha Shake

1 can Ensure Plus, Boost Plus, or Glucose Control

1/2 teaspoon instant coffee

1 teaspoon chocolate syrup

Dash of cinnamon

Orange Cream

1 can Ensure Plus, Boost Plus, or Glucose Control

1/2 cup prepared orange jello

1/2 cup ice cream

Blend well in blender or food processor and enjoy!

Lemon Smoothie

1 can Ensure Plus, Boost Plus, or Glucose Control

1/4 cup lemon juice

1/2 banana

3 tablespoons honey