

## Product Information: Ensure® Pudding

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Ensure® Pudding

## Complete, Balanced Nutrition®

- ENSURE PUDDING is a nutritious alternative to other snacks or desserts. It provides a source of Complete, Balanced Nutrition® in a delicious easy-to-eat form. It is appropriate for those who have malnutrition, are at nutritional risk, experiencing involuntary weight loss, or are on a fluid-restricted or volume-limited diet.
- For patients on consistency-modified diets (eg, soft, puréed, or full liquid).
- For patients with dysphagia.
- For oral use.
- Good source of fiber (3 g scFOS/serving) to help maintain regularity.
- Antioxidants to support the immune system.\*
- Good source of 24 essential vitamins and minerals.
- Good source (160 mg/serving) of plant-based omega-3 fatty acid ALA (10% of 1.6 g DV) to support heart health.
- Convenient—needs no refrigeration.
- Kosher.
- Halal.
- Gluten-free.
- Low-residue.
- Suitable for lactose intolerance.



## Safety Precautions

- Not for patients with galactosemia.

\* Vitamins C & E, and selenium

## Ingredients

### Homemade Vanilla Ready to Use:

Water, Sugar (Sucrose), Corn Maltodextrin, Modified Corn Starch, Milk Protein Concentrate, Soy Oil, Short-Chain Fructooligosaccharides. Less than 0.5% of the Following: Magnesium Phosphate, Potassium Citrate, Natural & Artificial Flavors, Sodium Citrate, Sodium Stearoyl Lactylate, Sodium Ascorbate, Salt (Sodium Chloride), dl-Alpha-Tocopheryl Acetate, Ferric Phosphate, Zinc Sulfate, Niacinamide, Turmeric, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Folic Acid, Chromium Chloride, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Phylloquinone, Cyanocobalamin, and Vitamin D3.

**Allergens:** Contains milk ingredients.

## Availability

List Number	Item
54844	Ensure Pudding Homemade Vanilla / 4-oz (113-g) Plastic Cups / 12 x 4 ct
54846	Ensure Pudding Creamy Milk Chocolate / 4-oz (113-g) Plastic Cups / 12 x 4 ct
54848	Ensure Pudding Butterscotch Delight / 4-oz (113-g) Plastic Cups / 12 x 4 ct

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**Nutrition Information - Homemade Vanilla Ready to Use**

	4 oz container	
	Value	%RDI / %DV*
Protein, % Cal	9	
Carbohydrate, % Cal	66	
Fat, % Cal	25	
Total Cal:g Nitrogen	266.1	
Nonprotein Cal:g Nitrogen	258:1	
Viscosity	Spoon-Thick (Room Temperature and Chilled)	
Calories	170	
Calories from Fat	45	
Fat, g	5	8
Saturated Fat, g	1	
Trans Fat, g	0	
Polyunsaturated Fat, g	2	
Monounsaturated Fat, g	1	
Cholesterol, mg	5	2
Sodium, mg	85	4
Potassium, mg	110	3
Carbohydrate, g	30	10
Dietary Fiber, g	3	12
Sugars, g	15	
Protein, g	4	8
Vitamin A		10
Vitamin C		15
Calcium		10
Iron		10
Vitamin D		10
Vitamin E		20
Vitamin K		15
Thiamin		15
Riboflavin		15
Niacin		10
Vitamin B6		15
Folate		15
Vitamin B12		10
Biotin		15
Pantothenic Acid		15
Phosphorus		10
Iodine		10
Magnesium		10

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## Nutrition Information - Homemade Vanilla Ready to Use

	4 oz container	
	Value	%RDI / %DV*
Zinc		10
Selenium		10
Copper		10
Manganese		25
Chromium		10
Molybdenum		30
Chloride		<2

## Homemade Vanilla Ready to Use Footnotes & References

**Per 4 oz container**

\*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.