

Product Information: Ensure® Original Pudding

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Ensure® Original Pudding

Complete, Balanced Nutrition®

- 1 ENSURE ORIGINAL 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 are malnourished, at nutritional risk, experiencing involuntary weight loss, or are on a fluid-restricted or volume-limited diet.
- 1 For patients on consistency-modified diets (eg, soft, puréed, or full liquid).
- 1 For patients with dysphagia.
- 1 For oral use.
- 1 Good source of fiber (3 g NutraFlora® scFOS®* /4 oz) to help maintain regularity.
- 1 Good source of 21 essential vitamins and minerals.
- 1 Antioxidants (vitamins C & E and selenium) to support the immune system.
- 1 Good source (160 mg/4 oz) of plant-based omega-3 fatty acid alpha-linolenic acid (ALA, 10% of 1.6 g DV) to support heart health.
- 1 Convenient—needs no refrigeration.
- 1 #1 Doctor recommended brand.
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Not for sole-source nutrition.
- 1 Not for people with galactosemia.

* NutraFlora® and scFOS® are not registered trademarks of Abbott Laboratories.

Ingredients

Pudding Vanilla:

Water, Sugar, Corn Maltodextrin, Modified Corn Starch, Milk Protein Concentrate, Soy Oil, Short-chain Fructooligosaccharides. Less than 0.5% of: Vitamins & Minerals (Magnesium Phosphate, Potassium Citrate, Sodium Citrate, Sodium Ascorbate, Ferric Phosphate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Phylloquinone, Vitamin B12, Vitamin D3), Natural & Artificial Flavor, Sodium Stearoyl Lactylate, Salt, and Turmeric Color.

Allergens: Contains milk ingredients.

Availability

| List Number | Item |
|-------------|---|
| 54844 | Ensure Original Pudding Vanilla / 4 oz (113 g) Cup / 12 x 4 ct |
| 54846 | Ensure Original Pudding Milk Chocolate / 4 oz (113 g) Cup / 12 x 4 ct |
| 68333 | Ensure Pudding Vanilla / 4 oz (113 g) cups / 6 x 4 ct |
| 68334 | Ensure Pudding Chocolate / 4 oz (113 g) cups / 6 x 4 ct |

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Nutrition Information - Pudding Vanilla

| | 4 oz (1 Pudding Cup) | |
|------------------------|----------------------|-------------|
| | Value | %RDI / %DV* |
| Calories | 170 | |
| Total Fat, g | 5 | 6 |
| Saturated Fat, g | 1 | 5 |
| Trans Fat, g | 0 | |
| Polyunsaturated Fat, g | 2 | |
| Monounsaturated Fat, g | 1 | |
| Cholesterol, mg | 5 | 2 |
| Sodium, mg | 85 | 4 |
| Total Carbohydrate, g | 30 | 11 |
| Dietary Fiber, g | 3 | 11 |
| Total Sugars, g | 15 | |
| Added Sugars, g | 15 | 30 |
| Protein, g | 4 | 8 |
| Vitamin D, mcg | 1 | 6 |
| Calcium, mg | 100 | 8 |
| Iron, mg | 1.8 | 10 |
| Potassium, mg | 110 | 2 |
| Vitamin A | | 15 |
| Vitamin C | | 10 |
| Vitamin E | | 25 |
| Vitamin K | | 10 |
| Thiamin | | 20 |
| Riboflavin | | 20 |
| Niacin | | 15 |
| Vitamin B6 | | 20 |
| Folate | | 25 |
| Folic Acid, mcg | 60 | |
| Vitamin B12 | | 25 |
| Biotin | | 150 |
| Pantothenic Acid | | 30 |
| Phosphorus | | 8 |
| Iodine | | 10 |
| Magnesium | | 10 |
| Zinc | | 15 |
| Selenium | | 15 |
| Copper | | 20 |
| Manganese | | 20 |
| Chromium | | 35 |
| Molybdenum | | 50 |

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Pudding Vanilla Footnotes & References

Per 4 oz (1 Pudding Cup)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.