

Product Information: Ensure® Pudding

For more information, contact your Abbott Nutrition sales representative or visit
www.abbottnutrition.ca

Usage

- 1 Ensure® Pudding is a nutritious alternative to other snacks or desserts. It provides complete, balanced nutrition in a delicious easy-to-eat format to help increase daily nutrient intake.
- 1 For patients:
 - with fluid restrictions or requiring volume-limited feedings;
 - requiring consistency-modified diets (e.g. soft, pureed, or full liquid);
 - with difficulty chewing and/or swallowing.



Features

- 1 Complete, balanced nutrition.
- 1 Provides 24 vitamins and minerals.
- 1 Includes 3 g of scFOS per serving.
- 1 Convenient—needs no refrigeration.
- 1 Safe, easy-to-open plastic cups for better compliance.
- 1 Rich and creamy, good tasting.
- 1 2 delicious flavours: Vanilla and Chocolate.
- 1 Low-residue.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

Ingredients

Liquid Vanilla:

Water, Sugar, Corn Maltodextrin, Modified Corn Starch, Milk Protein Concentrate, Soy Oil, Short-Chain Fructooligosaccharides (scFOS), Natural and Artificial Flavour, Sodium Stearoyl-2-Lactylate, Turmeric, MINERALS (Magnesium Phosphate, Potassium Citrate, Sodium Citrate, Salt, Ferric Phosphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Sodium Selenate, Potassium Iodide), VITAMINS (Sodium Ascorbate, DL-Alpha-Tocopheryl Acetate, Niacinamide, Calcium D-Pantothenate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Folic Acid, D-Biotin, Phylloquinone, Cyanocobalamin, and Vitamin D3).

Allergens: Contains: Milk

Availability

List Number	Item
53490828	Ensure® Pudding, Vanilla; 113-g cups; 12 x 4/case
53491828	Ensure® Pudding, Chocolate; 113-g cups; 12 x 4/case
68331777	Ensure® Pudding, Vanilla; 113-g cups; 6 x 4/case
68332777	Ensure® Pudding, Chocolate; 113-g cups; 6 x 4/case

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Nutrition Information - Liquid Vanilla

	113 g	100 g
	Value	Value
ENERGY, Cal (kJ)	170 (711)	150 (629)
Protein, g	4	3.5
Fat, g	5.0	4.4
Polyunsaturates, g	2.0	1.8
Linoleic Acid, g	1.6	1.4
Linolenic Acid, g	0.16	0.14
Monounsaturates, g	1.0	0.9
Saturates, g	1.0	0.9
Trans, g	0	0
Carbohydrate, g	30	27
Fibre, g	3.0	2.7
Sugars, g	15	13
Vitamin A, IU	500	442
Vitamin D, IU	40	35
Vitamin E, IU	6	5.3
Vitamin K, mg	0.012	0.011
Vitamin C, mg	9	8
Thiamine, mg	0.23	0.2
Riboflavin, mg	0.3	0.27
Niacin, mg NE	2	1.8
Vitamin B6, mg	0.3	0.27
Folic Acid, mg	0.06	0.05
Vitamin B12, mg	0.0006	0.0005
Pantothenic Acid, mg	1.5	1.3
Biotin, mg	0.05	0.04
Sodium, mg	85	75
Potassium, mg	110	97
Chloride, mg	34	30
Calcium, mg	100	88
Phosphorus, mg	100	88
Magnesium, mg	40	35
Iron, mg	1.8	1.6
Zinc, mg	1.5	1.3
Iodide, mg	0.015	
Copper, mg	0.2	0.18
Manganese, mg	0.5	0.44
Selenium, mg	0.007	0.006
Chromium, mg	0.012	0.011
Molybdenum, mg	0.023	0.2

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Product Characteristics

	Value
Caloric Density (Cal/mL)	1.5
Protein (% of total energy)	9.4
Protein Source	Milk protein concentrate
Fat (% of total energy)	26.5
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	6.5:1
Fat Source	Soy oil
Carbohydrate (% of total energy)	64.1
Carbohydrate Source	Sucrose, corn maltodextrin, modified corn starches, scFOS
Total Cal:g Nitrogen Ratio	266:1
Nonprotein Cal:g Nitrogen Ratio	258:1
Water (g/L)	83.3
Osmolality (mOsm/kg water)	1150
Renal Solute Load (mOsm/L)	N/A
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A

Storage & Handling

Store unopened at room temperature. Once opened, cover, refrigerate, and use within 48 hours.