“I try to eat well but I wonder if I could do more.”
NOT ENOUGH OR NOT THE RIGHT NUTRITION?

The risk of not getting enough or the right nutrition is higher than you might think especially while recovering from an illness or injury. And the consequences are serious.

Ask yourself these three simple questions:
1. Are you sick or injured?*
2. Have you lost your appetite?‡
3. Have you lost weight without trying?‡

If you answered yes to any of these questions, you may be feeling tired, weak, or not able to focus. Or you may be healing or recovering slowly. This could be due to inadequate nutrition and you may benefit from supplementing your diet with nutritious beverages fortified with extra calories, protein, vitamins, and minerals.

Eating right is vital to your body’s well-being. Making sure you get the right nutrition helps you stay healthy, feel good, and live a full life. But how do you know for sure if you’re eating the right foods, eating the right amount, and getting the proper nutrition?
MAKING SURE YOU GIVE YOUR BODY WHAT IT NEEDS

Like giving a car the right fuel to run optimally, your body needs enough protein, carbohydrates, vitamins, and minerals to function at its best. You get these nutrients from the foods and beverages you consume.

You may already try to have a well-balanced diet because you understand how important it is. That’s great! And you want to feel confident that your diet is meeting all your nutritional needs. Many factors affect what you should eat each day, like your age and activity level. Nutritional needs can also change when you’ve lost weight due to illness, are sick, or you are recovering from an illness or an injury.

MAKING IT EASIER: ENRICHED NUTRITION DRINKS

Oral nutrition supplements, sometimes called nutrition drinks or shakes, are often part of daily eating habits or meal planning for people around the globe. They can help you feel confident that you’re doing everything you can to heal and maintain, and enhance your health.

Abbott Laboratories is dedicated to the science of nutrition and the highest quality products. Oral nutrition supplements are available from your pharmacy, health food store, or healthcare provider.
Developed with a global panel of renowned physicians and nutrition experts, feedM.E. is a nutrition awareness, education, and call-to-action program designed to highlight the value of good nutrition and optimize health.

No matter where you’re at in life, eating right and caring about your nutrition positively affects your health and quality of life. By being aware and taking action, you’ll nourish your mind, body, and spirit…and take charge of your future.

Oral nutrition supplements can be an integral part of meeting your daily nutritional requirements.