



Nutrition Education: Liquid Calories

Product Name	Ounces	Calories	Grams of Protein
Boost VHC	8	530 (online only)	22
Ensure Plus / Boost Plus / Store brands: Kroger, Walmart	8	350 – 360	13/14
Boost / Ensure: High Protein	8	240 /160	15/16
Glucerna 1.5	8	356	19.6
Carnation Essentials	8	240	10
ENU	8.5	340 (online only)	17
Orgain	11	260 (varies)	16
Kate Farms	11	325 (varies)	16
Naked Juice Protein Drinks	15.2	220 – 420	25 – 30
Bolthouse Farms Protein Drinks	15.2	170 – 210	16
Kefir	8	~150	8
Muscle Milk Smoothie	11	260	25
Homemade Smoothie or Shake	~8	400	varies
Special K Protein Drinks	8	~190	15
Yogurt Smoothies	<i>Varies</i>	120-150	10-15
Whole or Chocolate Milk or Buttermilk	8	150	8
Juice or Nectar	8	120	0
Ice Cream	4	150+	4 +/-
Smoothie King – Daily Warrior	20	680	16
<i>*add peanut butter for extra calories but minimal added volume, other flavors available</i>			

The following are not meal replacements, but can provide extra calories and/or protein:

Benecalorie	1.5	330	7
Premier Protein, Ensure Max	11	160	30