

ENSURE® PUDDING

COMPLETE, BALANCED NUTRITION



USAGE

ENSURE® PUDDING is a nutritious alternative to other snacks or desserts. It provides complete, balanced nutrition in a delicious easy-to-eat form for anyone wanting extra nutrition.

- For people who have fluid restrictions or require volume-limited feedings
- For people on consistency-modified diets (ex., soft, pureed or full liquid)
- For people with swallowing impairments
- For people who want a nutritious snack

FEATURES

- Complete, balanced nutrition
- Rich and creamy, good tasting
- Safe, easy to open plastic cups for better compliance
- Good source of 24 essential vitamins and minerals
- Includes 3 g of FOS/serving. FOS are prebiotics that stimulate the growth of beneficial bacteria in the colon. To learn more about FOS, see product guide introduction.
- Convenient, needs no refrigeration
- Kosher
- Lactose- and gluten-free

NUTRIENT FACTS

Nutrient density (Cal/g)	1.5
Protein (% Cal)	9
Carbohydrate (% Cal)	64
Fat (% Cal)	27
Kosher	Yes
Gluten-free	Yes
Lactose-free	Yes
Osmolality (mOsm/kg water)	1150

AVAILABILITY

Ready to Use:

113-g cups, 12 x 4/case:

Vanilla #53490-828

Chocolate #53491-828

Butterscotch #53492-828

Per 113 g

ENERGY

Kilojoules	711
Calories	170
PROTEIN (g)	4
% of total energy	9%
Source	Milk protein concentrate
FAT (g)	5
Polyunsaturated fatty acids (g)	2.0
Monounsaturated fatty acids (g)	1.0
Saturated fatty acids (g)	1.0
Linoleic acid (g)	1.6
% of total energy	27%
Source	Soy oil
CARBOHYDRATE (g)	30
FOS (g)	3
% of total energy	64%
Source	Sugar, corn maltodextrin, modified starches, FOS

VITAMINS

Vitamin A (RE/100g)	150/500
Vitamin D ₃ (µg/100g)	1/40
Vitamin E (mg/100g)	4.51/6
Vitamin K (mg)	0.012
Vitamin C (mg)	9.0
Thiamine (mg)	0.23
Riboflavin (mg)	0.30
Niacin (mg)	2.0
Vitamin B ₆ (mg)	0.30
Folic acid (mg)	0.060
Vitamin B ₁₂ (mg)	0.0006
Biotin (mg)	0.05
Pantothenic acid (mg)	1.5

MINERALS

Calcium (mg)	100
Phosphorus (mg)	100
Magnesium (mg)	40
Iron (mg)	1.8
Zinc (mg)	1.5
Copper (mg)	0.20
Iodide (mg)	0.015
Manganese (mg)	0.50
Selenium (mg)	0.007
Chromium (mg)	0.012
Molybdenum (mg)	0.023
Sodium (mg)	85
Sodium (mmol)	3.7
Potassium (mg)	110
Potassium (mmol)	2.8
Chloride (mg)	34
Chloride (mmol)	0.9

INGREDIENTS

*D Water, sugar, corn maltodextrin, modified starches, milk protein concentrate, soy oil, fructooligosaccharides (FOS), magnesium phosphate, potassium citrate, natural and artificial flavour, sodium citrate, sodium stearoyl lactylate, sodium ascorbate, salt, *d*- α -tocopheryl acetate, ferric phosphate, zinc sulphate, niacinamide, colour, calcium panthothenate, manganese sulphate, cupric sulphate, thiamine chloride hydrochloride, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, folic acid, chromium chloride, biotin, sodium molybdate, sodium selenate, potassium iodide, phyloquinone, cyanocobalamin, vitamin D₃. **Contains milk ingredients.**
 *Ensure® Pudding vanilla.

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