



Ensure Delivers the Nutrition you Need

Different ways to serve Ensure[®] Plus

Enjoy Ensure Plus cold

Ensure Plus tastes best when chilled and served in a glass.

Try serving it over crushed ice, or dilute it with whole milk.

Pour **Ensure Plus** into individual cups. Place a coffee stick in the middle of each cup and freeze to make delicious popsicles.

Place frozen fruits and **Ensure Plus** in a blender and blend to desired consistency.

Replace milk with **Ensure Plus** in cereals.



Orange Creamsicles



Fuzzy Navel



Berry Smoothie

Enjoy Ensure Plus warm

Add **Ensure Plus** to brewed coffee or tea.

Heat chocolate-flavoured **Ensure Plus** gently, garnish with whipped cream or grated chocolate (do not boil).

Add **Ensure Plus** to cheese sauce, vegetable soups and meat stews.



Ginger Carrot Soup



Hot Chocolate



Cinnamon Rice

Find your best time of day and eat more at this time, even if it is first thing in the morning.



Tips to enjoy Ensure Plus when balanced nutrition is challenged by time or illness

Replace milk with **Ensure Plus** in your recipes. This will bring up the nutrition and energy content of your recipes. For example:

- Add 1 can of Ensure Plus to dilute 1 can of condensed soup.

Bake with Ensure Plus

Ensure Plus can be used to make puddings, bread puddings, or any other bakery items where milk is normally used.



Oatmeal Cookies



Apple Harvest Cake



Blueberry Pancakes

Change the flavour and texture of Ensure Plus!

- Add butterscotch or peanut butter.
- Mix in extracts or essences.
- Too sweet? Add a dash of salt.[†]
- Too metallic? Serve in a glass or add a dash of cinnamon or nutmeg.

Why it is important to consume 2 or more cans of **Ensure Plus** per day?

- 2 cans of **Ensure Plus** contains 710 calories of energy, 26 g of protein and a significant amount of recommended daily intake (RDI) of important other nutrients, vitamins and minerals

Here's an easy tip to add more nutrition to your day!

- Have half a can of **Ensure Plus** with your medication in the morning instead of water, coffee, tea or juice.
- Have the other half as an afternoon snack or just before bed!

[†] If you are on a salt-restricted diet, please consult your healthcare professional before adding salt.

Ensure[®] Plus

