

Nutrition Supplements

What is a nutrition supplement?

Nutrition supplements come in many forms including bars, drinks, powders, and puddings. They have different amounts of nutrients, but can be a source of protein, carbohydrate, fat, vitamins, and minerals.

Special nutrition supplements are available for people with medical conditions and children. There are also different types with extra protein, fibre, or calories.



When can a nutrition supplement help?

A nutrition supplement helps when you can't meet your nutrient needs through food alone.

Some illnesses or treatments can decrease your appetite or increase your nutrient needs. These illnesses or treatments may also cause you to lose weight without trying.

Talk to your doctor or dietitian if you don't know which type of supplement or how much supplement to use.

Many nutrition supplements contain added vitamins and minerals. Ask your pharmacist if they will affect the medicine you take.

Where can I buy nutrition supplements?

You can buy them at drug stores, the pharmacy section of your grocery store, or health food stores.

How do I fit nutrition supplements into my day?

Have nutrition supplements as a snack or at the end of a meal so it doesn't decrease the amount of food you eat at meals. When possible, nutrition supplements can be used in addition to healthy balanced meals.

Protein powders can be added to recipes or drinks if extra protein is needed.

Follow the recommendations given to you by your doctor or dietitian.

How do I store nutrition supplements?

Supplements can be stored at room temperature in a clean dry area before they're opened. Check the expiry date on your product before using it to make sure it hasn't expired.

Once a supplement has been opened, follow the directions on the package for storing.



The chart below lists ideas to help you manage common concerns or challenges with liquid nutrition supplements.

Challenge	Solution	Example
Supplement is too sweet or too thick.	Change the flavour.	Add 1 tsp/5 mL vanilla or almond extract to a supplement. Try adding coffee or water to a supplement.
	Use it to replace milk or water in drinks.	Use in your coffee, hot chocolate or smoothie.
	Blend with other ingredients.	Blend with frozen fruit and serve as a shake.
	Chill or freeze the supplement.	Drink over ice. Freeze into popsicles.
	Mix the supplement with another liquid.	Add milk, soy beverage, or lactose reduced milk to creamy nutrition supplements. Add fruit juice or pop to juice type nutrition supplements.
Tired of drinking supplements.	Use it as an ingredient in place of milk or water in regular recipes.	Use in place of milk or water in soups, pancakes, puddings, or on cereal. See the recipes on the next page or contact the supplement companies for recipes.
	Use other types of supplements.	Drink a liquid supplement at one time of day and eat a bar or pudding another time of day.
Finding the best price of supplements.	Talk with your health care provider.	Find out if you have benefits or insurance that will cover the cost of nutrition supplements with a doctor's prescription.
	Look for sale prices and coupons.	Check flyers or advertisements; some companies provide online coupons. Stores may have in-store coupons.
	Check to see if other brands are available.	Store or generic brands may cost less than brand names.

Recipes

Banana Berry Smoothie

½ cup	Berries, frozen	125 mL
½	Banana, medium, peeled	½
1 bottle	Vanilla nutrition supplement	235 mL

Place berries, banana, and nutrition supplement in the blender container. Cover with lid and blend about 30 seconds or until smooth. Turn off the blender and pour the smoothie in a glass. Serve right away or refrigerate.

Makes 1 serving (375 mL/ 1½ cup)

*Nutrition information per serving: 320 calories, 13 g fat, 0 g saturated fat, 0 g trans fat, 5 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 9 g fibre, 13 g protein, 154 mg calcium.

Chai Latte

½ bottle	Vanilla nutrition supplement	125 mL
½ cup	Water, boiling	125 mL
1	Chai tea bag	1

Heat the nutrition supplement in a pot on the stove or in a mug in the microwave until warm. In another mug add boiling water to the Chai tea bag and let it steep 3–4 minutes. Add the nutrition supplement to the tea. Enjoy warm. Throw out any remaining latte after two hours.

Makes 1 serving (250 mL/ 1 cup)

*Nutrition information per serving: 130 calories, 3.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 135 mg sodium, 20 g carbohydrate, 0 g fibre, 5 g protein, 159 mg calcium.



Mocha Latte

2 tsp	Instant coffee	10 mL
1 Tbsp	Water, boiling	15 mL
1 bottle	Chocolate nutrition supplement	235 mL

Place the instant coffee and boiling water in a mug or small pot and mix to dissolve. Add the nutrition supplement and heat until warm. Enjoy warm. Throw out any remaining latte after two hours.

Makes 1 serving (250 mL/ 1 cup)

*Nutrition information per serving: 250 calories, 6 g fat, 0.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 200 mg sodium, 41 g carbohydrate, 0 g fibre, 9 g protein, 301 mg calcium.

Apple Cinnamon Pancakes

1 cup	All-purpose flour	250 mL
2 Tbsp	Granulated sugar	30 mL
½ cup	Quick cooking oatmeal	125 mL
½ cup	Wheat germ	125 mL
½ tsp	Salt	2 mL
2 tsp	Cinnamon	10 mL
1 tsp	Baking powder	5 mL
2	Eggs	2
4 Tbsp	Canola oil	60 mL
2 bottles	Vanilla nutrition supplement	470 mL
1	Apple, peeled, grated	1

In a medium bowl, combine dry ingredients. Set aside. In a small bowl beat eggs, then mix in oil and nutrition supplement. Mix the grated apple into the bowl with eggs. Add the egg mixture to the flour mixture and mix well. Drop spoonfuls of batter onto a lightly greased, hot pan. When you see bubbles and the edges begin to dry, turn pancakes over to brown the other side. Remove from pan and serve hot. Leftovers can be frozen and reheated as needed.

Makes 12 servings (66 g pancake)

*Nutrition information per serving: 180 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 35 mg cholesterol, 190 mg sodium, 23 g carbohydrate, 2 g fibre, 6 g protein, 56 mg calcium.

***Nutrition information may vary depending on the type of nutrition supplement.**