

## EXAMPLES OF HIGH PROTEIN SUPPLEMENTS

NAME	SERVING SIZE/ CALORIES	PROTEIN (gm)	CALCIUM/mg	AVAILABLE
Carnation Instant Breakfast (no sugar added) made with skim milk	1 cup/ 150 calories	12	500	Blue box in cereal aisle of grocery store.
Naturade NRG Protein Booster (contains soy, whey, egg products)	1/3 cup in 8 oz. water/ 110 calories	20	100	
Atkins Vanilla Shake Mix	2 scoops in 8 oz. water/ 170 calories	24	700	
P rocel – to mix in Crystal Light, hot cereal, yogurt, soups	1 scoop/ 28 calories	5	-	
Dry skim milk powder – to mix in milk, hot cereal, yogurt, soup, sugarfree pudding	2 Tbsps./ 32 calories	3	110	In baking aisle of grocery store.
Mct Rx – Extreme chocolate	1 pkt. mix in 16 oz. water/ 240 calories	38	1000	General Nutrition Center
Met Rx – Protein Plus	3 scoops mix in 16 oz. water/ 210 calories	46	730	General Nutrition Center
PRO Blend 55	2 scoops in 8-12 oz. cold water/ 270 calories	55	-	General Nutrition Center
Optisource/ Lactose Free	1 container(4 oz.)/ 100 calories	12	150	Walgreens 1-800-828-9194 <a href="http://www.resource.walgreens.com">www.resource.walgreens.com</a>

Above are examples based on criteria for high protein low sugar.

**No Ensure, Boost, or Slimfast** – these supplements contain too much sugar and not enough protein.

Avoid supplements with ephedra