

Product Information: Ensure® Original Pudding

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Ensure® Original Pudding

Complete, Balanced Nutrition®

- 1 ENSURE ORIGINAL PUDDING is a nutritious alternative to other snacks or desserts. It provides a source of Complete, Balanced Nutrition® in a delicious easy-to-eat form. It is appropriate for those who have malnutrition, are at nutritional risk, experiencing involuntary weight loss, or are on a fluid-restricted or volume-limited diet.
- 1 For patients on consistency-modified diets (eg, soft, puréed, or full liquid).
- 1 For patients with dysphagia.
- 1 For oral use.
- 1 Good source of fiber (3 g scFOS/serving) to help maintain regularity.
- 1 Antioxidants (vitamins C & E, and selenium) to support the immune system.
- 1 Good source of 24 essential vitamins and minerals.
- 1 Good source (160 mg/serving) of plant-based omega-3 fatty acid ALA (10% of 1.6 g DV) to support heart health.
- 1 Convenient—needs no refrigeration.
- 1 Halal.
- 1 Kosher.
- 1 Gluten-free.
- 1 Low-residue.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Not for people with galactosemia.

Ingredients

Pudding Vanilla:

Water, Sugar, Corn Maltodextrin, Modified Corn Starch, Milk Protein Concentrate, Soy Oil, Short-Chain Fructooligosaccharides. Less than 0.5% of the Following: Magnesium Phosphate, Potassium Citrate, Natural & Artificial Flavor, Sodium Citrate, Sodium Stearoyl Lactylate, Sodium Ascorbate, Salt, dl-Alpha-Tocopheryl Acetate, Ferric Phosphate, Zinc Sulfate, Niacinamide, Turmeric, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Folic Acid, Chromium Chloride, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Phylloquinone, Cyanocobalamin, and Vitamin D3.

Allergens: Contains milk ingredients.

Availability

List Number	Item
54844	Ensure Original Pudding Vanilla / 4-oz (113-g) container / 12 x 4 ct
54846	Ensure Original Pudding Milk Chocolate / 4-oz (113-g) container / 12 x 4 ct
54848	Ensure Original Pudding Butterscotch / 4-oz (113-g) container / 12 x 4 ct

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Nutrition Information - Pudding Vanilla

	4 oz container	
	Value	%RDI / %DV*
Protein, % Cal	10	
Carbohydrate, % Cal	65	
Fat, % Cal	25	
Viscosity	Spoon-Thick (Room Temperature and Chilled)	
Calories	170	
Calories from Fat	45	
Fat, g	5	8
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	2	
Monounsaturated Fat, g	1	
Cholesterol, mg	5	2
Sodium, mg	85	4
Potassium, mg	110	3
Carbohydrate, g	30	10
Dietary Fiber, g	3	12
Sugars, g	15	
Protein, g	4	8
Vitamin A		10
Vitamin C		15
Calcium		10
Iron		10
Vitamin D		10
Vitamin E		20
Vitamin K		15
Thiamin		15
Riboflavin		15
Niacin		10
Vitamin B6		15
Folate		15
Vitamin B12		10
Biotin		15
Pantothenic Acid		15
Phosphorus		10
Iodine		10
Magnesium		10
Zinc		10
Selenium		10

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	4 oz container	
	Value	%RDI / %DV*
Copper		10
Manganese		25
Chromium		10
Molybdenum		30
Chloride		<2

Pudding Vanilla Footnotes & References

Per 4 oz container

*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.