

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 are malnourished, 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 oral use.
- 1 Good source of fiber (3 g NutraFlora® scFOS®* /4 oz) to help maintain regularity.
- 1 21 vitamins and minerals.
- 1 Antioxidants (vitamins C & E and selenium) to support the immune system.
- 1 Convenient—needs no refrigeration.
- 1 #1 Doctor recommended brand.
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Not for sole-source nutrition.
- 1 Not for people with galactosemia.

* NutraFlora® and scFOS® are not registered trademarks of Abbott Laboratories.

Ingredients

Pudding Vanilla:

Water, Sugar, Corn Maltodextrin, Modified Corn Starch, Milk Protein Concentrate, Soy Oil, Short-chain Fructooligosaccharides, Vitamins & Minerals (Magnesium Phosphate, Potassium Citrate, Sodium Citrate, Sodium Ascorbate, Ferric Phosphate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Phylloquinone, Vitamin B12, Vitamin D3), Natural & Artificial Flavor, Sodium Stearoyl Lactylate, Salt, and Turmeric Color.

Allergens: Contains milk ingredients.

Availability

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

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Nutrition Information - Pudding Vanilla

	4 oz (1 Pudding Cup)	
	Value	%RDI / %DV*
Calories	170	
Total Fat, g	5	6
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
Total Carbohydrate, g	30	11
Dietary Fiber, g	3	11
Total Sugars, g	15	
Added Sugars, g	15	30
Protein, g	4	8
Vitamin D, mcg	1	6
Calcium, mg	100	8
Iron, mg	1.8	10
Potassium, mg	110	2
Vitamin A		15
Vitamin C		10
Vitamin E		25
Vitamin K		10
Thiamin		20
Riboflavin		20
Niacin		15
Vitamin B6		20
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		150
Pantothenic Acid		30
Phosphorus		8
Iodine		10
Magnesium		10
Zinc		15
Selenium		15
Copper		20
Manganese		20
Chromium		35
Molybdenum		50

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Pudding Vanilla Footnotes & References

Per 4 oz (1 Pudding Cup)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.