

Eating for Better Overall Health

What you should eat

1 Choose foods high in protein



Lean meats, poultry, fish



Low-fat milk, cheese, yogurt



Egg whites, tofu



Ensure Complete™

2 Eat foods with complex carbs



Whole grain breads, cereals, pasta



Beans, lentils, chickpeas, peas

3 Add foods that contain healthy fats



Nuts: almonds, peanuts, walnuts



Fatty fish: salmon, tuna, trout, sardines



Seeds: sunflower, sesame



Healthy oils: olive, canola, sunflower, corn, safflower

4 Eat foods high in vitamins, minerals, and fiber

Choose fruits and vegetables in a rainbow of colors to cover more of your nutritional needs. Some examples are:



Green

Spinach, broccoli, cabbage



Yellow and orange

Carrots, peaches, cantaloupe



Red

Apples, red peppers



Blue and purple

Eggplant, blueberries



White

Bananas, garlic, cauliflower

5 Drink 6 to 8 cups of water or other fluids every day

- You need to drink about 2 quarts of fluids each day to stay well-hydrated and to help keep your body working properly
- Drink extra fluids if you have a fever, vomiting, diarrhea, constipation, wounds or dark urine



What and how you eat affects how you feel:

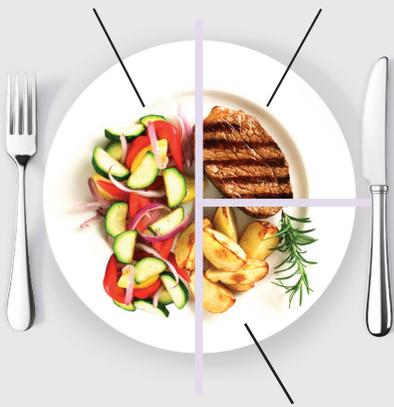
- Choose foods that are easy to prepare or are already made, like frozen foods or those that can be fixed in the microwave
- Eat 4 to 6 smaller meals and snacks throughout the day instead of 3 larger meals
- Add margarine, butter, mayonnaise, sauces and gravies to the foods you eat if you need to gain weight
- If you need to eat less salt, avoid foods that come in cans, boxes, or bags (unless they are labeled “low sodium”), luncheon meats, pickles, olives, and other foods packed in saltwater (brine)

Easy tips to get the nutrients you need:

Fill up your plate with the right balance of healthy foods.

½ plate of vegetables and fruits

¼ plate of protein foods



¼ plate of whole grain foods



Drink a glass of low-fat milk or water with your meal



Eating only a part of your meal can result in less nutrition

It may be difficult to eat enough of the right foods when you don't feel well.



Adding a nutrition drink can help fill the nutrition need

If you eat less than half of your daily meals, drink two bottles of Ensure Complete™ to help fill the nutrition needs in your diet.

1 Snack on foods high in protein, vitamins and minerals:

- Smoothies made with yogurt and berries
- Whole wheat crackers topped with peanut butter
- Nutrition drinks like Ensure Complete™
 - The protein content of 8 fl. oz. of Ensure Complete™ which is equal to 2 small eggs and 2 slices of toast or one small chicken breast and a baked potato

2 If you have trouble eating enough calories:

- Freeze small portions that can be heated easily
- Try eating 4 to 6 small snack-like meals
- Add nutrition drinks like Ensure Complete™

3 Talk to your doctor or nurse if:

- You're having trouble:
 - Drinking enough fluids or eating enough foods
 - Chewing or swallowing food
- You have increased shortness of breath, sudden weight gain or loss of appetite



For home delivery, go to www.AbbottStore.com or call 1-800-258-7677*



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Ensure Complete™
Balanced nutrition for targeted muscle, heart, immune system and bone support



For clear diet
Ensure Clear™



For diabetes
Glucerna®



Helps build lean body mass which supports wound healing
Juven®



For renal diet
Nepro®

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