

Supplements to Help Increase Protein in Your Diet

Eating enough protein is important to help you stay strong and heal. Other health conditions or diseases may also increase your daily protein needs. Increasing your protein can help when:

- Diagnosed with cancer.
- Undergoing cancer treatment.
- Preparing for/recovering from surgery.

High protein nutrition supplements and shakes can help you increase your protein intake. You can often buy these in supermarkets and pharmacies. You may also find these products online. It is important to note that in the US, dietary supplements are regulated differently than medicines. The FDA does not pre-approve them for safety or effectiveness, though they can take action if they find one to be unsafe.

Below is a list of high protein supplements. If there is a nutrition supplement not included on this list that you want to try, talk to your doctor or dietitian first. This helps to ensure it is safe for you.

Ready to Drink Protein Shakes

- Boost® Plus
- Boost® Original
- Boost® High Protein
- Boost® Clear
- Carnation Breakfast Essentials®
- Ensure® Plus
- Ensure® Original
- Ensure® High Protein
- Ensure® Max Protein
- Ensure® Clear
- Ensure® Plant Based Protein
- Equate® Plus
- Equate® High Performance
- Evolve® Plant Based Protein

- Fairlife® Corepower
- Fairlife® Nutrition Plan
- Kate Farms®
- Muscle Milk®
- Orgain® Protein Shake
- Orgain® Vegan Plant Based Protein
- OWYN®
- Premier Protein®
- Premier Protein® Clear
- Quest®
- Vidafuel Wellness Protein®

Protein Powders/Mixes

These can be mixed into water or other liquids like milk, ice cream or yogurt.

- Carnation Breakfast Essentials®
- Dymatize® Iso 100
- Garden of Life® Sport Organic Plant-Based Protein Powder
- Isopure Whey Protein Isolate
- Lutrish®
- Muscle Milk®
- Optimum® Nutrition Gold Standard Whey Protein
- Orgain® Collagen Peptides
- Orgain® Plant Based Protein
- Orgain® Whey Protein
- PB2® Powdered Peanut Butter
- Premier Protein®
- Vital Proteins® Collagen Peptides
- Quest®
- Unjury® protein

Food Sources

If you would like more information on food sources of protein, please visit:

<https://patient.uwhealth.org/healthfacts/265>



When to Call

If you have nutrition questions or concerns, please talk with your healthcare team. You can request meeting with a Registered Dietitian.

If you are a UW Health patient, please contact the nutrition clinic.

UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH): **(608) 890-5500**.

You can also visit our website at www.uwhealth.org/nutrition.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8376.