



INGREDIENT INFORMATION – CHOCOLATE

Ingredients: Protein blend (milk protein isolate, whey protein isolate, sodium caseinate), Maltodextrin, Vegetable oil (sunflower, soybean), Cocoa powder, Natural and artificial flavours, Acacia gum, Inulin, Dipotassium phosphate, Oligofructose (chicory root extract), Salt, Vitamins and minerals (ascorbic acid, niacinamide, manganese sulfate, vitamin E as acetate, zinc oxide, copper gluconate, calcium pantothenate, reduced iron, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, vitamin A as palmitate, folic acid, chromium chloride, sodium molybdate, potassium iodide, D-biotin, sodium selenite, vitamin D3 as cholecalciferol, vitamin B12 as cyanocobalamin), Xanthan gum, Magnesium phosphate, Caramel (colour), Milled flaxseeds, Tricalcium phosphate, Sunflower lecithin, Mono- and diglycerides, Sucralose, Stevia extract, Tocopherols

Contains: Milk, Sulfites

May contain: Wheat, Eggs, Soy, Peanuts, Tree Nuts

INGREDIENT INFORMATION – VANILLA

Ingredients: Protein blend (milk protein isolate, whey protein isolate, sodium caseinate), Maltodextrin, Vegetable oil (sunflower, soybean), Oligofructose (chicory root extract), Gum arabic, Inulin, Dipotassium phosphate, Salt, Natural and artificial flavours, Vitamins and minerals (ascorbic acid, niacinamide, manganese sulfate, vitamin E as acetate, zinc oxide, copper gluconate, calcium d-pantothenate, reduced iron, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, vitamin A as palmitate, folic acid, chromium chloride, sodium molybdate, potassium iodide, D-biotin, sodium selenite, vitamin D3 as cholecalciferol, vitamin B12 as cyanocobalamin), Xanthan gum, Magnesium phosphate, Milled flaxseeds, Tricalcium phosphate, Mono- and diglycerides, Sunflower lecithin, Sucralose, Stevia extract, Tocopherols

Contains: Milk

May contain: Wheat, Eggs, Soy, Peanuts, Tree Nuts

REMINDER

“ Pre-operative evaluation and support from a registered dietitian is recommended for all patients considering metabolic bariatric surgery ”

Remember to evaluate:



Nutrition
status



Risk of malnutrition
and vitamin/mineral
deficiencies



Food
insecurity



Disordered
eating
patterns

NUTRITION INFORMATION

Chocolate	Unit	340 mL* (54g package)
Energy	kcal (kJ)	230 (960)
Protein	g	22
Carbohydrate	g	16
Fibre	g	4
Sugars	g	1
Fat	g	8
Saturated	g	1
Linoleic acid	g	1
Linolenic acid	g	0.2
Cholesterol	mg	5
Sodium	mg	370
Potassium	mg	900
Phosphorus	mg	500
Vitamin A	mcg (IU)	504 (1680)
Vitamin D	mcg (IU)	2 (80)
Vitamin E	mg	4.05
Vitamin K	mg	NA
Vitamin C	mg	17.1
Vitamin B1 – Thiamine	mg	0.6
Vitamin B2 – Riboflavin	mg	0.75
Vitamin B3 – Niacin	mg	8.96
Vitamin B4 – Folate	mcg	100
Pantothenic acid	mg	2.1
Vitamin B6 – Pyridoxine	mg	0.65
Vitamin B12 – Cobalamin	mcg	0.5
Biotin	mcg	54.5
Calcium	mg	400
Iron	mg	5.04
Iodine	mcg	90
Magnesium	mg	71.4
Copper	mg	0.89
Zinc	mg	4.95
Manganese	mg	1.65
Selenium	mcg	16
Chromium	mcg	16.5
Molybdenum	mcg	33
Chloride	mg	487.2
Choline	mg	11.7
Sucralose	mg	50

*Vanilla provides the following differences:

Sugars 2 g; linoleic acid 1.5 g; potassium 750 mg; iron 3.96 mg; copper 0.82 mg; magnesium 79.8 mg; chloride 492.8 mg; choline 6.2 mg

kcal: kilocalories, kJ: kilojoules, g: grams, mg: milligrams, mcg: micrograms, IU: International Units

*A 54g package yields 340 mL of prepared product when mixed with 300 mL of water.