



**WOMEN NUTRITIONALS: Medical Request Required**  
**Provided by the Wisconsin WIC Program to Pregnant and Postpartum Women**  
**(up to 12 months postpartum if breastfeeding; up to 6 months postpartum if not breastfeeding)**

A qualifying medical condition is required using the Wisconsin WIC Request for Medical Formula/Food –Pregnant, Breastfeeding, and Nonbreastfeeding Postpartum Women form and is subject to WIC RD approval.

Nutritional	<i>Use: Information provided is from manufacturers' website and materials. Manufacturers frequently alter the ingredients in the formula products, which may affect the nutrient content. For the most current and accurate information, refer to the product label and/or manufacturer website.</i>	Protein Sources	CHO Sources	Fat Sources	Product Form, Size, Reconstituted Amount	Maximum Number Cans Per Month	Prepared Ounces Per Day
<b>Ensure Original Nutrition Shake</b> Abbott Nutrition not allowed: Enlive, Clear, Max Protein, Light	<p><b>Use:</b> A nutritionally complete medical food that can benefit patients who are malnourished, at risk of malnutrition, or experiencing involuntary weight loss. For oral use. Gluten-free. Suitable for lactose intolerance. Kosher, Halal.</p> <p><b>Per 8 oz:</b> 220 kcal, 9g pro, 6g fat, 32g CHO</p> <p><b>Flavors:</b> Vanilla, Strawberry, Dark Chocolate, Milk Chocolate, Coffee Latte, Butter Pecan</p> <p><b>Caution:</b> Not for people with galactosemia.</p> <p><b>Unallowable reasons:</b> Manage body weight without an underlying medical condition.</p>	(14% kcals) Milk protein concentrate, soy protein isolate, nonfat milk	(64% kcals) Corn maltodextrin, sucrose	(22% kcals) Vegetable oils (canola, corn)	6-pack 8 fl oz bottles	108-114 (18-19 6-packs)	30
<b>Ensure Plus</b> Abbott Nutrition not allowed: Enlive, Clear, Max Protein, Light	<p><b>Use:</b> Concentrated calories and protein to help patients gain or maintain healthy weight. It can benefit patients who have malnutrition, are at nutritional risk, or are experiencing involuntary weight loss. For oral use. Gluten-free. Suitable for lactose intolerance. Kosher, Halal.</p> <p><b>Per 8 oz:</b> 350 kcal, 13g pro, 11g fat, 50g CHO</p> <p><b>Flavors:</b> Vanilla, Strawberry, Dark Chocolate, Milk Chocolate, Butter Pecan</p> <p><b>Caution:</b> Not for people with galactosemia.</p> <p><b>Unallowable reasons:</b> Manage body weight without an underlying medical condition.</p>	(15% kcals) Milk protein concentrate, soy protein isolate	(57% kcals) Corn maltodextrin, sucrose	(28% kcals) Vegetable oils (canola, corn)	6-pack 8 fl oz bottles	108-114 (18-19 6-packs)	30

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<b>Ensure High Protein Nutrition Shake</b> Abbott Nutrition not allowed: Enlive, Clear, Max Protein, Light	<b>Use:</b> A high-protein nutrition supplement that meets a unique need for patients that need protein but may not require additional calories. For oral use. Gluten-free. Suitable for lactose intolerance. Kosher, Halal. <b>Per 8 oz:</b> 160 kcal, 16g pro, 2g fat, 19g CHO <b>Flavors:</b> Vanilla, Straw berry, Milk Chocolate <b>Caution:</b> Not for people with galactosemia. <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition.	(21% kcals) Milk protein concentrate, soy protein isolate	(55% kcals) Corn maltodextrin, sucrose	(24% kcals) Canola Oil	6-pack 8 fl oz bottles	108-114 (18-19 6-packs)	30
<b>Boost Original</b> Nestlé not allowed: Calorie Smart, Optimum, Max, Glucose Control High Protein, Simply complete	<b>Use:</b> Medical food that can benefit patients who are at risk of malnutrition, experiencing involuntary weight loss, or have inadequate oral intake. For oral use. Gluten-free. Suitable for lactose intolerance. Kosher. Contains stevia <b>Per 8 oz:</b> 240 kcal, 10g pro, 4g fat, 41g CHO <b>Flavors:</b> Chocolate, Straw berry, Vanilla, Peaches & Creme <b>Caution:</b> Not for people with galactosemia. <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition.	(17% kcals) Milk protein concentrate, soy protein isolate	(68% kcals) Corn syrup, sucrose, fructooligosaccharides	(15% kcals) Vegetable oils (canola, high oleic sunflower, corn)	6-pack 8 fl oz bottles	108-114 (18-19 6-packs)	30
<b>Boost Plus</b> Nestlé not allowed: Calorie Smart, Optimum, Max, Glucose Control High Protein, Simply complete	<b>Use:</b> Medical food that can benefit patients who are at risk of malnutrition, experiencing involuntary weight loss, or have inadequate oral intake. For oral use. Gluten-free. Suitable for lactose intolerance. Kosher. Contains stevia <b>Per 8 oz:</b> 360 kcal, 14g pro, 14g fat, 45g CHO <b>Flavors:</b> Chocolate, Straw berry, Vanilla <b>Caution:</b> Not for people with galactosemia. <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition. (enteropathy)	(15% kcals) Milk protein concentrate, calcium and sodium caseinates, soy protein isolate	(50% kcals) Corn syrup, Sucrose, fructooligosaccharides	(35% kcals) Vegetable oils (canola, high oleic sunflower, corn)	6-pack 8 fl oz bottles	108-114 (18-19 6-packs)	30
<b>Boost High Protein</b> Nestlé not allowed: Calorie Smart, Optimum, Max, Glucose Control High Protein, Simply complete	<b>Use:</b> Medical food that can benefit patients who are at risk of malnutrition, experiencing involuntary weight loss, or have inadequate oral intake. For oral use. Gluten-free. Suitable for lactose intolerance. Kosher. Contains stevia <b>Per 8 oz:</b> 240 kcal, 15g pro, 6g fat, 33g CHO <b>Flavors:</b> Chocolate, Straw berry, Vanilla, Café Mocha <b>Caution:</b> Not for people with galactosemia. <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition.	(25% kcals) Milk protein concentrate, soy protein isolate, calcium and sodium caseinate	(53% kcals) Sucrose, corn syrup	(22% kcals) Vegetable oils (canola, high oleic sunflower, corn)	6-pack 8 fl oz bottles	108-114 (18-19 6-packs)	30

Nutritional	<b>Use:</b> Information provided is from manufacturers' website and materials. Manufacturers frequently alter the ingredients in the formula products, which may affect the nutrient content. For the most current and accurate information, refer to the product label and/or manufacturer website.	Protein Sources	CHO Sources	Fat Sources	Product Form, Size, Reconstituted Amount	Maximum Number Cans Per Month	Prepared Ounces Per Day
<p><b>Boost Glucose Control</b> Nestlé not allowed: Calorie Smart, Optimum, Max, Glucose Control High Protein, Simply complete</p>	<p><b>Use:</b> Medical food that can benefit patients who are at risk of malnutrition, experiencing involuntary weight loss, or have inadequate oral intake. Contains a blend of protein, fat, and carbohydrates designed to help manage blood glucose levels. For oral use. Gluten-free. Suitable for lactose intolerance. Kosher. Contains sucralose <b>Per 8 oz:</b> 190 kcal, 16g pro, 7g fat, 16g CHO <b>Flavors:</b> Chocolate, Strawberry, Vanilla <b>Caution:</b> Not for people with galactosemia. <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition.</p>	<p>(33% kcals) Milk protein concentrate, soy protein isolate, calcium and sodium caseinate</p>	<p>(34% kcals) Tapioca dextrin, fructose</p>	<p>(33% kcals) Vegetable oils (canola, high oleic sunflower, corn)</p>	<p>6-pack 8 fl oz bottles</p>	<p>108-114 (18-19 6-packs)</p>	<p>30</p>
<p><b>Whole Milk</b> Unflavored cow's milk (Kosher allowed)</p>	<p><b>Allowable medical conditions for WIC provision:</b> Medical conditions resulting in decreased food intake, fluid restriction, increased nutrient requirements, or other medical conditions that impair nutrition status. If Ensure or Boost is to be provided for a medical condition requiring additional calories, it is logical to provide it in combination with whole milk instead of 1% or fat free. <b>Unallowable reasons:</b> Manage body weight without an underlying medical condition.</p>	<p>Cow milk protein</p>	<p>Lactose</p>	<p>Animal fat</p>	<p>Gallons (with some exceptions for half gallons)</p>	<p>- PG &amp; Part BF<sup>1</sup>: 5½ Gal - Non-BF<sup>2</sup>: 4 Gal - Fully BF<sup>3</sup>: 6 Gal</p>	<p>- PG &amp; Part BF<sup>1</sup>: 23 - Non-BF<sup>2</sup>: 17 - Fully BF<sup>3</sup>: 26</p>

<sup>1</sup> Pregnant and partially breastfeeding (up to 1 year postpartum)

Go to: [www.dhs.wisconsin.gov/wic/nonDiscrimination.htm](http://www.dhs.wisconsin.gov/wic/nonDiscrimination.htm) for the U.S. Department of Agriculture non-discrimination statement

<sup>2</sup> Nonbreastfeeding (up to 6 months postpartum)

<sup>3</sup> Fully breastfeeding (up to 1 year postpartum)