

Juven[®]



Delicious Recipes for Your Wound Healing Journey



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Juven® What Is Juven®?

Juven is targeted nutrition therapy to support wound healing in patients with inadequate nutrition reserves, such as those with diabetic foot ulcers, surgical incisions, burns, or other acute and chronic wounds.

Key ingredients to help support wound healing

AMINO ACIDS



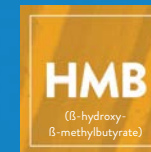
Promotes blood flow and protein production¹



Supports new tissue development^{2,3}



Stimulates incision collagen formation⁴



Slows muscle breakdown and enhances protein synthesis⁵

MICRONUTRIENTS



Support the wound healing process⁶



For use under medical supervision.

* Studied in both healthy elderly and patients with diabetic foot ulcers, taking 2 servings per day, as measured by hydroxyproline levels, a marker of wound collagen formation.

References: 1. Stechmiller JK, et al. *Nutr Clin Pract.* 2005;20(1):52-61. 2. Bellon G, et al. *Biochim Biophys Acta.* 1995;1268(3):311-323. 3. Andrews FJ, et al. *Br J Nutr.* 2002;87(suppl 1):S3-S8. 4. Sibilla S, et al. *Open Nutr J.* 2015;8:29-42. 5. Wilson GJ, et al. *Nutr Metab.* 2008;5:1. 6. Molnar JA, ed. *Nutrition and Wound Healing.* Boca Raton, FL: CRC Press; 2007:5. 7. Williams JZ, et al. *Ann Surg.* 2002;236:369-374. 8. Jones MS, et al. *Surg Infect.* 2014;15(6):708-712.





Chicken Chili Soup

A warm and hearty classic

1 Serving

241 calories | 17g protein | 4g fat | 24g carbohydrate | 1mg vitamin C
241mg calcium | 182mg phosphorus | 511mg potassium | 693mg sodium
7g arginine | 7g glutamine | 1.5g CaHMB



* Nutrition content is based on black beans with no garnishes.

Ingredients

- ½ cup low-sodium chicken broth
- ¼ cup salsa
- ¼ cup cooked chili or black beans*
- 1 tsp chili powder mix
- ½ cup chopped, cooked white chicken meat
- 1 packet Juven[®], Unflavored
- Salt and pepper to taste
- Garnish with cilantro, cheddar cheese, or chopped scallions (optional)

Directions

In a microwave-safe bowl, mix together broth, salsa, beans, chili powder mix, and chicken. Microwave for 1½ to 2 minutes or until hot, but not boiling. Remove from microwave and stir in the Juven packet once the chili soup cools down. Season with salt and pepper if desired. Garnish with options listed and serve.





Penne With Tomato Basil Sauce

A quick and satisfying dinner

1 Serving

433 calories | 13g protein | 7g fat | 72g carbohydrate | 9mg vitamin C
 296mg calcium | 171mg phosphorus | 566mg potassium | 601mg sodium
 7g arginine | 7g glutamine | 1.5g CaHMB



Ingredients

- 1 packet Juven®, Unflavored
- ½ cup marinara sauce
- 2 sundried tomatoes, oiled, diced, and drained
- 2 tbsp of fresh, chopped basil, plus whole leaves for garnish
- Freshly ground black pepper
- 1 cup cooked penne pasta, hot
- 1 tbsp of grated Parmesan cheese

Directions

In a microwave-safe bowl, mix together the marinara sauce, sundried tomatoes, chopped basil and pepper and microwave for 1 to 1½ minutes or until hot. Remove from the microwave and mix in the Juven once the sauce has cooled down. Pour the sauce over the cooked pasta and sprinkle with Parmesan cheese. Garnish with basil if desired and serve.

* Studied in both healthy elderly and patients with diabetic foot ulcers, taking 2 servings per day, as measured by hydroxyproline levels, a marker of wound collagen formation.

References: 1. Williams JZ, et al. *Annals of Surgery*. 2002;236(3):369-375. 2. Jones MS, et al. *Surg Infect*. 2014;15(6):708-712.





Sweet Potato Mash

A harvest favorite

1 Serving

228 calories | 2g protein | 9g fat | 30g carbohydrate | 20mg vitamin C
240mg calcium | 56mg phosphorus | 477mg potassium | 94mg sodium
7g arginine | 7g glutamine | 1.5g CaHMB



Ingredients

- 1 packet Juven[®], Unflavored
- ½ cup cooked, mashed sweet potato, hot
- 2 tsp butter
- 2 tsp fresh lime juice (or, to taste)
- Pinch of salt
- Freshly ground black pepper

Directions

Pierce a clean sweet potato in several spots and microwave on high for 5 to 7 minutes, depending on the potato size. Remove potato from the microwave, place it in a paper or plastic bag, and seal for 3 minutes. Remove the potato, split it, and scrape the potato out of the skin into a bowl. Mash the potato with a potato masher or fork. Add remaining ingredients, mix well, and serve.



Mixed Berry Smoothie

Great for breakfast on the go

1 Serving

539 calories | 8g protein | <1g fat | 88g carbohydrate | 26mg vitamin C
 442mg calcium | 193mg phosphorus | 504mg potassium | 92mg sodium
 7g arginine | 7g glutamine | 1.5g CaHMB



† Nutrition content above is based on skim milk, ½ cup of raspberries, ½ cup of blueberries, and 1 tsp of sugar.

Ingredients

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|--|--|
| 1 packet Juven [®] , Unflavored or Fruit Punch flavor | 2 tsp of fresh lemon juice |
| ¼ cup skim or 2% milk† | 1 tbsp of sugar or 1 tsp of artificial sweetener (or, to taste†) |
| ½ cup nonfat strawberry yogurt | ½ cup ice cubes |
| 1 cup desired berries† | Garnish with fresh berries (optional) |

Directions

In a small bowl, whisk together the Juven and milk. Pour into a blender then add the remaining ingredients. Blend until smooth, adding additional ice if desired. Garnish with fresh berries and serve.

* Studied in both healthy elderly and patients with diabetic foot ulcers, taking 2 servings per day, as measured by hydroxyproline levels, a marker of wound collagen formation.
References: 1. Williams JZ, et al. *Annals of Surgery*. 2002;236(3):369-375. 2. Jones MS, et al. *Surg Infect*. 2014;15(6):708-712.



Chocolate Banana Smoothie

A classic combination

1 Serving

360 calories | 9g protein | 2g fat | 70g carbohydrate | 7mg vitamin C
516mg calcium | 260mg phosphorus | 613mg potassium | 152mg sodium
7g arginine | 7g glutamine | 1.5g CaHMB



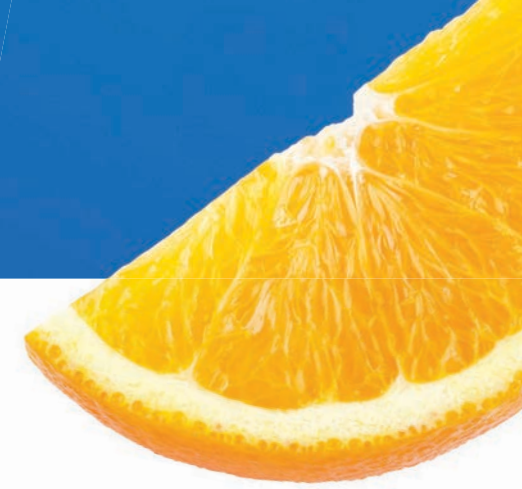
*Nutrition content above is based on skim milk.

Ingredients

- 1 packet Juven[®], Unflavored
- 1/2 cup skim or 2% milk*
- 1 medium frozen banana, cut into 2" pieces
- 2 tbsp chocolate sauce
- 1/2 cup of nonfat vanilla yogurt
- 1/2 cup ice cubes
- Garnish with chocolate shavings and additional sliced banana (optional)

Directions

In a small bowl, whisk together the Juven and milk and pour into a blender. Add the remaining ingredients and blend until smooth, adding additional ice if desired. Garnish and serve.



Summertime Spritzer

A fun and bubbly thirst quencher

1 Serving

205 calories | 2.5g protein | 0g fat | 38.4g carbohydrate
300mg vitamin C | 200mg calcium | 40mg sodium
7g arginine | 7g glutamine | 1.5g CaHMB



† Nutrition content above is based on 1 cup of regular ginger ale.

Ingredients

1 packet Juven[®], Orange or Fruit Punch flavor
1 - 1¼ cup club soda, ginger ale, or lemon-lime soda†
Orange slices (optional)
Crushed ice (optional)

Directions

Stir Juven into 3 to 4 ounces of liquid until powder is dissolved. Pour in the remaining portion of liquid. Stir. Add ice and orange slices if desired.

* Studied in both healthy elderly and patients with diabetic foot ulcers, taking 2 servings per day, as measured by hydroxyproline levels, a marker of wound collagen formation.

References: 1. Williams JZ, et al. *Annals of Surgery*. 2002;236(3):369-375. 2. Jones MS, et al. *Surg Infect*. 2014;15(6):708-712.



Orange Pineanana Spritzer

A tropical twist on the classic spritzer

1 Serving

189.2 calories | 4.1g protein | 0.2g fat | 33.9g carbohydrate
337.1mg vitamin C | 212.6mg calcium | 20mg sodium
7g arginine | 7g glutamine | 1.5g CaHMB



* Nutrition content above is based on 1 cup of regular ginger ale.

Ingredients

- | | |
|------------------------------------|---------------------------------------|
| 1 packet Juven®, Orange flavor | ½ a medium frozen banana |
| 1 cup ginger ale, regular or diet* | Crushed ice |
| ½ cup frozen pineapple chunks | Garnish with desired fruit (optional) |

Directions

Whisk together the Juven and ½ cup ginger ale in a measuring cup. Pour into a blender and add the pineapple and banana. Puree until smooth. Fill a tall glass with ice and pour puree over ice. Pour in the remaining ½ cup ginger ale over the top. Stir with a straw or spoon and serve.



Fruity Applesauce

A sweet and simple anytime treat



1 Serving

255 calories | 2.5g protein | 0g fat | 47.8g carbohydrate | 300mg vitamin C
 200mg calcium | 0mg sodium
 7g arginine | 7g glutamine | 1.5g CaHMB

Ingredients

1 packet Juven[®], Fruit Punch flavor
 1 cup applesauce, any flavor

Directions

Pour Juven packet into cup of applesauce. Mix well and enjoy.



Juven[®] Gelatin Dessert

Wiggly, jiggly, and delicious

2 Servings

210 calories | 13g protein | 0g fat | 19.6g carbohydrate | 600mg vitamin C
 447.4mg calcium | 0mg potassium | 9.48mg sodium
 14g arginine | 14g glutamine | 3.0g CaHMB



Ingredients

2 packets Juven[®], Fruit Punch flavor
 1 small box sugar-free gelatin, any flavor
 2 cups water

Directions

Boil 1 cup of water in pot. Add contents of gelatin packet and stir until dissolved. Set aside to cool. Combine 1 cup of cold water and 2 packets of Juven, stirring until mixed. Once the gelatin has cooled, add it to the bowl with the Juven mixture. Stir until well combined. Immediately after stirring, pour even amounts of mixture into 2 separate bowls (approximately 1 cup in each bowl). Place the bowls in the refrigerator to chill for 2 to 4 hours. Consume the servings at least 4 hours apart. Both servings of the gelatin dessert need to be consumed to obtain the recommended 2 servings of Juven per day.

* Studied in both healthy elderly and patients with diabetic foot ulcers, taking 2 servings per day, as measured by hydroxyproline levels, a marker of wound collagen formation.
References: 1. Williams JZ, et al. *Annals of Surgery*. 2002;236(3):369-375. 2. Jones MS, et al. *Surg Infect*. 2014;15(6):708-712.

More Ways to Use Juven[®]

More tasty ways to add Juven to your diet

The recipes in this booklet are just the beginning. There are countless ways to mix Juven into your food. Try it in your favorite recipes—we think you'll be pleasantly surprised with the results. And don't be afraid to get creative with different types of foods. Here are a few that we recommend:

Beverages

- Smoothies
- Shakes
- Milks
- Juices

Foods

- Mashed Potatoes
- Oatmeal
- Soups
- Sauces
- Casseroles
- Yogurts
- Puddings

For a more specific list of drinks and foods that people say go well with Juven, visit juven.com/recipes.

Where to Find Juven[®]

Purchase Juven at AbbottStore.com or Amazon.com, or ask your doctor to order. Scan the QR code to find a store near you.



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