

Best Tasting Protein Drinks for Seniors That Support Health and Appetite

The **best tasting protein drinks for seniors** include Ensure Plus, Boost High Protein, and Orgain Organic nutrition shakes. Others like Fairlife 2% Ultra-Filtered Milk, Kate Farms Nutrition Shake, and Premier Protein Shake, stand out for their creamy taste and smooth texture.

Has eating full meals started to feel like more work than pleasure? A delicious, easy-to-drink shake can bring back that joy of flavor while keeping your body nourished.

Nestled in the Sierra Nevada foothills, Grass Valley, CA, offers a peaceful, scenic setting that inspires a healthy lifestyle. With its mild climate and charming small-town atmosphere, it's the perfect place for seniors to relax, stay active, and enjoy nutritious choices that taste great.

What's the Best Time to Drink Glucerna?

The best time to drink Glucerna depends on your daily eating routine. You can use it to replace a small meal or ***between meals to steady blood sugar*** and prevent long gaps without food.

At our [Grass Valley senior living](#) community, the Elevate® dining program focuses on flavorful meals that make healthy eating enjoyable. To complement those meals, Glucerna offers balanced nutrition in a simple, drinkable form that supports strength and appetite.

What Can I Mix With Ensure Plus to Gain Weight?

To boost calories for [healthy weight gain](#), mix Ensure Plus with real food ingredients that add nutrients and flavor. You can blend it with:

- Peanut butter for protein and fat.
- Oats for fiber and slow energy release.
- Banana for natural sweetness.

How Many Servings of Boost High Protein Should You Drink a Day?

Most adults drink **one to two bottles** of Boost High Protein daily, depending on calorie needs and meal size. Use it to fill gaps when you eat less or miss a meal. Seniors who follow simple [appetite tips for aging](#), like combining Boost with light snacks, often find it easier to meet daily nutrition goals.

Delicious Protein Drinks for Senior Health

Protein shakes can make healthy eating simple and enjoyable for older adults who need added nourishment. Some of the **best tasting protein drinks for seniors** include:

Ensure Plus Nutrition Shake

Ensure Plus Nutrition Shake delivers complete nutrition in a milkshake-like form that helps older adults **regain a healthy weight** and maintain muscle tone. Residents enjoying senior living in Grass Valley, CA often use it to stay nourished during busy or low-appetite days. Its nutritional profile includes:

- 350 calories per serving
- 16 g of protein
- 11 g of fat
- 45 g of carbohydrates for energy
- 27 vitamins and minerals

Boost High Protein Nutritional Drink

Boost High Protein Nutritional Drink is one of the most flavor-friendly supplements for rebuilding muscle and supporting strength in older adults. Each 8-ounce bottle offers **20 grams of protein**, 250 calories, and essential vitamins like C, D, and B12 to keep energy up. It comes in rich flavors like chocolate, vanilla, and strawberry.

Orgain Organic Nutrition Shake

Orgain Organic Nutrition Shake offers clean, plant-based nutrition made without artificial additives, ideal for seniors who prefer gentle ingredients. Many residents in [assisted living](#) in Grass Valley, CA choose it for its natural taste and ease of digestion. Each serving has:

- 250 calories
- 16 to 20 g of protein
- 20 vitamins and minerals

Fairlife 2% Ultra-Filtered Milk

Fairlife 2% Ultra-Filtered Milk has a **high-protein, low-sugar, and lactose-free** formula that gives you more nutrients in every glass. The ultra-filtration extends freshness, making it practical for everyday use. Given how closely [protein and brain health](#) are connected, Fairlife's 50% higher protein content is a real advantage for seniors who want to stay strong in body and clear in mind.

Kate Farms Nutrition Shake

Kate Farms Nutrition Shake is made from organic, **plant-based ingredients** that are easy to digest. It's also free from dairy and soy, making it ideal for seniors with food sensitivities.

Residents of independent living in Grass Valley, CA often choose it for its gentle formula and pleasant flavor. Each serving benefits seniors by:

- Boosting immunity
- Promoting muscle recovery after daily movement
- Providing essential nutrients for long-term wellness

Premier Protein Shake

Premier Protein Shake delivers a rich, milk-based formula with **30 grams of protein** that helps preserve muscle and maintain strength. It's low in sugar yet high in nutrients like zinc, calcium, and B vitamins that fuel the body and mind, making it a practical choice for senior nutrition support. Each serving offers:

- 160 calories

- 24 vitamins and minerals
- 3g of fat

These nutrients play an important role in supporting the cognitive health of those in [memory care](#).

Frequently Asked Questions

What Is the Difference Between Ensure and Ensure Plus?

Ensure Plus contains **more calories and protein** than regular Ensure, making it better for people who need to gain or maintain weight. Regular Ensure focuses on balanced daily nutrition, while Ensure Plus adds extra energy to help with recovery or appetite loss.

You can choose between them based on your health goals. If you need more calories and protein in fewer sips, the Plus version offers stronger nutritional support.

What Happens if I Drink Boost Daily?

Drinking Boost every day helps you maintain energy, muscle strength, and balanced nutrition when your meals fall short. It provides essential vitamins, protein, and calories that support recovery and daily health. Use it as a supplement between meals to keep your diet varied.

Can I Take a Protein Shake on an Empty Stomach?

You can safely drink a protein shake on an empty stomach, and it may even help jump-start your metabolism in the morning. The **body digests liquid protein easily**, allowing quick absorption of amino acids for muscle repair. If you feel discomfort, try pairing it with fruit or a small snack.

Experience Better Health with the Best Tasting Protein Drinks for Seniors

The **best tasting protein drinks for seniors** include creamy options like Ensure Plus and Boost High Protein, to plant-based choices like Orgain and Kate Farms. With options that fit every diet and need, you can find both flavor and good health in every sip.

At Brunswick Village, ***our Elevate® dining program combines California fresh cooking with homestyle favorites.*** Our Vibrant Life® program keeps residents engaged through group exercise classes, trivia contests, and walking clubs. [Schedule a tour](#) to explore how we make nutrition and joyful living come together daily.