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(54) Title: HYPOCALORIC, HIGH PROTEIN NUTRITIONAL COMPOSITIONS AND METHODS OF USING SAME

(57) Abstract: Nutritional compositions having reduced amounts of calories and high amounts of protein and methods of making and using the nutritional compositions are provided. The nutritional compositions may include a processed whole food component, a high amount of protein, and a reduced amount of calories in order to provide a patient with a pH-balanced formulation that includes the benefits of food bioactives beyond essential macro- and micronutrients without providing excessive energy. Methods of administering such nutritional compositions to patients in need of improved bone, muscle, neurological, immune, and/or overall health are also provided.

