

# Nutritional Comparison - *(Amounts per 8 fl oz)*



*Raising healthy and fit kids*

	Toddler Health (Banana)			Baby's Only Organic-Dairy		
	Estimated	% Daily Value	(children under 4)	Estimated	% Daily Value	(children under 4)
	Amount			Amount		
<b>Calories</b>	<b>58</b>			<b>160</b>		
<b>Calories from Fat</b>	<b>&lt; 1</b>					
<b>Total Fat</b>	<b>&lt; 1</b>	<b>*</b>		<b>9 g</b>		<b>*</b>
<b>Saturated Fat</b>	<b>0</b>	<b>*</b>				<b>*</b>
Cholesterol	0	*		9.6 g		*
Sodium	95 mg	*		50 mg		*
Potassium	200 mg	*		200 mg		*
<b>Total Carbs</b>	<b>11 g</b>			<b>18 g</b>		
Dietary Fiber	< 1 g	*		0		*
<b>SUG-ARS</b>	<b>3.0 g</b>			<b>12 g</b>		
<b>DHA</b>	<b>25 mg</b>			<b>0</b>		
<b>Protein</b>	3	g		4.16	g	
Vitamin A	166.9	IU	25	480	IU	16%
Vitamin C	10	mg	25	32	mg	64%
Calcium	300	mg	40	216	mg	24%
Iron	2	mg	20	2.88	mg	24%
Vitamin D	160	IU	40	96	IU	24%
Vitamin E	2.5	IU	25	3.2	IU	24%
Thiamin	140	mcg	20	160	mcg	16%
Riboflavin	160	mcg	20	160	mcg	16%
Niacin	1.8	mg	20	1.76	mg	16%
Vitamin B6	200	mcg	20	96	mcg	96%
Folic Acid	10	mcg	20	24	mcg	10%
Vitamin B12	0.14	mcg	20	0.32	mcg	10%
Biotin	4	mcg	20	4.58	mcg	25%
Pantothenic Acid	600	mcg	20	720	mcg	25%
Choline	50	mg	*	19.2	mg	*
Iodine	14	mcg	20	16	mcg	22%
Zinc	2	mcg	20	1.12	mcg	10%
Selenium	4	mcg	20	4	mcg	20%
Copper	180	mcg	20	112	mg	12%
Manganese	260	mcg	20	33.6	mcg	0.2%
Chromium	10	mcg	20	0		
Magnesium	32	mg	40	75.2	mg	94%
Molybdenum	8	mcg	20	0		
Vitamin K	3	mg	*	13.6	mcg	*
Boron	300	mcg	*	0		*

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