

Nutritional Comparison



Raising healthy and fit kids

	Toddler Health		JUICE A		Soymilk		Milk	
	Amounts per 8 fl oz		Amounts per 8 fl oz		Amounts per 8 fl oz		Amounts per 8 fl oz	
	% Daily Value (BANANA) (children under 4)	Amount	Estimated Value (children under 4)	Amount	Estimated Value (children under 4)	Amount	Estimated Value (children under 4)	Amount
Calories		58		120		150		150
Calories from Fat		<1		0		30		70
Total Fat		<1 *		0 g *		3.5 g *		8 g *
Saturated Fat		0 *		0 g *		0.5 g *		5 g *
Cholesterol		0 *		0 g *		0 g *		35 mg *
Sodium		95 mg *		25 mg *		100 mg *		115 mg *
Potassium		200 mg *		180 mg *		350 mg *		0 mg *
Total Carbs		11 g *		29 g *		25 g *		0 g *
Dietary Fiber		<1 g *		0 *		2 g *		0 g *
SUGARS		3.0 g		29 g		21 g		11 g
Protein		3.0 g		0 g		5 g		8 g 16
DHA		25 mg		0 g		0 g		0 g
Vitamin A		166.9 IU 25				10		6
Vitamin C		10 mg 25		100		0		4
Cal-cium		300 mg 40		0		30		30
Iron		2 mg 20		4		8		
Vitamin D		160 IU 40				30		25
Vitamin E		2.5 IU 25						
Thiamin		140 mcg 20						
Riboflavin		160 mcg 20				30		
Niacin		1.8 mg 20						
Vitamin B6		200 mcg 20						
Folic Acid		10 mcg 20				6		
Vitamin B12		0.14 mcg 20				50		
Biotin		4 mcg 20						
Pantothenic Acid		600 mcg 20						
Choline		50 mg *						
Iodine		14 mcg 20						
Zinc		2mcg 20				4		
Selenium		4 mcg 20						
Copper		180 mcg 20						
Manga-nese		260 mcg 20						
Chromium		10 mcg 20						
Magne-sium		32 mg 40						
Molybde-num		8 mcg 20						
Vitamin K		3 mg *						
Boron		300 mcg *		0				