

Nutritional Comparison



Raising healthy and fit kids

	Toddler Health (Ban)		Pediasure	
	Amounts per 8 fl oz		Amounts per 8 fl oz	
	Estimated	% Daily Value (children under 4)		% Daily Value (children under 4)
	Amount		Amount	
Calories	58		237	
Calories from Fat	<1		106.4	
Total Fat	<1	*	12 g	*
Saturated Fat	0	*	3.2 g	*
Cholesterol	0	*	4.8 mg	*
Sodium	95 mg	*	90	*
Potassium	200 mg	*	370	*
Total Carbs	11 g	*	25.7	*
Dietary Fiber	<1 g	*	0	*
SUGARS	3.0 g		26.4 g	
DHA	25 mg		0	
Protein	3.0 g		7.4 g	
Vitamin A	166.9 IU	25	610 IU	90
Vitamin C	10 mg	25	24 mg	60
Calcium	300 mg	40	230 mg	30
Iron	2 mg	20	3.3 mg	30
Vitamin D	160 IU	40	120 IU	30
Vitamin E	2.5 IU	25	5.4 IU	50
Thiamin	140 mcg	20	0.64 mg	90
Riboflavin	160 mcg	20	0.50 mg	60
Niacin	1.8 mg	20	4.0 mg	40
Vitamin B6	200 mcg	20	0.62 mg	60
Folic Acid	10 mcg	20	89.6 mcg	170
Vitamin B12	0.14 mcg	20	1.4 mcg	200
Biotin	4 mcg	20	0	
Pantothenic Acid	600 mcg	20	2.4 mg	80
Choline	50 mg	*	71 mg	*
Iodine	14 mcg	20	23 mcg	50
Zinc	2mcg	20	2.8 mg	30
Selenium	4 mcg	20	5.4 mcg	30
Copper	180 mcg	20	240 mcg	26
Manganese	260 mcg	20	240 mcg	18
Chromium	10 mcg	20	0	
Magnesium	32 mg	40	47 mg	58
Molybdenum	8 mcg	20	8.5 mcg	20
Vitamin K	3 mg	*	8.8 mcg	*
Boron	300 mcg	*	0	*

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