

Nutritional Comparison Chart Dairy Pediatric Formula

Nutrients	Serving Size in Units per 100 kcal	Infant Formula Act & Amendments		Infant Formulas		Human Milk	Baby's Only Organic® Toddler DAIRY	Similac® Go & Grow®	Cow's Milk
		Minimum	Maximum	Similac® Advance®	Enfamil® Premium®				
Calories	100 kcal			100	100	100	100	100	100
Calories	ml			0.70	0.70	0.70	0.70	0.70	0.70
Protein	g	1.8	4.5	2.1	2.1	1.5	2.6	3.0	4.9
Fat (Lipids)	g	3.3 (30% of kcal)	6 (54% of kcal)	5.6	5.3	5.7	5.3	5.4	5.6
Carbohydrate	g	NA	NA	10.7	11.2	10.6	10.8	10.2	6.9
Water	g	NA	NA	133	133	88	140	133	88
Linoleic Acid (LA)	mg	300 (2.7% of kcal)	NA	1000	860	530	1000	1000	115
Linolenic Acid (ALA)	mg	NA	NA	NS	80	60	128	NA	NA
Taurine	mg	NA	NA	NS	6	11	6	NS	NA
VITAMINS									
Vitamin A	IU	250	750	300	300	328	300	300	147
Vitamin D	IU	40	100	75	60	3.2	75	60	3.5
Vitamin E	IU	0.7	None	1.5	2	0.33	2	3	0.13
Vitamin K1	mcg	4	None	8	9	0.3	8.5	8	0.72
Thiamin (B1)	mcg	40	None	100	80	31	100	100	44
Riboflavin (B2)	mcg	60	None	150	140	51	100	150	257
Vitamin B6	mcg	35	None	60	60	14	60	60	69
Vitamin B12	mcg	0.15	None	0.3	0.3	0.15	0.2	0.3	0.6
Niacin	mcg	250	None	1050	1000	221	1100	1050	118
Folic Acid	mcg	4	None	15	16	3.5	15	15	7.4
Pantothenic Acid	mcg	300	None	450	500	270	450	450	515
Biotin	mcg	1.5	None	4.4	3	0.59	3	4.4	5
Vitamin C	mg	8	None	9	12	5.9	20	12	2.5
Choline	mg	7	None	16	24	13	12	16	33
Inositol	mg	4	None	5	6	21	5	4.7	7
MINERALS									
Calcium	mg	60	None	78	78	41	135	195	176
Phosphorus	mg	30	None	42	43	21	90	130	135
Ca/P Ratio	mg/mg	1.1	2	1.9	1.8	2.3	1.5	1.5	1.3
Magnesium	mg	6	None	6	8	5.2	9	9	18
Iron	mg	0.15	3	1.8	1.8	0.6	1.8	2	0.7
Zinc	mg	0.5	None	0.75	1	1.8	0.7	0.75	5.2
Manganese	mcg	5	None	5	15	1	21	5	4
Copper	mcg	60	None	90	75	37	70	90	15
Iodine	mcg	5	75	6	15	16	20	12	7
Selenium	mcg	NA	NA	1.8	2.8	2.9	2.5	1.8	NA
Sodium	mg	20	60	24	27	26	30	30	71
Potassium	mg	80	200	105	108	77	120	150	230
Chloride	mg	55	150	65	63	62	80	80	150
Osmolality	mOsm/kg H ₂ O	NA	NA	310	300	290	260	300	350

Nature's One® recognizes that breast milk is the best source of nutrition a mother can provide her baby the first year of life and offers advantages not found in any formula. Therefore, Baby's Only Organic® toddler formula is not intended for infants under 1 year of age unless specified by a healthcare professional. Breast milk contains many ingredients not found in infant and toddler formulas.

Source: Food and Nutrition Board, National Academy of Sciences - National Research Council Recommended Dietary Allowances.

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Rev. 11/2011

NA: Not Applicable
NS: Not Stated