

Nutritional Comparison Chart Organic SOY Pediatric Formula

Nutrients	Standardized Serving Size in Units	Infant Formula Act & Amendments		Baby's Only Organic® Toddler SOY	Earth's Best Organic® Infant Soy	Human Milk	Edensoy® Original ¹ (Soy Milk)	Vanilla Silk® ¹ (Soy Milk)	Cow's Milk
		Minimum	Maximum						
Calories	100 kcal			100	100	100	100	100	100
Calories/ml				0.70	0.70	0.70	0.58	0.43	0.70
Protein	g	1.8	4.5	2.8	2.5	1.5	8.0	5.7	4.9
Lipids (Fats)	g	3.3 (30% of kcal)	6 (54% of kcal)	5.3	5.3	5.7	3.6	3.6	5.6
Carbohydrate	g	NA	NA	10.8	10.6	10.6	10.0	11.4	6.9
Total Fiber	g	NA	NA	0.17	NS	NA	<1	<1	NA
Soluble Fiber	g	NA	NA	0.07	NS	NA	NS	NS	NA
Insoluble Fiber	g	NA	NA	0.10	NS	NA	NS	NS	NA
Water	g	NA	NA	140	133	88	NS	NS	88
Linoleic Acid (Essential Fatty Acid)	mg	300 (2.7% of kcal)	NA	1000	860	530	NS	NS	115
Linolenic Acid (Essential Fatty Acid)	mg	NA	NA	110	NS	60	NS	NS	NA
Taurine	mg	NA	NA	6	NS	11	0	0	NA
Vitamins									
Vitamin A	IU	250	750	300	300	328	NOT SIGNIFICANT	534	147
Vitamin D	IU	40	100	60	60	3.2	0	114	3.5
Vitamin E	IU	0.7	NA	2	2	0.33	0	0	0.13
Vitamin K1	mcg	4	NA	8.5	8	0.3	0	0	0.72
Vitamin B1 (Thiamin)	mcg	40	NA	100	80	31	120	0	44
Vitamin B2 (Riboflavin)	mcg	60	NA	100	90	51	24	486	257
Vitamin B6	mcg	35	NA	60	60	14	110	0	69
Vitamin B12	mcg	0.15	NA	0.45	0.3	0.15	0	2.6	0.6
Niacin	mcg	250	NA	1100	1000	221	900	0	118
Folic Acid (Folacin)	mcg	4	NA	15	16	3.5	29	23	7.4
Pantothenic Acid	mcg	300	NA	450	500	270	290	0	515
Biotin	mcg	1.5	NA	3	3	0.59	4	0	5
Vitamin C (Ascorbic Acid)	mg	8	NA	20	12	5.9	NOT SIGNIFICANT	0	2.5
Choline	mg	7	NA	12	12	13	0	0	33
Inositol	mg	4	NA	15	6	21	0	0	7
Minerals									
Calcium	mg	60	NA	135	105	41	71	286	176
Phosphorus	mg	30	NA	90	75	21	107	0	135
Ca/P Ratio	mg/mg	1.1	2	1.5	1.4	2.3	0.7	NA	1.3
Magnesium	mg	6	NA	20	11	5.2	43	29	18
Iron	mg	0.15	3	1.8	1.8	0.6	1.3	1.0	0.7
Zinc	mg	0.5	NA	1	1.2	1.8	0.6	0.6	5.2
Manganese	mcg	5	NA	55	25	1	0	0	4
Copper	mcg	60	NA	70	75	37	210	0	15
Iodine	mcg	5	75	10	15	16	16	0	7
Selenium	mcg	NA	NA	2.5	2.8	2.9	0	5.0	NA
Sodium	mg	20	60	30	36	26	75	93	71
Potassium	mg	80	200	140	120	77	314	286	230
Chloride	mg	55	150	60	80	62	0	0	150
Methionine	mg	Recommended for SOY		60	NS	NA	28	NS	123
Osmolality	mOsm/kg H ₂ O	NA	NA	260	NS	290	NS	NS	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 intended for babies 12-months and older unless specified by a healthcare professional. Breast milk contains many more ingredients not listed here. Source: Food and Nutrition Board, National Academy of Sciences - National Research Council Recommended Dietary Allowances designed for the maintenance of good nutrition of practically all healthy people in the United States and Infant Formula Regulations. Earth's Best is a registered trademark of The Hain Celestial Group, Inc., Edensoy is a registered trademark of Eden Foods, Silk is a registered trademark of WhiteWave Foods. Rev. 1/09

NA: Not Applicable

NS: Not Stated

1. Based on label claim information whereby % Daily Values converted to numeric values based on 2000 Calorie diet