

Nutritional Comparison Chart Soy Pediatric Formula

Nutrients	Serving Size in Units per 100 kcal	Infant Formula Act & Amendments		Infant Formulas		Human Milk	Baby's Only Organic® Toddler SOY	Similac® Go & Grow® Soy	Cow's Milk
		Minimum	Maximum	Similac® Soy Isomil®	Enfamil® ProSobee®				
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	2.45	2.5	1.5	2.8	2.8	4.9
Fat (Lipids)	g	3.3 (30% of kcal)	6 (54% of kcal)	5.46	5.3	5.7	5.3	5.4	5.6
Carbohydrate	g	NA	NA	10.4	10.6	10.6	10.8	10.3	6.9
Total Fiber	g	NA	NA	NS	NS	0	0.4	NS	0
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	110	NS	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	60	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	11	9	0.3	8.5	11	0.72
Vitamin (B1)	mcg	40	None	60	80	31	100	60	44
Vitamin (B2)	mcg	60	None	90	90	51	100	90	257
Vitamin B6	mcg	35	None	60	60	14	60	60	69
Vitamin B12	mcg	0.15	None	0.45	0.3	0.15	0.45	0.45	0.6
Niacin	mcg	250	None	1350	1000	221	1100	1350	118
Folic Acid	mcg	4	None	15	16	3.5	15	15	7.4
Pantothenic Acid	mcg	300	None	750	500	270	450	750	515
Biotin	mcg	1.5	None	4.5	3	0.59	3	4.5	5
Vitamin C	mg	8	None	9	12	5.9	20	12	2.5
Choline	mg	7	None	12	24	13	12	12	33
Inositol	mg	4	None	5	6	21	15	5	7
MINERALS									
Calcium	mg	60	None	105	105	41	135	195	176
Phosphorus	mg	30	None	75	69	21	90	130	135
Ca/P Ratio	mg/mg	1.1	2	1.4	1.5	2.0	1.5	1.5	1.3
Magnesium	mg	6	None	7.5	8	5.2	20	7.5	18
Iron	mg	0.15	3	1.8	1.8	0.6	1.8	2.0	0.7
Zinc	mg	0.5	None	0.75	1.2	1.8	1	0.75	5.2
Manganese	mcg	5	None	25	25	1	35	25	4
Copper	mcg	60	None	75	75	37	75	75	15
Iodine	mcg	5	75	15	15	16	10	15	7
Selenium	mcg	NA	NA	1.8	2.8	2.9	2.5	1.8	NA
Sodium	mg	20	60	44	36	26	30	44	71
Potassium	mg	80	200	108	120	77	140	120	230
Chloride	mg	55	150	62	80	62	60	62	150
Methionine	mg	Recommended for SOY		NS	NS	NA	60	NS	NA
Osmolality	mOsm/kg H ₂ O	NA	NA	200	180	290	260	200	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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NA: Not Applicable
NS: Not Stated