

Complete Nutritional Chart- Soy Beverages PediaSmart® is a Complete Organic Nutrition Beverage

Nutrients	Units per 100 Calories	PediaSmart® Soy	Edensoy® Original Soy Milk, Organic	Silk® Organic Original Soy Milk	Trader Joe's® Original Soy Milk	Cow's Milk
Calories	100 kcal	100	100	100	100	100
Calories/ml		1.00	0.56	0.42	0.42	0.70
Protein	g	3.00	7.86	7.00	5.00	4.9
Lipids (Fats)	g	3.80	3.57	4.00	2.00	5.5
Carbohydrate	g	13.0	10.0	8.0	13.0	6.9
Linoleic Acid (Essential Fatty Acid)	mg	633	NS	NS	NS	115
Linolenic Acid (Essential Fatty Acid)	mg	74	NS	NS	NS	NS
Taurine	mg	7.2	0	0	0	NS
L-Carnitine	mg	1.7	0	0	0	NS
Vitamins						
Vitamin A	IU	160	0	500	500	147
Vitamin D	IU	51	0	120	120	3.5
Vitamin E	IU	2	0	0	0	0.13
Vitamin K1	mcg	6	0	0	0	0.72
Vitamin B1 (Thiamin)	mcg	300	107	0	0	44
Vitamin B2 (Riboflavin)	mcg	200	72	51	0	257
Vitamin B6	mcg	300	114	0	0	69
Vitamin B12	mcg	0.60	0	3.00	0	0.6
Niacin	mcg	1000	857	0	0	118
Folic Acid (Folacin)	mcg	30	29	24	0	7.4
Pantothenic Acid	mcg	1000	290	0	0	515
Biotin	mcg	19	9	0	0	5
Vitamin C (Ascorbic Acid)	mg	10.1	0	0	0	2.5
Choline	mg	30	0	0	0	33
Inositol	mg	16	0	0	0	7
Minerals						
Calcium	mg	97	71	300	400	176
Phosphorus	mg	80	107	NS	NS	135
Ca/P Ratio	mg/mg	1.2	0.7	NA	NA	1.3
Magnesium	mg	20	43	40	0	18
Iron	mg	1.4	1.3	1.1	0.7	0.7
Zinc	mg	0.6	0.9	0.6	0	5.2
Manganese	mcg	200	0	0	0	4
Copper	mcg	100	214	0	0	15
Iodine	mcg	9.7	16	0	0	7
Selenium	mcg	3.2	0	5.6	0	NS
Chromium	mcg	5.2	0	0	0	NS
Molybdenum	mcg	8.1	0	0	0	NS
Sodium	mg	38	79	120	120	71
Potassium	mg	131	329	300	NS	230
Chloride	mg	102	NS	NS	NS	150

PediaSmart® Soy is recommended for children 1 to 13 years of age. PediaSmart® may be used as a sole source of nutrition under the supervision of a healthcare professional. Not intended for children less than 1-year unless directed by a healthcare professional. Not for children with the genetic disorder galactosemia.

PediaSmart® Soy contains 100% or more of the NAS-NRC Dietary Reference Intakes (DRI) for protein, fat, carbohydrate, vitamins and minerals:

- For children 1 to 8 years:
1000 milliliters
Approximately 33 fl oz
- For children 9 to 13 years:
1500 milliliters
Approximately 50 fl oz

NS = Not Stated on Label

NA = Not Applicable

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Edensoy® Original Soy Milk, Organic is a product of Eden Foods, Inc

Silk® Organic Original Soy Milk is a product of WhiteWave Foods

Trader Joe's® Original Soy Milk is a product of Trader Joe's