

## Nutritional Comparison Chart Dairy Pediatric Formula

Nutrients	Standardized Serving Size in Units	Infant Formula Act & Amendments		Infant Formulas			Human Milk	Baby's Only Organic® Toddler DAIRY	Nestle® Good Start® 2 Essentials	Enfamil® NextStep® LIPIL®	Cow's Milk
		Minimum	Maximum	Similac® Advance®	Enfamil® LIPIL®	Nestle® Good Start Supreme					
Calories	100 kcal			100	100	100	100	<b>100</b>	100	100	100
Calories/ml				0.70	0.70	0.70	0.70	<b>0.70</b>	0.70	0.70	0.70
Protein	g	1.8	4.5	2.1	2.1	2.2	1.5	<b>2.6</b>	2.6	2.6	4.9
Lipids (Fats)	g	3.3 (30% of kcal)	6 (54% of kcal)	5.4	5.3	5.1	5.7	<b>5.3</b>	4.1	5.3	5.6
Carbohydrate	g	NA	NA	10.8	10.9	11.2	10.6	<b>10.8</b>	13.2	10.5	6.9
Water	g	NA	NA	134	134	135	88	<b>140</b>	134	133	88
Linoleic Acid (Essential Fatty Acid)	mg	300 (2.7% of kcal)	NA	1000	860	900	530	<b>1000</b>	680	860	115
Linolenic Acid (Essential Fatty Acid)	mg	NA	NA	108	95	94	60	<b>128</b>	110	85	NA
Taurine	mg	NA	NA	5.8	6	7.9	11	<b>6</b>	0.21	6	NA
<b>Vitamins</b>											
Vitamin A	IU	250	750	300	300	300	328	<b>300</b>	250	300	147
Vitamin D	IU	40	100	60	60	60	3.2	<b>60</b>	60	60	3.5
Vitamin E	IU	0.7	None	1.5	2	2	0.33	<b>2</b>	2	2	0.13
Vitamin K1	mcg	4	None	8	8	8	0.3	<b>8.5</b>	8	8	0.72
Vitamin B1 (Thiamin)	mcg	40	None	100	80	60	31	<b>100</b>	80	80	44
Vitamin B2 (Riboflavin)	mcg	60	None	150	140	140	51	<b>100</b>	140	140	257
Vitamin B6	mcg	35	None	60	60	75	14	<b>60</b>	65	60	69
Vitamin B12	mcg	0.15	None	0.3	0.3	0.25	0.15	<b>0.2</b>	0.25	0.3	0.6
Niacin	mcg	250	None	1050	1000	750	221	<b>1100</b>	900	1000	118
Folic Acid (Folacin)	mcg	4	None	15	16	15	3.5	<b>15</b>	15	16	7.4
Pantothenic Acid	mcg	300	None	450	500	450	270	<b>450</b>	480	500	515
Biotin	mcg	1.5	None	4.4	3	2.2	0.59	<b>3</b>	2.2	3	5
Vitamin C (Ascorbic Acid)	mg	8	None	9	12	9	5.9	<b>20</b>	9	12	2.5
Choline	mg	7	None	16	12	12	13	<b>12</b>	12	12	33
Inositol	mg	4	None	5	6	18	21	<b>5</b>	18	6	7
<b>Minerals</b>											
Calcium	mg	60	None	78	78	64	41	<b>135</b>	120	195	176
Phosphorus	mg	30	None	42	53	36	21	<b>90</b>	80	130	135
Ca/P Ratio	mg/mg	1.1	2	1.9	1.5	1.8	2.3	<b>1.5</b>	1.5	1.5	1.3
Magnesium	mg	6	None	6	8	7	5.2	<b>9</b>	8	8	18
Iron	mg	0.15	3	1.8	1.8	1.5	0.6	<b>1.8</b>	1.8	2	0.7
Zinc	mg	0.5	None	0.75	1	0.8	1.8	<b>0.7</b>	0.8	1.0	5.2
Manganese	mcg	5	None	5	15	7	1	<b>21</b>	7	15	4
Copper	mcg	60	None	90	75	80	37	<b>70</b>	85	75	15
Iodine	mcg	5	75	6	10	12	16	<b>20</b>	10	10	7
Selenium	mcg	NA	NA	1.8	2.8	2	2.9	<b>2.5</b>	2	2.8	NA
Sodium	mg	20	60	24	27	24	26	<b>30</b>	39	36	71
Potassium	mg	80	200	105	108	100	77	<b>120</b>	135	130	230
Chloride	mg	55	150	65	63	65	62	<b>80</b>	90	80	150
Osmolality	mOsm/kg H <sub>2</sub> O	NA	NA	300	300	265	290	<b>260</b>	265	270	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 than infant or toddler formulas. Source: Food and Nutrition Board, National Academy of Sciences - National Research Council Recommended Dietary Allowances. Nestle Good Start is a registered trademark of Nestle. Enfamil is a registered trademark of Mead Johnson & Company. Similac is a registered trademark of Abbott Laboratories & Ross Labs. Rev. 12/08