

Calorie Concentration Charts

PediaSmart® Dairy[†]

see other side for PediaSmart® Soy

- Supports Growth when used as a Complete Source of Nutrition
- Appropriate for Lactose & Gluten Sensitivities
- No Corn Syrup
- No Artificial Colors, Flavors or Sweeteners
- No GMO Ingredients

[†]Do not use for children with galactosemia



HCPCS Code B4160

PediaSmart® Dairy Calorie Concentration Chart*

Calories per Milliliter (mL)	Calories per Fluid Ounce	Using Enclosed Scoop (unpacked, level)		Using Household Measure (unpacked, level)		Using Entire Can of Powder	
		# of Scoops	Water (fl oz)	# of Cups	Water (fl oz)	Can	Water (fl oz)
1.00	30	3	7	1	14	1	49
1.25	37.5	3	5 1/2	1	11	1	38
1.50	45	3	4 1/2	1	9	1	30 1/2
2.00	60	3	3	1	6	1	21

*Use only under the supervision of a healthcare professional

Osmolality & Renal Solute Load

PediaSmart®	Osmolality	Renal Solute Load
Vanilla, Dairy	432 mOsm/kg	206 mOsm/L

Values Used in Calculations

Grams per Scoop	Grams per Cup	Grams per Can	Calories per Gram	Water Displacement (mL)
17	104	360	4.62	0.58

Dairy Vanilla Ingredients: Organic Rice Maltodextrin, Organic Evaporated Cane Sugar, Organic Lactose Free Milk Protein Concentrate, Organic High Oleic Oil (Organic High Oleic Sunflower and/or Organic High Oleic Safflower Oils), Organic Soybean Oil, Organic Coconut Oil, Organic Vanilla, Contains Less Than 1%: Natural Flavors, Potassium Citrate, Magnesium Phosphate, Potassium Phosphate, Potassium Chloride, Choline Bitartrate, Calcium Phosphate, Sodium Chloride, Organic Soy Lecithin, Ascorbic Acid, Magnesium Chloride, d-Alpha Tocopheryl Acetate, Ferrous Sulfate, Inositol, Biotin, L-Carnitine, Calcium Pantothenate, Niacinamide, Vitamin A, Vitamin K, Zinc Oxide, Cholecalciferol, Thiamin Mononitrate, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Copper Sulfate, Vitamin B12, Potassium Iodide, Sodium Selenate, Folic Acid, Chromium Chloride, Sodium Molybdate.

Contains milk and soy.

PediaSmart Dairy Vanilla

Nutrient	8 fl oz.	100g Powder
Energy	240 cal	462 cal
Protein	7.4 g	14.2 g
Fat	9.4 g	18.1 g
Carbohydrate	31.4 g	60.4 g
Dietary Fiber	0 g	0 g
L-Carnitine	4 mg	7.7 mg
Vitamins		
Vitamin A	123 IU	237 IU
Vitamin D	120 IU	231 IU
Vitamin E	6 IU	11.5 IU
Vitamin K	16 mcg	30.8 mcg
Thiamin	0.6 mg	1.2 mg
Riboflavin	0.5 mg	1.0 mg
Vitamin B6	0.6 mg	1.2 mg
Vitamin B12	1.5 mcg	2.9 mcg
Niacin	1.3 mg	2.5 mg
Folic Acid	32 mcg	62 mcg
Pantothenic Acid	2.5 mg	4.8 mg
Biotin	45 mcg	86.5 mcg
Vitamin C	24 mg	46 mg
Inositol	20 mg	38.5 mg
Choline	83 mg	160 mg
Minerals		
Calcium	324.5 mg	624 mg
Phosphorus	216 mg	415 mg
Magnesium	25 mg	48.5 mg
Iron	3.3 mg	6.3 mg
Zinc	0.7 mg	1.3 mg
Manganese	0.29 mg	0.56 mg
Copper	0.20 mg	0.38 mg
Iodine	23 mcg	44 mcg
Selenium	7 mcg	13 mcg
Sodium	93.6 mg	180 mg
Potassium	317 mg	609 mg
Chloride	270 mg	519 mg
Chromium	7.2 mcg	13.8 mcg
Molybdenum	7.5 mcg	14.4 mcg

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- Appropriate for Vegetarian Diets and Children with Galactosemia



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PediaSmart® Soy Calorie Concentration Chart*

Calories per Milliliter (mL)	Calories per Fluid Ounce	Using Enclosed Scoop (unpacked, level)		Using Household Measure (unpacked, level)		Using Entire Can of Powder	
		# of Scoops	Water (fl oz)	# of Cups	Water (fl oz)	Can	Water (fl oz)
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1.50	45	3	4 1/2	1	9	1	30 1/2
2.00	60	3	3	1	6	1	21

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Osmolality & Renal Solute Load

PediaSmart®	Osmolality	Renal Solute Load
Vanilla, Soy	438 mOsm/kg	211 mOsm/L

Values Used in Calculations

Grams per Scoop	Grams per Cup	Grams per Can	Calories per Gram	Water Displacement (mL)
17	104	360	4.62	0.58

Soy Vanilla Ingredients: Organic Rice Maltodextrin, Organic Evaporated Cane Sugar, Organic Soy Protein Concentrate, Organic High Oleic Oil (Organic High Oleic Sunflower and/or Organic High Oleic Safflower Oils), Organic Soybean Oil, Organic Coconut Oil, Organic Vanilla, Contains Less Than 1%: Calcium Phosphate, Natural Flavors, Magnesium Phosphate, Potassium Chloride, Choline Bitartrate, Sodium Chloride, Potassium Citrate, Magnesium Chloride, Organic Soy Lecithin, Ascorbic Acid, Potassium Phosphate, d-Alpha Tocopheryl Acetate, Ferrous Sulfate, Biotin, L-Carnitine, Calcium Pantothenate, Calcium Carbonate, Niacinamide, Vitamin A, Vitamin K, Zinc Oxide, Cholecalciferol, Thiamin Mononitrate, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Copper Sulfate, Vitamin B12, Potassium Iodide, Sodium Selenate, Folic Acid. **Contains soy and milk.**

PediaSmart Soy Vanilla		
Nutrient	8 fl oz.	100g Powder
Energy	240 cal	462 cal
Protein	7.4 g	14.2 g
Fat	9.4 g	18.1 g
Carbohydrate	31.4 g	60.4 g
Dietary Fiber	1 g	1.9 g
L-Carnitine	4 mg	7.7 mg
Vitamins		
Vitamin A	123 IU	237 IU
Vitamin D	120 IU	231 IU
Vitamin E	5.45 IU	10.5 IU
Vitamin K	16 mcg	30.8 mcg
Thiamin	0.6 mg	1.2 mg
Riboflavin	0.5 mg	1.0 mg
Vitamin B6	0.6 mg	1.2 mg
Vitamin B12	1.5 mcg	2.9 mcg
Niacin	1.3 mg	2.5 mg
Folic Acid	32 mcg	62 mcg
Pantothenic Acid	2.5 mg	4.8 mg
Biotin	45 mcg	86.5 mcg
Vitamin C	24 mg	46 mg
Inositol	8 mg	15.4 mg
Choline	83 mg	160 mg
Minerals		
Calcium	213.3 mg	410 mg
Phosphorus	142 mg	273 mg
Magnesium	36 mg	69 mg
Iron	3.3 mg	6.3 mg
Zinc	0.7 mg	1.3 mg
Manganese	0.3 mg	0.58 mg
Copper	0.13 mg	0.25 mg
Iodine	23 mcg	44 mcg
Selenium	7 mcg	13 mcg
Sodium	106.7 mg	205 mg
Potassium	420 mg	807 mg
Chloride	202mg	388 mg
Chromium	9 mcg	17.3 mcg
Molybdenum	19.2 mcg	36.9 mcg