

# Calorie Concentration Charts

## Organic PediaSmart® Dairy\*

see other side for PediaSmart® Pea Protein

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

\*Do not use for children with galactosemia



HPCPS 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

### 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
<b>Vitamins</b>		
Vitamin A	37 mcg RAE	71 mcg RAE
Vitamin D	3 mcg	5.8 mcg
Vitamin E	4.02 mg	7.7 mg
Vitamin K	16 mcg	30.8 mcg
Thiamine	0.6 mg	1.15 mg
Riboflavin	0.5 mg	0.96 mg
Vitamin B6	0.6 mg	1.15 mg
Vitamin B12	1.5 mcg	2.9 mcg
Niacin	1.3 mg	2.5 mg
Folate	53.3 mcg DFE	102.6 mcg DFE
Folic Acid	32 mcg	61.5 mcg
Pantothenic Acid	2.5 mg	4.8 mg
Biotin	45 mcg	86.5 mcg
Vitamin C	24 mg	46.2 mg
Inositol	20 mg	38.5 mg
Choline	83 mg	159.6 mg
<b>Minerals</b>		
Calcium	324.5 mg	624 mg
Phosphorus	216 mg	415.4 mg
Magnesium	25 mg	49 mg
Iron	3.3 mg	6.35 mg
Zinc	0.7 mg	1.35 mg
Manganese	0.3 mg	0.558 mg
Copper	0.20 mg	0.385 mg
Iodine	23 mcg	44.2 mcg
Selenium	7 mcg	13.5 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

### 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 Milk Protein Concentrate, Organic Linoleic Sunflower Oil, Organic Canola Oil, Organic Vanilla, Less than 2% of: Organic High Oleic Oil (Organic High Oleic Sunflower and/or Organic High Oleic Safflower Oils), Organic Coconut Oil, Natural Flavors, Organic Sunflower Lecithin, Calcium Phosphate, Potassium Chloride, Sodium Chloride, Potassium Citrate, Choline Bitartrate, Magnesium Chloride, Magnesium Phosphate, Ascorbic Acid, Potassium Phosphate, Inositol, Calcium Phosphate, L-carnitine, Ferrous Sulfate, Calcium Pantothenate, Vitamin B12, Niacinamide, d-Alpha-Tocopheryl Acetate, Thiamine Hydrochloride, Zinc Oxide, Pyridoxine Hydrochloride, Riboflavin, Copper Sulfate, Vitamin A, Biotin, Folic Acid, Potassium Iodide, Phylloquinone, Sodium Molybdate, Vitamin D3, Chromium Chloride, Sodium Selenate.

**Contains milk.**

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see other side for PediaSmart® Dairy

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- For Lactose & Gluten Sensitivities
- No Corn Syrup
- No Artificial Colors, Flavors or Sweeteners
- Appropriate for Vegetarian Diets and Children with Galactosemia



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		# of Scoops	Water (fl oz)	# of Cups	Water (fl oz)	Can	Water (fl oz)
1.00	30	3	7	1/2	7	1	49
1.25	37.5	3	5 1/2	1	10 1/2	1	37
1.50	45	3	4	1	8 1/2	1	29 1/2
2.00	60	3	3	1	5 1/2	1	20

\*Use only under the supervision of a healthcare professional

### Osmolality & Renal Solute Load

PediaSmart®	Osmolality	Renal Solute Load
Vanilla, Pea Protein	507 mOsm/kg	260 mOsm/L

### Values Used in Calculations

Grams per Scoop	Grams per Cup	Grams per Can	Calories per Gram	Water Displacement (mL)
17.33	104	360	4.62	0.673

**Pea Protein Vanilla Ingredients:** Organic Rice Maltodextrin, Organic Evaporated Cane Sugar, Organic Pea Protein, Organic Linoleic Sunflower Oil, Organic Canola Oil, Less than 2% of: Organic High Oleic Oils (Organic High Oleic Sunflower and/or Organic High Oleic Safflower Oils), Organic Coconut Oil, Organic Vanilla, Natural Flavors, Potassium Gluconate, Calcium Phosphate, Sodium Chloride, Potassium Chloride, Choline Bitartrate, Potassium Citrate, Organic Sunflower Lecithin, Magnesium Sulfate, Ascorbic Acid, Inositol, Organic Steviol Glycosides, Ferrous Sulfate, L-Carnitine, Calcium Pantothenate, Niacinamide, Thiamine Mononitrate, Pyridoxine Hydrochloride, Manganese Sulfate, Riboflavin, d-Alpha-Tocopheryl Acetate, Potassium Iodide, Biotin, Folic Acid, Chromium Chloride, Vitamin A, Phylloquinone, Vitamin B12, Vitamin D3.

PediaSmart Pea Protein 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	0.3 g	0.58 g
<b>Vitamins</b>		
Vitamin A	72 mcg RAE	138 mcg RAE
Vitamin D	3.6 mcg	6.92 mcg
Vitamin E	3.7 mg	7.02 mg
Vitamin K	16 mcg	30.8 mcg
Thiamine	0.6 mg	1.15 mg
Riboflavin	0.5 mg	0.96 mg
Vitamin B6	0.6 mg	1.15 mg
Vitamin B12	1.5 mcg	2.9 mcg
Niacin	1.5 mg	2.9 mg
Folate	53.3 mcg DFE	102.6 mcg DFE
Folic Acid	32 mcg	61.5 mcg
Pantothenic Acid	2.5 mg	4.8 mg
Biotin	45 mcg	86.5 mcg
Vitamin C	24 mg	46.2 mg
Inositol	8 mg	15.4 mg
Choline	83 mg	159.6 mg
<b>Minerals</b>		
Calcium	180 mg	346 mg
Phosphorus	120 mg	231 mg
Magnesium	16.8 mg	32.3 mg
Iron	3.3 mg	6.35 mg
Zinc	0.84 mg	1.62 mg
Manganese	0.29 mg	0.558 mg
Copper	0.10 mg	0.19 mg
Iodine	23 mcg	44.2 mcg
Selenium	9 mcg	13.1 mcg
Sodium	240 mg	462 mg
Potassium	480 mg	923 mg
Chloride	360 mg	692 mg
Chromium	7.3 mcg	14 mcg
Molybdenum	15.5 mcg	29.8 mcg