

**Calorie Conversion by Measurement and Dilution Chart between
PediaSmart® Pea Protein and Baby's Only Organic® Pea Protein Formula**

		PediaSmart® Pea Protein	Baby's Only Organic® Pea Protein Toddler Formula
Scoop Measurement for Dilution per Label Instructions		3 scoops (1 unpacked level scoop = 17 grams of powder)	4 scoops (1 unpacked level scoop = 8 grams of powder)
Serving Size	Unit	8 fl oz*	8 fl oz*
Energy	cal	240	160
Protein	g	7.4	4.48
Fat (Lipids)	g	9.4	8.4
Carbohydrate	g	31.4	17.2
L-carnitine	mg	4.0	1.92
Vitamins			
Vitamin A	IU	240	480
Vitamin D	IU	144	104
Vitamin E	IU	5,4	3.2
Vitamin K1	mcg	16	13.6
Vitamin C	mg	24	32
Folic Acid (B9)	mcg	32	24
Thiamin (B1)	mg	0.6	1.6
Riboflavin (B2)	mg	0.5	1.6
Vitamin B6	mg	0.6	0.96
Vitamin B12	mcg	1.5	0.72
Niacin (B3)	mg	1.5	1.2
Choline	mg	83	19.2
Biotin (B7)	mcg	45	4.8
Pantothenic Acid (B5)	mg	2.5	720
Inositol	mg	8	8
Minerals			
Sodium	mg	240	67.2
Potassium	mg	480	220.8
Chloride	mg	360	96
Calcium	mg	180	171.2
Phosphorus	mg	120	112
Magnesium	mg	16.8	14.4
Iodine	mcg	23	16
Manganese	mg	0.29	0.032
Copper	mg	0.10	0.112
Zinc	mg	0,84	0.8
Iron	mg	3.3	2.88
Chromium	mcg	7.3	0
Molybdenum	mcg	15.5	0
Selenium	mcg	6.8	4

* when prepared according to label instructions

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