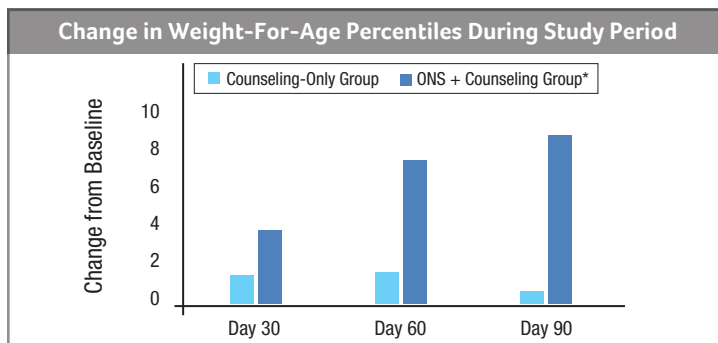


PediaSure® supplementation and dietary counseling result in healthy, balanced growth and increased diet diversity for children behind in growth.

Effect of oral supplementation on catch-up growth in picky eaters

Alarcon PA, et al. *Clin Pediatr.* 2003;42:209-217.

This prospective, two-armed study compared the effects of oral nutritional supplementation (ONS = PediaSure®) plus dietary counseling versus dietary counseling alone on growth outcomes in children. Children aged 3–5 with no acute/chronic illness, who were below the 25th weight-for-height percentile and who exhibited picky eating behaviors, were enrolled in the 3-month trial. Parents received monthly dietary counseling during the study, while the children were randomly selected to receive approximately 2 servings of PediaSure per day.



*PediaSure + counseling group had significant growth over counseling-only group.

Significant increases in mean weight and weight-for-age percentiles were observed in the PediaSure group from 30 days on, while significant mean height and height-for-age percentiles were observed from 60 days on. Additionally, there were significantly fewer upper respiratory tract infections reported in the PediaSure group during the study period.

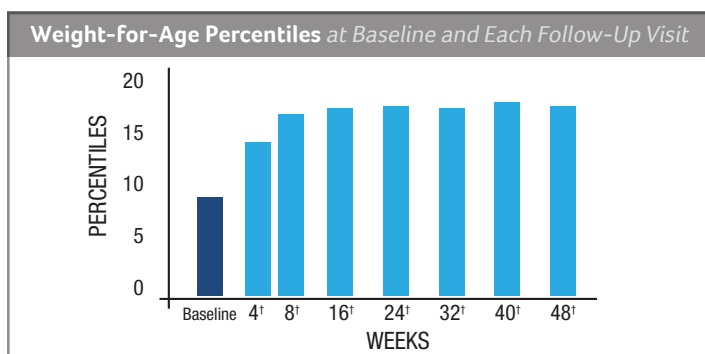
Overall summary for Alarcon paper

ONS combined with dietary counseling helped increase growth in children versus dietary counseling alone.

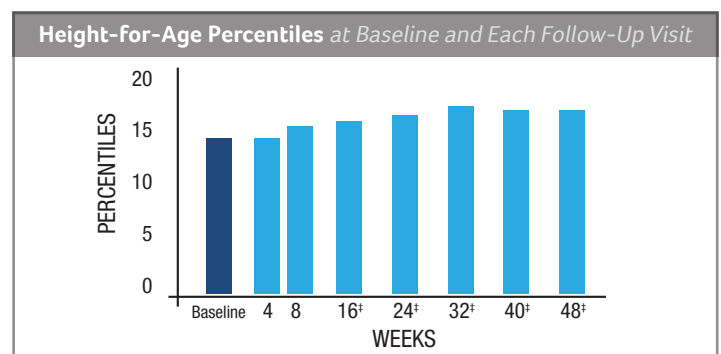
Longitudinal growth and health outcomes in nutritionally at-risk children who received long-term nutritional intervention

Huynh DTT, et al. *J Hum Nutr Diet.* 2015;28(6):623-635. doi:10.1111/jhn.12306

This prospective study enrolled 200 Filipino children age 3–4 years and assessed growth across a 48-week period. The children were between the 5th and 25th weight-for-height percentiles at baseline and had no acute or chronic infection or disease. Parents received dietary counseling at baseline, week 4, and week 8, while the children consumed 2 servings of PediaSure daily throughout the trial.



[†]Significantly different from baseline.



[†]Significantly different from baseline.

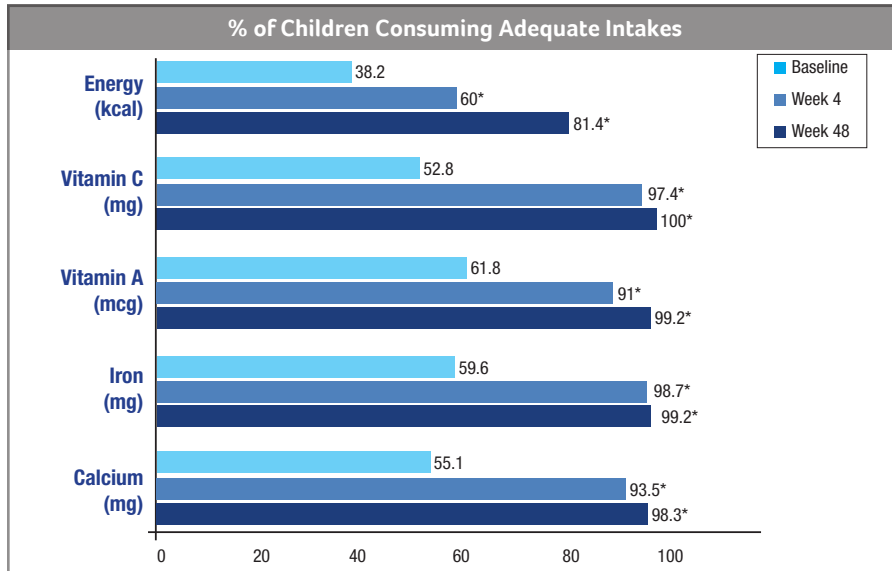
Catch-up growth was demonstrated in this pediatric population with significant increases in weight-for-height and weight-for-age percentiles from 4 weeks on ($P < 0.0001$). Additionally, height-for-age percentiles were significantly increased compared to baseline, from 16 weeks on ($P < 0.05$). Notably, with 100% product compliance, there was no risk for obesity at the end of the 48-week intervention period. A decrease in the number of sick days, and an increase in appetite and physical activity were also observed.

Overall summary for Huynh 2015 paper

Weight gain has been demonstrated in as early as 4 weeks with PediaSure usage in children behind in growth, while long-term consumption of PediaSure presented no risk of obesity.

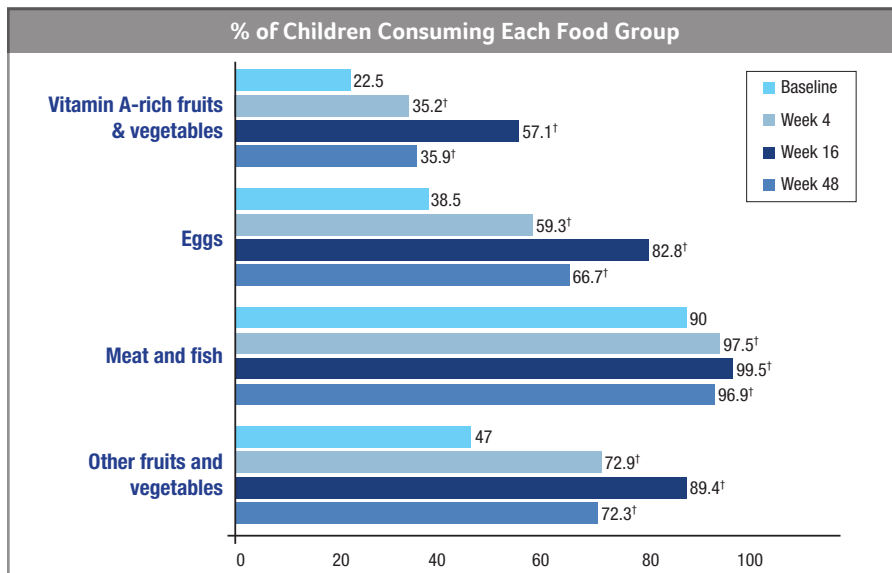
Impact of long-term use of oral nutritional supplement on nutritional adequacy, dietary diversity, food intake and growth of Filipino preschool children

Huynh DTT, et al. *J Nutr Sci.* 2016;5:e20. doi:10.1017/jns.2016.6



*Significantly different from baseline.

Twenty-four-hour dietary recalls were taken at all visits, including baseline, and analyzed for intake of energy, protein, and important micronutrients. At baseline, the nutritional adequacy was poor for total energy and several nutrients. Consumption of 2 servings of PediaSure® daily helped more children in the study achieve dietary recommendations over the study period. The percentage of children with adequate intake of energy, calcium, iron, vitamin A, and vitamin C was significantly increased within 4 weeks of intervention ($P < 0.0001$).



†Significantly different from baseline.

In addition to an increase in energy and micronutrient consumption, increases in dietary diversity and the consumption of specific food groups were observed during the study. These specific food groups were vitamin A-rich fruits and vegetables, eggs, meat and fish, and other fruits and vegetables, with significant increases observed within 4 weeks of intervention. Surprisingly, with the addition of an ONS (PediaSure) and dietary counseling, an increased consumption of different food groups was observed.

Overall summary for Huynh 2016 paper

Oral nutritional supplementation with PediaSure does not interfere with table food consumption, but helps promote nutritional adequacy and growth of children.

