



# SOMETIMES KIDS BEHIND IN GROWTH NEED A LITTLE HELP

With protein and key nutrients, PediaSure® supports more than just physical growth:



## MUSCLE & BONE

Undernutrition can result in delayed growth and development<sup>1,2</sup>

Protein, calcium, and vitamin D



## IMMUNE HEALTH

Undernutrition can deplete the body and increase susceptibility to common illnesses<sup>3</sup>

Antioxidants like vitamins C and E and selenium



## BRAIN & EYE

Undernutrition can negatively affect cognitive development and academic achievement in children<sup>1,2</sup>

DHA, lutein, and choline

## COMPARISON OF PEDIASURE® & COMMON FOODS USED FOR WEIGHT GAIN

Key nutrients that kids need for catch-up growth are difficult to get from higher calorie foods alone



### KEY NUTRIENTS TO SUPPORT:

BUTTER/PEANUT BUTTER

ICE CREAM/WHOLE MILK

PEDIASURE

		BUTTER/PEANUT BUTTER	ICE CREAM/WHOLE MILK	PEDIASURE
<b>WEIGHT GAIN</b>	Calories	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
<b>IMMUNE HEALTH</b>	Vitamin C Vitamin E Selenium	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<b>MUSCLE &amp; BONE</b>	Protein Calcium Vitamin D	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<b>BRAIN &amp; EYE</b>	Choline	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

At least 1 food meets ≥10% of the US Daily Value

Doesn't meet ≥10% of the US Daily Value



Nutrition information sourced from USDA Nutrient Database, <https://fdc.nal.usda.gov/>. Accessed November 30, 2020.

|| Nutrients include protein, vitamins A & D, zinc, and antioxidants (vitamins C & E and selenium).

References: 1. Black RE, et al. *Lancet*. 2013;382(9890):427-451. 2. Victora CG, et al. *Lancet*. 2008;371(9609):340-357.

3. Bresnahan KA, et al. *Adv Nutr*. 2014;5(6):702-711.

# GETTING GROWTH BACK ON TRACK IS AS EASY AS 1-2-3

## 1

### MAKE SOME SIMPLE CHANGES TO YOUR CHILD'S DIET

- Incorporate foods from all 5 food groups during the day
- Choose whole grains more often than refined grains
- Focus on whole fruits more often than drinking 100% juice
- Try a different color of vegetable 3 times each week



Find more simple diet changes at [choosemyplate.gov](http://choosemyplate.gov)

## 2

### GIVE THEM 2 PEDIASURE® PER DAY FOR NUTRITION SUPPORT

- PediaSure has key nutrients kids may need to catch up on growth as they move towards a healthier diet
  - Complete, Balanced Nutrition®
  - Clinically proven\* to help kids grow
  - #1 pediatrician recommended brand
  - PediaSure can be used as a snack, in a recipe, or with meals



Kid-approved taste

## 3

### CHECK YOUR CHILD'S GROWTH PROGRESS

- Look for progress in their weight, appetite, and energy level, and schedule a follow-up appointment with your doctor

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RETURN ON DATE/TIME:



For tips on healthy meal planning, nutritious recipes, and valuable coupons, visit [PediaSure.com](http://PediaSure.com)



**Abbott**  
life. to the fullest.®

\* Studied in children at risk for malnutrition.

|| Nutrients include protein, vitamins A & D, zinc, and antioxidants (vitamins C & E and selenium).

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