

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

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

RETURN ON DATE/TIME:



For tips on healthy meal planning, nutritious recipes, and valuable coupons, visit PediaSure.com.



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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).