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



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

GIVE THEM 2 PEDIASURE® PER DAY FOR NUTRITION SUPPORT

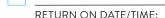
- PediaSure has key nutrients kids may need to catch up on growth as they move towards a healthier diet
 - Complete, Balanced Nutrition®
 - · Clinically proven* to help kids grow
 - #1 pediatrician recommended brand
 - PediaSure can be used as a snack, in a recipe, or with meals



Kid-approved taste

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





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





^{*} Studied in children at risk for malnutrition.

Nutrigents include protein vitamins $\triangle \& D$ zinc, and antioxidants (vitamins C & E