



# The *PediaSure*<sup>®</sup> family of products

There's one that's right for your child

Nutritional drinks formulated to support growth and development. PediaSure offers children a complete, balanced source of nutrition needed for healthy growth and is the leading pediatric medical drink in Canada.<sup>1</sup>



**PediaSure** has been clinically shown to support catch up growth<sup>2</sup>

All PediaSure products are: • Ready to use • Gluten-free • Lactose-free • Trans-fat-free • Preservative-free • Kosher

1. AC Nielsen, Market Track Data. Latest 52 weeks, period ending September 27, 2008. 2. Alarcon PA, Lin LH, Noche Jr M, Hernandez VC, Cirmafranca L, Lam W, Comer GM. Effect of Oral Supplementation on Catch-Up Growth in Picky Eaters. *Clinical Pediatrics* (Phila) 2003;42:209-17.



## PediaSure

Complete, balanced nutrition for oral or tube feeding to be used as a sole source of nutrition (when used in appropriate amounts) or as a supplement for children 1 to 10 years of age. It is ideal for children whose nutrient needs are increased or who may be undernourished due to illness or poor appetite. Has been shown to support catch-up growth in picky eaters with failure to thrive and is well tolerated.<sup>1,2</sup>

- 3 delicious flavours: Vanilla, Strawberry, Chocolate.

1. Alarcon PA, Lin LH, Noche Jr M, Hernandez VC, Cimafranca L, Lam W, Comer GM. Effect of Oral Supplementation on Catch-Up Growth in Picky Eaters. *Clinical Pediatrics (Phila)* 2003;42:209-17. 2. Data on file. Abbott Laboratories, Limited. 2002.



## PediaSure Plus with Fibre

Complete, high-energy nutrition with fibre and prebiotics (FOS) for oral or tube feeding, to be used as a sole source of nutrition (when used in appropriate amounts) or as a supplement for children 1 to 10 years of age. High-calorie density provides more calories in less volume with the benefits of fibre and prebiotics (FOS). It is ideal for children that need a higher caloric intake.

- High-calorie density (1.5 Cal/mL) to provide more calories in less volume (vs. regular PediaSure = 1.0 Cal/mL).
- Provides 1.8 g total dietary fibre and 0.82 g fructooligosaccharides (FOS) per 235 mL.
- Available in Vanilla flavour.

FOS = Fructooligosaccharides.



## PediaSure with Fibre

Complete, balanced nutrition for oral or tube feeding to be used as a sole source of nutrition (when used in appropriate amounts) or as a supplement for children 1 to 10 years of age who may benefit from added fibre. It contains fibre at a level shown to be well tolerated by children.<sup>2</sup>

- Provides 1.1 g total dietary fibre/235 mL.
- Available in Vanilla flavour.

2. Data on file. Abbott Laboratories, Limited. 2002.

## Notes:

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# PediaSure® Recipes

## Banana Shake

### Ingredients

- 1 235-mL can chilled Vanilla PediaSure
- 1 medium banana

### Directions

- In a blender, blend PediaSure and banana on high speed until smooth.
- Serve chilled in a glass or freeze until slushy, 45 minutes to an hour, and serve.



### Nutrition Facts

Serving size	250 mL (1 cup)
Servings per recipe	1
Calories	340
Total fat	12 g
Carbohydrate	53 g
Protein	8 g

## Berrynana Smoothie

### Ingredients

- 1 235-mL can chilled Vanilla PediaSure
- 125 mL (1/2 cup) frozen whole unsweetened raspberries
- 1 small banana
- 15 mL (1 Tbsp) sugar

### Directions

- In a blender, combine all ingredients.
- Blend until smooth.
- Pour into a glass and serve.



### Nutrition Facts

Serving size	250 mL (1 cup)
Servings per recipe	1
Calories	193
Total fat	6 g
Carbohydrate	32 g
Protein	7 g

## Chocolate Creamsicle

### Ingredients

- 2 235-mL cans chilled Chocolate PediaSure
- 1 envelope Dream Whip
- 4 150-mL paper cups or Popsicle moulds
- 4 Popsicle sticks or plastic spoons

### Directions

- In a bowl, combine cans of PediaSure with Dream Whip.
- Beat on high speed using an electric mixer until it thickens.
- Spoon mixture into 150-mL cups or Popsicle moulds. Put a Popsicle stick or plastic spoon through the centre of each mixture for a handle.
- Freeze until firm, about 4 hours.
- Remove Creamsicle bars from mould or tear-off paper cup before serving.



### Nutrition Facts

Serving size	1 popsicle
Servings per recipe	4
Calories	150
Total fat	7 g
Carbohydrate	19 g
Protein	4 g

*Creamsicle, Popsicle and Dream Whip are not registered trademarks of Abbott Laboratories, Limited.*

## Hot Cocoa

### Ingredients

- 1 235-mL can Chocolate PediaSure
- 15 mL (1 Tbsp) chocolate syrup
- 30 mL (2 Tbsp) mini-marshmallows

### Directions

- Combine PediaSure and chocolate syrup in a pan.
- Heat on stove until hot but not boiling.
- Pour into a cup.
- Garnish with mini-marshmallows.



### Nutrition Facts

Serving size	250 mL (1 cup)
Servings per recipe	1
Calories	306
Total fat	12 g
Carbohydrate	43 g
Protein	8 g

