

## Effect of Oral Supplementation on Catch-Up Growth in Picky Eaters

Alarcon PA, Lin LH, Noche M, *et al. Clinical Pediatrics* 2003;42:209-17

### Study design:

A phase IV, multicenter, randomized, parallel group, open study of 92 children between the ages of 36 to 60 months who were below the 25<sup>th</sup> percentile in weight-for-height.

### Objective:

To assess the effects on weight-for-height measurements in children with picky-eater behaviours.

### Methodology:

Subjects were randomized to receive nutritional counseling alone ( $n=51$  control) or nutritional counseling plus PEDIASURE ( $n=53$  PEDIASURE). Subjects were assessed at baseline, at two interim visits (30 and 60 days), and at a final visit 90 days after enrollment.

### Conclusion:

PEDIASURE (in association with nutritional counseling) "...helps promote catch-up growth, and can play an important role in the dietary management of picky eaters..."

### Results:

The PEDIASURE group demonstrated:

- Significant gains in weight and height for increased catch-up growth
- Increased appetite and higher activity levels<sup>†</sup>
- Increased iron levels<sup>†</sup> to help prevent iron deficiency anemia
- Increased zinc levels<sup>†</sup> to help prevent growth faltering

<sup>†</sup> $p = ns$  vs. control



- Complete, balanced nutrition
- Three child-friendly flavours: Vanilla, chocolate, and strawberry
- Gluten- and lactose-free
- Available with added fibre

# PediaSure<sup>®</sup>

**A complete, balanced nutritional  
solution for eating problems**

Reference: 1. Alarcon PA, Lin LH, Noche M, *et al.* Effect of oral supplementation on catch-up growth in picky eaters. *Clin Pediatr* 2003;42:209-17.

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## Picky eaters thrive on PEDIASURE

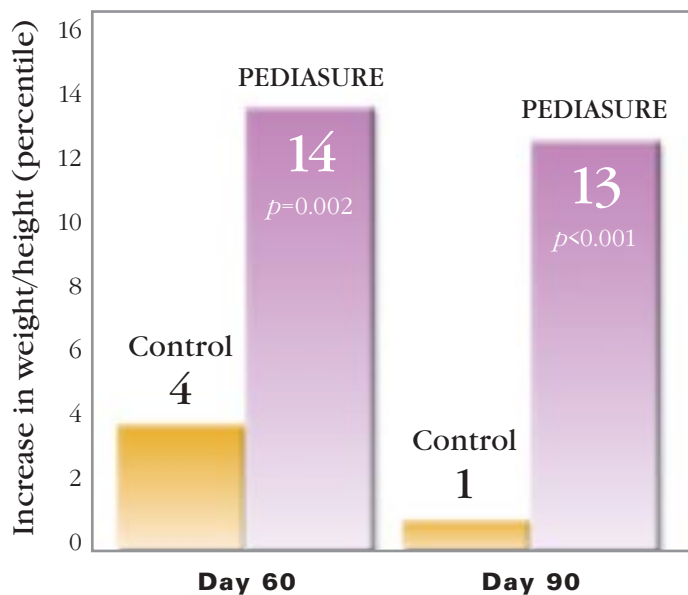
Complete Pediatric Nutrition

Ross Nutritional Systems for Life

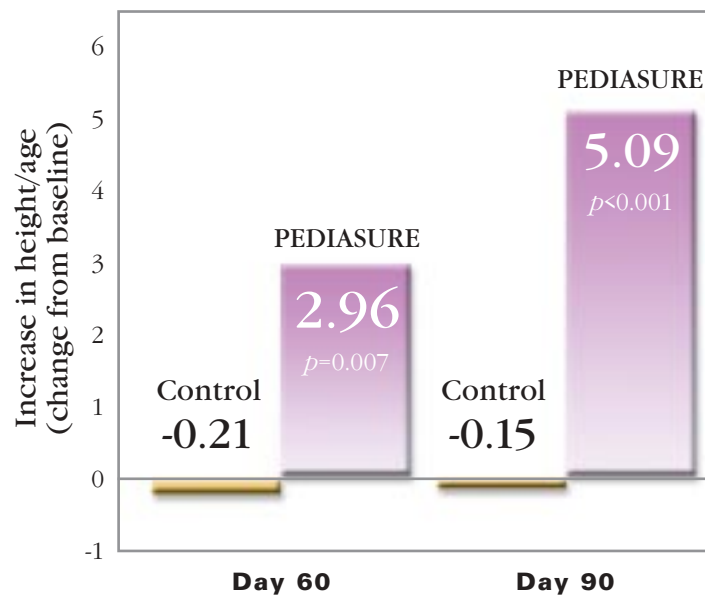
Up to 45% of children are brought to physicians due to parental concern about potential eating problems<sup>1</sup>

**Children fed PEDIASURE showed significant gains in weight and height versus children in the control groups<sup>1</sup>**

**Significant Increase in Weight-for-Height<sup>1</sup>**



**Significant Increase in Height-for-Age<sup>1</sup>**



Eating and growth-related problems experienced by picky eaters can have a negative impact on their physical, intellectual, social, and academic development.<sup>1</sup>

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