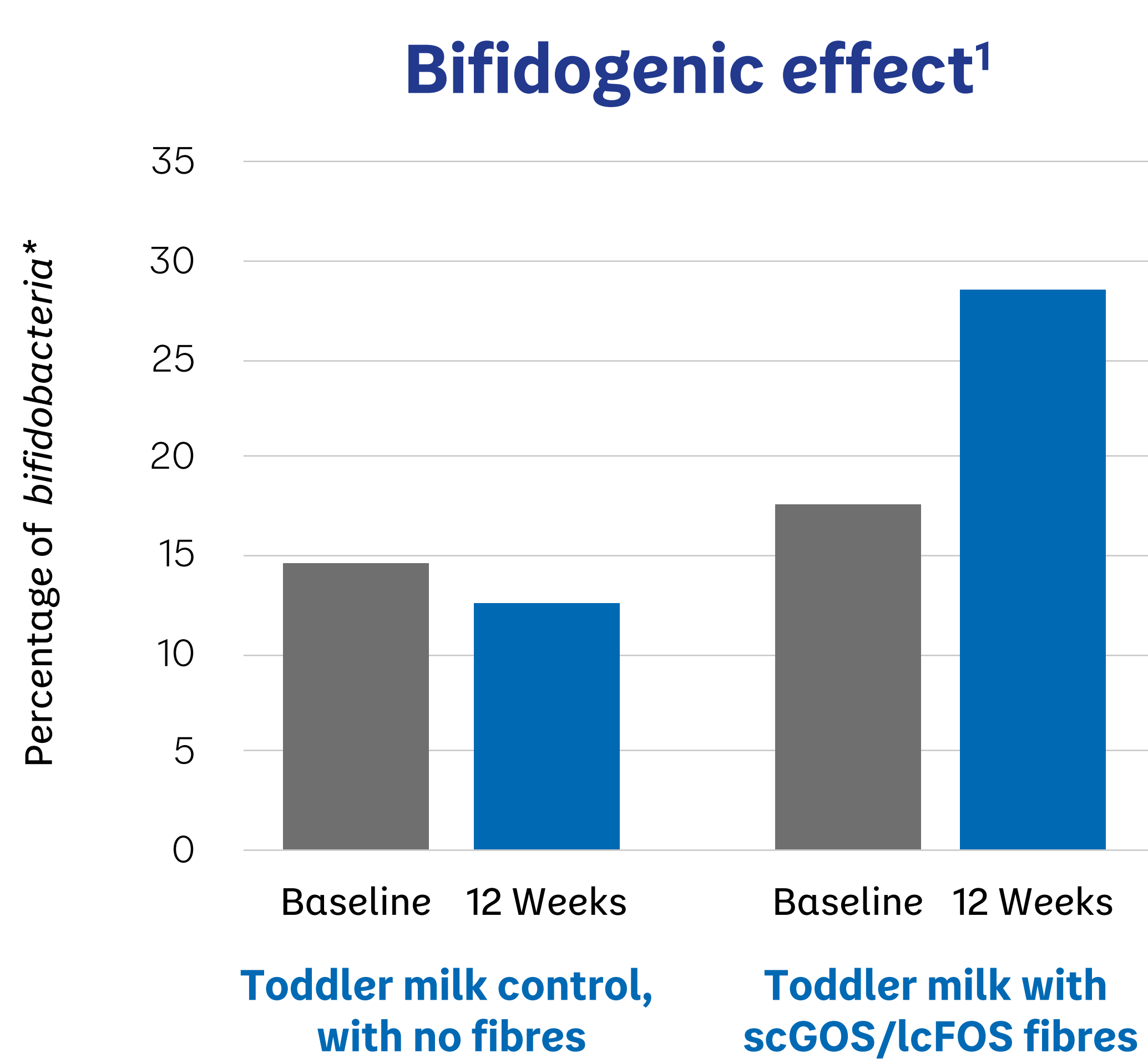


CLOSING THE FIBRE GAP IN TODDLERS TO SUPPORT GUT HEALTH AND IMMUNITY

PREBIOTIC FIBRES PLAY A ROLE IN IMPROVED GUT MICROBIOME AND IMMUNITY¹

Early-life exposure to a diverse range of fibre-containing foods is associated with a more resilient and diverse microbiota. Fibres are fermented in the gut and promote gut bacteria growth and development.



Studies in toddlers using a toddler milk containing relevant amounts of **prebiotic fibres (scGOS/lcFOS)** in combination with nutrients such as vitamin D, iron and long-chain polyunsaturated fatty acids, have demonstrated positive outcomes:

- 1 Gut microbiome**
Increased bifidobacteria and lower gut pH^{1,2}
- 2 Immunity**
Reduced risk of infections³

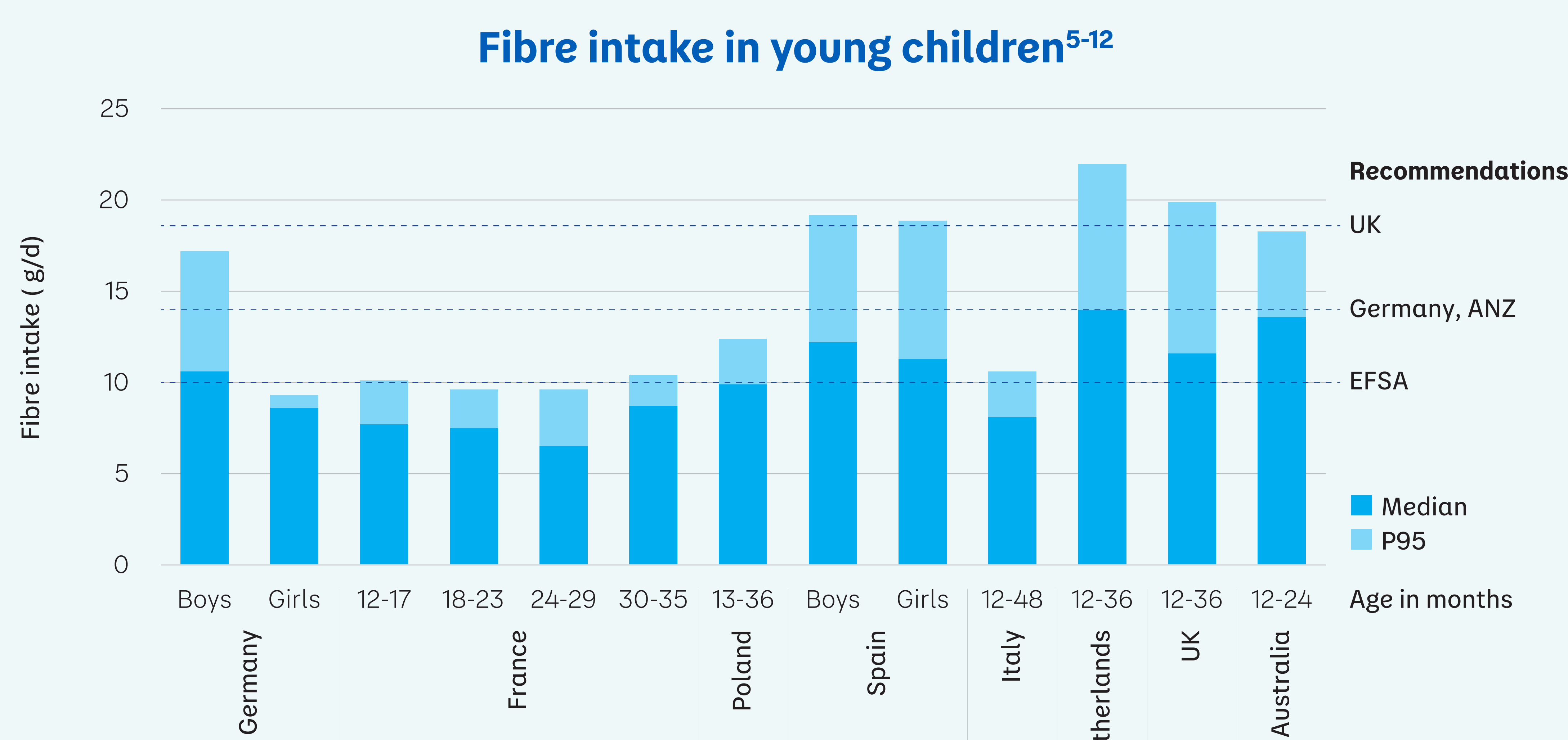
*Study done with toddler milk containing prebiotic fibres in combination with DHA/EPA

FIBRE INTAKE GAP IN TODDLERS

Toddlers consume insufficient amounts of fibre via their daily diet.^{4,5}



50% OF TODDLERS REPORTED TO HAVE BELOW ADEQUATE FIBRE INTAKES⁴



Germany: Toddlers 1-2 years: Boys, n=175; Girls, n=179⁵

France: Toddlers 12-17 months, n=121; 18-23 months, n=120; 24-29 months, n=125; 30-35 months, n=81⁶

Poland: Toddlers 13-36 months, n=400⁷

Spain: Toddlers 1-3 years: Boys, n = 218; Girls, n=189⁸

Italy: Toddlers 1-4 years, n=148⁹

Netherlands: Toddlers 1-3 years: Boys, n= 353; Girls, n=350¹⁰

UK: Toddlers 12-36 months, n=953¹¹

Australia: Toddlers <24 months, n=976¹²

ENSURING ADEQUATE FIBRE INTAKE¹³

Food sources of dietary fibre	
Main food groups contributing to fibre intakes from the diet of toddlers aged 2-3 years	
Legumes 5%	Grain products 35%
Vegetables 10%	Bread 7%
Potatoes 9%	Cereals and pasta 10%
Fruit 14%	

Adapted from Stephen et al., (2017)⁶

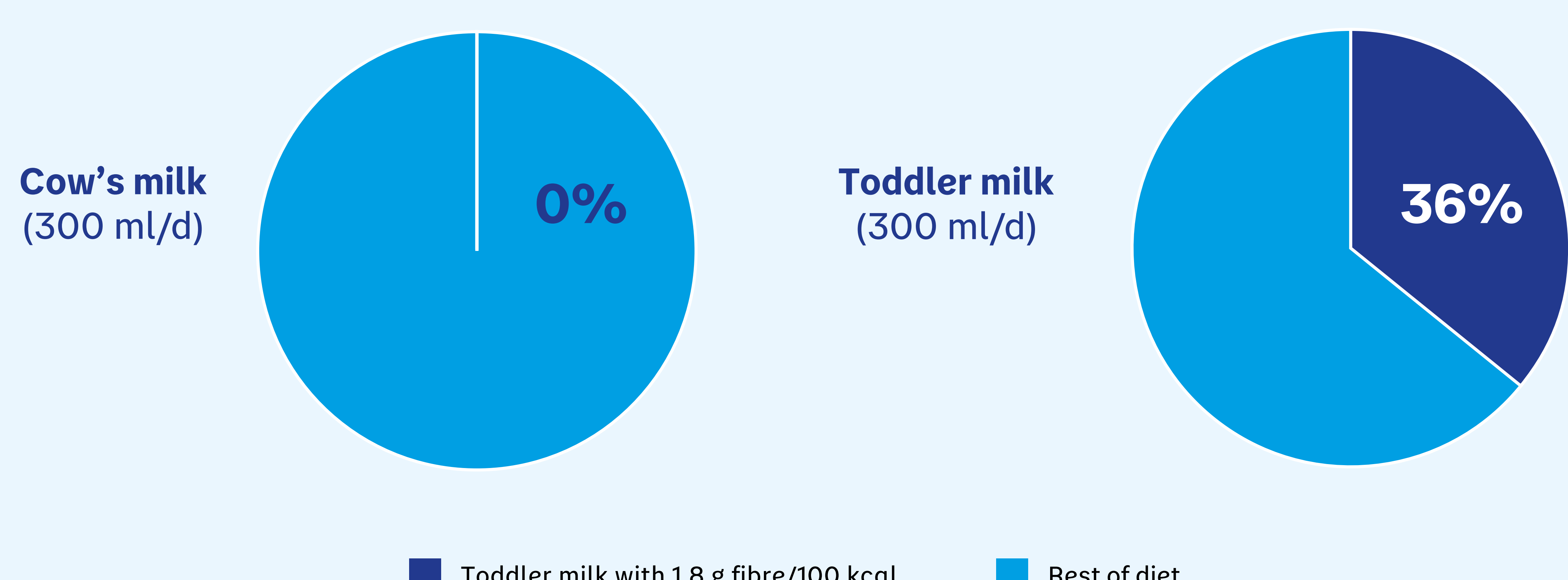


Toddler milk with source of fibre

A toddler milk adding a daily dose of prebiotic fibre (scGOS/lcFOS) to the diet

A TODDLER MILK WITH PREBIOTIC FIBRE (scGOS/lcFOS) INCREASES FIBRE INTAKE COMPARED TO COW'S MILK

Percentage contribution to recommended fibre intake:



The fibre intake gap in toddlers can be addressed with fibre-containing foods alongside a toddler milk enriched with prebiotic-fibre.