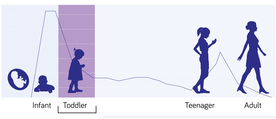
NUTRICIA
LIFE-TRANSFORMING NUTRITION

YOUNG CHILD NUTRITION

BRIDGING THE NUTRITIONAL GAP BEYOND INFANCY

Nutrition plays a crucial role in toddlerhood. Adequate intake of nutrients can be challenging during this time.

Young Child Formula (YCF) compliments the diversified diet of toddlers for healthy growth and development.[1]



Toddlers have an accelerated growth and development, reflected by their nutritional demands[2]

This rapid growth is parallelled by the development of organs like the brain, gut, and immunity[3]

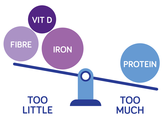
Toddlers need up to **5 times** more nutrients than adults per kg body weight[1,4]

- **3x** more iron
- **5.5x** more vitamin D
- **2.5x** more essential fatty acids

Toddlers **are not** mini adults as growth and development are still accelerated compared with older children and adults

A well-balanced nutrition for toddlers, with an adequate intake of macro and micronutrients, is crucial for their **growth, development, and overall short and long term health outcomes.**[2-6]

Despite many nutritional recommendations, there is a high prevalence of toddlers **not meeting nutritional requirements** across geographies.[7,8]

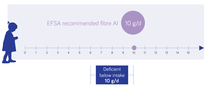


Children who receive good nutrition are set on the path to grow and develop properly.

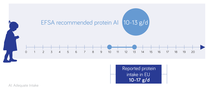
IN FACT:

2 out of 3 toddlers are **iron** deficient[9]

In a survey, half of the toddlers reported to consume insufficient amounts of **fibre** via their daily diet[10]



Toddlers consume excessive amounts of **protein** via their daily diet[10,11]

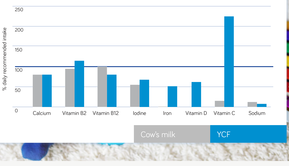


AI: Adequate Intake

Toddlers can also become deficient in other micronutrients, such as **vitamin D** depending on their geographical location[12]

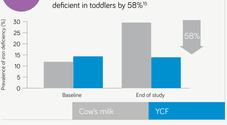
Replacing cow's milk with YCF, can help toddlers to **improve their intake of important nutrients**, more in line with the recommendations.[12]

Toddlers drinking YCF have a nutritional intake more **in line with recommendations.**[13,14]



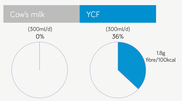
IRON

A study showed that an **iron fortified YCF** reduces the chance of being iron deficient in toddlers by 58%[15]



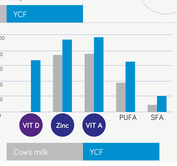
FIBRE

A YCF fortified with unique biotics increases **fibre** intake of toddlers compared with cow's milk



VIT D

A study showed that a YCF increases **vitamin D** intakes compared with cow's milk[14]



Other Micro-nutrients

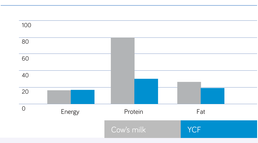
A YCF increases intake of essential micronutrients compared with cow's milk[14]

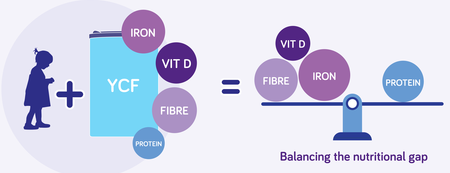
PROTEIN

Excessive protein intake in toddlerhood is prevalent and is strongly linked to an increased risk of obesity

Prevalence of Obesity in Young Children (2-4 years)

YCF helps to **reduce the risk of obesity** by limiting protein intake compared with cow's milk





Balancing the nutritional gap

ENHANCE A TODDLER'S DIET BY INCORPORATING YOUNG CHILD FORMULA FOR OPTIMAL NUTRITION AND GROWTH

FOR HEALTHCARE PROFESSIONALS ONLY
– NOT FOR DISTRIBUTION TO GENERAL PUBLIC

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