



Support children's growth and development



Why is nutrition important for growing kids?

Good nutrition helps to support growth and development. During these important years of rapid growth, children require a balanced intake of protein, carbohydrates, and fats as well as vitamins and minerals for energy and essential nutrition.

Which nutrients are important for growth and development?



PROTEIN

Helps support healthy bones and muscles.



CALCIUM

Helps support healthy bones and teeth.



FISH OIL

Important addition to a child's diet.



IRON

Helps support cognitive function.



FIBRE

Helps support digestion.



PROBIOTICS

Helps support digestive health.

Inadequate nutritional intake may impact a child's ability to achieve optimal growth and development.

What causes inadequate nutrition and impaired growth in children?

- **Poor appetite** due to a medical condition or illness
- **Limited food choices:** refusing to eat certain foods or only eating a few types for a long time
- **Recovery** from surgery
- **Food allergies or intolerances**
- **Nutrient absorption issues**
- **Increased nutritional needs** from certain health conditions.



How can KID ESSENTIALS help?

For kids at risk of inadequate nutrition, KID ESSENTIALS can help to close nutritional gaps in their diet. KID ESSENTIALS is a nutritionally complete powdered supplement specially formulated for children aged 1-10 years, suitable as a sole source of nutrition.



KID ESSENTIALS B.I.G. formula contains 50% whey protein, which digests quickly, helping improve nutrient absorption.¹

Supporting children's growth and development through nutrition

Serve as a drink or added to different snacks or meals for kids to enjoy.



For more information call 1800 671 628 or visit www.nestlehealthscience.com.au

Reference: 1. Meyer, R., et al. BMC Gastroenterol 15, 137 (2015).

KID ESSENTIALS® is a food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under the supervision of a healthcare professional.

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