WHAT IS CLAIMED IS:

1. Use of a nutritional composition for the manufacture of a medicament for treating malnourishment in a moderately malnourished individual by improving or promoting bone health in that individual, the nutritional composition comprising a carbohydrate blend comprising:

(i) a source of at least one carbohydrate that provides rapidly available glucose;

(ii) a source of at least one carbohydrate that provides slowly available glucose; and

(iii) a source of at least one non-digestible carbohydrate or resistant starch.

2. The use according to claim 1, wherein improving or promoting bone health in the individual is during a period of catch up growth or weight recovery.

3. The use according to claim 1, wherein improving or promoting bone health is achieved by at least one of increasing bone density, increasing bone content, increasing bone length, improving bone microarchitecture, or combinations thereof.

4. The use according to claim 3, wherein improving bone microarchitecture includes at least one of increasing percent bone volume (BV/TV), increasing trabecular bone thickness (TbTh), increasing trabecular bone number (TbN), decreasing trabecular space (TbS), and combinations thereof.

5. The use according to claim 1, wherein the moderately malnourished individual is a preterm infant, infant, toddler, or child who suffers from decreased or poor bone health, and the

decreased or poor bone health is caused by at least one of malnutrition, undernutrition, poor gut health, infectious disease, and compromised immune function.

6. The use according to any one of claims 1 to 5, wherein the nutritional composition further comprises at least one of a protein and a fat.

7. The use according to claim 1 wherein the nutritional composition comprises a protein and a fat.

8. The use according to any one of claims 1 to 7, wherein (i) the source of at least one carbohydrate that provides rapidly available glucose comprises at least one of:

(a) a monosaccharide;

(b) a glucose unit and a fructose unit joined by an α-1, β-2 glycosidic linkage;

(c) a glucose unit and a galactose unit joined by a β (1,4) glycosidic linkage;

(d) glucose units joined by α (1,4) glycosidic linkages;

(e) glucose units joined by α (1,6) glycosidic linkages; and

(f) oligosaccharides having a random mixture of α (1,2), α (1,3), α (1,4), and α (1,6) glycosidic linkages.

9. The use according to claim 8, wherein (i) the source of at least one carbohydrate that provides rapidly available glucose comprises at least one of glucose, fructose, tagatose, galactose, mannose, ribose, sucrose, maltose, isomaltose, lactose, isomalto-oligosaccharides,

maltodextrin, and starch.

10. The use according to any one of claims 1 to 9, wherein (ii) the source of at least one carbohydrate that provides slowly available glucose comprises one or more of:

(i) a glucose unit and a fructose unit joined by an α (1,6) glycosidic linkage;

(ii) two glucose units joined by an α (1,1) glycosidic linkage;

(iii) a glucose unit and a fructose unit joined by an α (1,5) glycosidic linkage; and

(iv) oligosaccharides having alternating α (1,3) and α (1,6) glycosidic linkages.

11. The use according to claim 10, wherein (ii) the source of at least one carbohydrate that provides slowly available glucose comprises one or more of isomaltulose, trehalose, sucromalt, and leucrose.

12. The use according to any one of claims 1 to 11, wherein (iii) the source of at least one non-digestible carbohydrate or resistant starch comprises at least one of:

(i) oligosaccharides having a random mixture of α (1,2), α (1,3), α (1,4), and β glycosidic linkages;

(ii) saccharides having linear chains of 2 to 60 fructose units or fructose polymers joined by β (2,1) glycosidic linkages; and

(iii) oligosaccharides having a random mixture of α (1,2), α (1,3), α (1,4), and α (1,6) glycosidic linkages.

13. The use according to claim 12, wherein (iii) the source of at least one non-digestible

carbohydrate or resistant starch comprises one or more of resistant maltodextrin, fructooligosaccharides, inulin, and isomalto-oligosaccharides.

14. The use according to any one of claims 1 to 13, wherein (i) the source of at least one carbohydrate that provides rapidly available glucose provides from 4% to 71% of the total calories supplied by carbohydrates in the nutritional composition, (ii) the source of at least one carbohydrate that provides slowly available glucose provides from 25% to 86% of the total calories supplied by carbohydrates in the nutritional composition, and (iii) the source of at least one non-digestible carbohydrate or resistant starch provides from 3% to 20% of the total calories supplied by carbohydrates in the nutritional composition.

15. The use according to any one of claims 1 to 14, wherein the nutritional composition has a caloric density of 1 kcal/mL to 2 kcal/mL.

16. The use according to any one of claims 1 to 15, wherein the moderately malnourished individual suffers from poor bone health that includes at least one of decreased bone density, decreased bone content, decreased bone length, decreased bone microarchitecture, or combinations thereof.

17. The use according to claim 16, wherein the moderately malnourished individual is a preterm infant, infant, toddler, or child who suffers from decreased or poor bone health, and the decreased or poor bone health is caused by at least one of malnutrition, undernutrition, poor gut health, infectious disease, and compromised immune function.