composition to the individual thereby promoting healthy catch-up growth, particularly with respect to bone health.

[0016] In accordance with the present disclosure, the method of promoting bone health in a moderately malnourished individual is provided. The method includes administering to the moderately malnourished individual a nutritional composition comprising a protein, a fat, and 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.

[0017] The present disclosure also provides a nutritional composition for use in treating a moderately malnourished individual by improving bone health wherein the nutritional composition comprises a protein, a fat, and 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. Promoting bone health includes treating malnourishment by administering the nutritional composition to the individual thereby promoting healthy catch-up growth, particularly with respect to bone health.

[0018] The present disclosure also provides the use of a nutritional composition for the manufacture of a medicament for treating a moderately malnourished individual by improving bone health, the nutritional composition comprising a protein, a fat, and 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. The malnourishment is treated by promoting healthy catch-up growth particularly with respect to bone health.

[0018a] The present disclosure also provides the 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.

BRIEF DESCRIPTION OF THE DRAWINGS

[0019] Figure 1 depicts the percentage of changes of the tibia length in rapidly digestible carbohydrate (*RDC*) and slowly digestible carbohydrate (*SDC*) groups after the re-feeding period found in Example 1.