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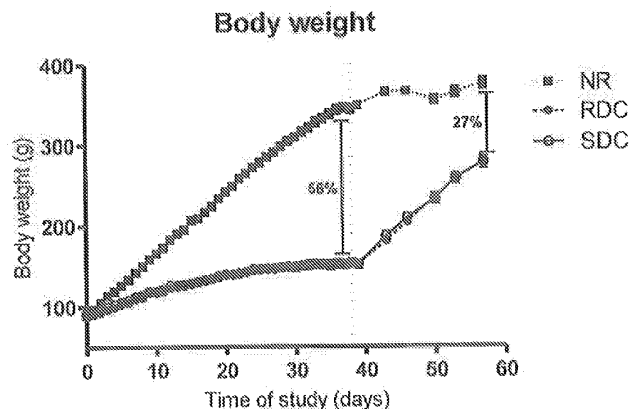


FIGURE 1

(57) Abstract: A method of promoting healthy catch-up growth in a moderately malnourished individual is provided. The method includes administering to the moderately malnourished individual a nutritional composition that contains a carbohydrate blend, wherein the carbohydrate blend comprises a source of at least one carbohydrate that provides rapidly available glucose, a source of at least one carbohydrate that provides slowly available glucose, and a source of at least one non-digestible carbohydrate or resistant starch.

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