

# CALCIUM DEFICIENCY

is the largest micronutrient deficiency for children under 5 years in Sri Lanka



## THE PEOPLE MOST AT RISK



**Children**  
between 6 months  
and 5 years

### WHY DO YOU NEED CALCIUM?



It helps to form and maintain bones and teeth



Supports the nervous system



Helps in muscle contraction

### WHAT IF YOU DON'T GET ENOUGH?



Decreased bone formation



Hindered bone growth in children



Increased risk of osteoporosis

### HOW CAN WE PREVENT IT?

Increase intake of calcium through consumption of fish, pulses and milk products naturally rich in calcium, such as sprats, chickpea and cheese



### WHAT IS NESTLÉ DOING?

We provided



**million servings**

of micronutrient fortified food and beverages in 2017



We are fortifying our products that are widely and regularly consumed, with calcium.

They include *Maggi Classic*, *Maggi Daiya Devilled*, *Maggi Tikiri*, *Maggi Special Family Pack*, *Nespray FortiGrow Full Cream Milk Powder*, *Nespray FortiGrow Ready-to-Drink*, *Nespray Coco Up Read-to-Drink*, *Nespray 1+*, *Nespray 3+*, *Lactogrow*, *Nangrow* & *Ceregrow*



We conduct educational programmes

to teach people about the importance of micronutrients in their diet

For more information about our commitment to help reduce micronutrient deficiencies in Sri Lanka, visit:

<http://www.nestle.lk/en/nhw/improving-our-products/micronutrient-fortification>

### Sources

National nutrition and micronutrient survey 2014 Part II: Iron, zinc and calcium deficiency among children aged 6-59 months

FAO Corporate document repository: Human vitamin and mineral requirements  
<http://www.fao.org/docrep/004/Y2809E/y2809e0h.htm#TopOfPage/>

Food based dietary guidelines for Sri Lankans 2011  
<http://203.94.76.60/department/NutritionDivision/Nutrition%20Guidelines/FBDG-English.pdf>

National nutrition and micronutrient survey 2014  
[http://www.unicef.org/srilanka/Nutrition\\_Survey\\_Iron\\_Zinc\\_Calcium\\_deficiency\\_among\\_children.pdf](http://www.unicef.org/srilanka/Nutrition_Survey_Iron_Zinc_Calcium_deficiency_among_children.pdf)

Creating shared value: The Nestlé healthy kids programme  
<http://www.nestle.lk/en/csv/nutrition/nestle-healthy-kids>

Creating shared value: Nestlé nutri-corners  
<http://www.nestle.lk/en/csv/nutrition/consumer-information/nestle-nutri-corners>

