Following an application from Specialised Nutrition Europe (formerly IDACE), submitted pursuant to Article 14 of Regulation (EC) No 1924/2006 via the Competent Authority of France, the EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA) was asked to deliver an opinion on the scientific substantiation of a health claim related to zinc and normal growth. The food constituent, zinc, which is the subject of the health claim, is sufficiently characterised. Normal growth is a beneficial physiological effect for infants and young children. The Panel considers that the role of zinc in normal growth is well established. Growth retardation is one of the clinical manifestations of severe zinc deficiency. Zinc supplementation has been reported to stimulate growth and development in zinc-deficient infants and young children. The Panel concludes that a cause and effect relationship has been established between the dietary intake of zinc and normal growth. The following wording reflects the scientific evidence: “zinc contributes to normal growth”. The target population is infants and children up to three years of age.