



What is Valid Nutrition Peanut Formula Ready-to-Use Therapeutic Food (RUTF)?

Ready-to-Use Therapeutic Foods are highly fortified, nutrient dense pastes specifically designed for the treatment of severe acute malnutrition.

The formulation of RUTF delivers the same nutritional qualities as the WHO's F-100 milk. Unlike F-100, RUTF's are not water based (they are oil based). This has two main advantages:

- * Low moisture means that microorganisms cannot grow in RUTF and it can be stored for several months without refrigeration.
- * Ready to Use, so there is no preparation needed by the carer and nutrients are not affected by dilution or cooking.

PRODUCT COMPOSITION
 Peanut Paste, Skimmed Milk Powder, Vegetable Oils & Fat, Sugar, Vitamins & Minerals, Stabiliser: Vegetable Monoglycerides.

TARGET CONSUMERS

PRIMARY

Children (over 6 months) and adults suffering from Severe Acute Malnutrition (SAM).

SECONDARY

Nutritional supplement for children and adults as a result of various conditions such as HIV/ Aids.



PRODUCT FACT SHEET

USAGE

The product is used for both patients admitted in clinics (therapeutic feeding centres) and also for outpatient care largely through Community-based Management of Acute Malnutrition (CMAM) programmes. RUTF is recommended for severely malnourished patients in rehabilitation phase 2. RUTF is for institutional use upon the recommendation of a professional for the treatment of SAM.

FOOD SAFETY

No risk of microbiological growth and activity as a result of very low water content. Not suitable for those with allergies to cows milk or peanuts.

HOW IS THE PRODUCT EATEN?

Product can be eaten straight from the pack. The food can be consumed by anybody over the age of 6 months. The consumption of Peanut Formula RUTF must be accompanied by drinking water to prevent dehydration.

SHELF LIFE AND PRESERVATION

Best before 12 months from the manufacturing date. It is recommended to store the product in a dry and cool place.

NUTRITIONAL VALUES

500kcal per 92g sachet, Protein 10-12% of total calories, Lipids 45-60% of total calories.

Minimum Vitamin Content	Unit	Per 92g Sachet	Per 100g
Biotin	µg	55	60
Niacin	mg	4.6	5.0
Folic acid	µg	184	200
Panthenic acid	mg	2.8	3.0
Vitamin	µg	875	950
	IU	2910	3165
Vitamin B1	mg	0.5	0.5
Vitamin B12	µg	1.5	1.6
Vitamin B2	mg	1.5	1.6
Vitamin B6	mg	0.6	0.6
Vitamin C	mg	46	50
Vitamin D	µg	16.1	17.5
Vitamin E	mg	18.4	20
Vitamin K	µg	20.7	22.5

Mineral Content	Unit	Per 92g Sachet	Per 100g
Calcium	mg	415	450
Copper	mg	1.5	1.6
Iodine	µg	97	105
Iron	mg	11	12
Magnesium	mg	100	110
Phosphorus (excluding phytate)	mg	415	450
Potassium	mg	1150	1250
Selenium	µg	28	30
Sodium	mg	265	290
Zinc	mg	11.5	12.5

PACKAGING

Valid Nutrition Ready-to-Use Therapeutic Food Peanut Formula is packed in 92g sachets equivalent to 500kcal.

Sachets per Cartons	Net Weight	Gross Weight	Size (cm)
150	13.8kg	14.6kg	44 x 32 x 16

CONTACTS

Valid Nutrition Ireland

Tel: +353 (0) 86 7809541

Email: office@validnutrition.org

Web: www.validnutrition.org

Valid Nutrition Kenya

Tel: +254 (0) 713 808 743

Email: kenya@validnutrition.org

Valid Nutrition UK

Tel: +44 (0) 1865 722 180

Email: office@validnutrition.org

Valid Nutrition Malawi

Tel: +265 (0) 1 712488

Email: malawi@validnutrition.org