

What is Valid Nutrition Peanut Formula Ready-to-Use Supplementary Food (RUSF)?

Ready-to-Use Supplementary Foods (RUSF) are highly fortified, nutrient dense pastes specifically designed for prevention and treatment of moderate acute malnutrition among children over 6 months. Valid Nutrition RUSF comes in two pack sizes each equivalent to a daily dose: LNS-LQ at 100g and LNS-MQ at 50g intended for treatment and prevention, respectively.

The formulation delivers all the nutrients to reduce or eliminate the shortfall in local diets and helps meet daily requirements. Unlike fortified blended foods that require further preparation at home, RUSFs are ready for use.



Advantages of Valid Nutrition Ready-to-Use Supplementary Food (RUSF)

- They have a long shelf life – up to 24 months without refrigeration. Low moisture content inhibits the growth of micro-organisms.
- They are dose packed and complete hence have superior control of intake and less risk of nutrient loss.
- They are less voluminous, hence more convenient for handling by caregivers.
- They pose less risk of contamination and offer convenience of use because no preparation is required at home.



TARGET CONSUMERS Children (over 6 months) and adults suffering from or at risk of moderate acute malnutrition.

COMPOSITION

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

- **Usage:** The product is best for targeted supplementary feeding programs. It can also be used in blanket supplementary feeding programs. RUSF is not a breast milk substitute.
- **How is the Product Eaten:** Product should be eaten straight from the pack. Can be eaten in conjunction with usual diet.
- **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.
- **Shelf Life:** Best before 24 months from the manufacturing date. Product should be stored in a cool, dry place as per storage instructions.

NUTRITIONAL VALUES

100g RUSF provides:

- 530kcal energy
- 10.4% of total calories as protein
- 58% of total calories as lipids
- 5.5g ω -6 fatty acids
- 0.4g ω -3 fatty acids



VITAMIN CONTENT	UNIT	PER 100G
Biotin	µg	60.0 min
Niacin	mg	13.0 min
Folic acid	µg	330.0 min
Panthenic acid	mg	4.0 min
Vitamin A	µg	550-1150
Vitamin B1	mg	1.0 min
Vitamin B12	µg	2.7 min
Vitamin B2	mg	2.1 min
Vitamin B6	mg	1.8 min
Vitamin C	mg	60.0 min
Vitamin D	µg	15-20
Vitamin E	mg	16.0 min
Vitamin K	µg	27.0 min

MINERAL CONTENT	UNIT	PER 100G
Calcium	mg	535-750
Copper	mg	1.4-1.9
Iodine	µg	100-140
Iron	mg	10-14
Magnesium	mg	150-225
Manganese	mg	1.2-2.4
Phosphorus (excluding phytate)	mg	450-750
Potassium	mg	900-1400
Selenium	µg	20-40
Sodium	mg	270 max
Zinc	mg	11-14

PACKAGING

Valid Nutrition Ready-to-Use Supplementary Food Peanut Formula is packed in either 100g or 50g sachets equivalent to 530kcal and 265kcal respectively.

Type	Sachets per Carton	Net Weight	Gross Weight	Size (cm)
LNS-LQ	150	15.0kg	15.8kg	44 x 32 x 16
LNS-MQ	300	15.0kg	16.2kg	44 x 32 x 16