

# 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 the prevention and treatment of moderate acute malnutrition among children 6 months and older, and adults. Valid Nutrition RUSF comes in a pack size of 100g, equivalent to a daily dose.

The formulation delivers all the nutrients to reduce or eliminate the deficiencies in local diets and helps meet daily requirements.



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

Unlike fortified blended foods, RUSF has the following advantages:

- Long shelf life – up to 24 months without refrigeration.
- Low moisture content that inhibits the growth of micro-organisms, posing less risk of contamination.
- Dose packed, enabling superior control of intake and less risk of nutrient loss.
- Less voluminous, hence more convenient for handling by caregivers.
- Convenient to use - no preparation is required at home.

### TARGET CONSUMERS

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



### COMPOSITION

Peanut paste, sugar, skim milk powder, palm oil, canola oil, palm stearin, minerals and vitamins and stabilizer (vegetable monoglycerides)

- **Usage:** The product is best for targeted supplementary feeding programmes. It can also be used in blanket supplementary feeding programmes. RUSF is not a breast milk substitute.
- **How is the Product Eaten:** Should be eaten straight from the pack. It can be eaten in conjunction with the 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 cow's milk or peanuts.
- **Shelf Life:** Best before 24 months from the manufacturing date. Product should be stored in a dry and hygienic place below 30°C.

### NUTRITIONAL VALUES

100g RUSF provides:

- 530kcal energy
- 10.4% of total calories as proteins
- 58% of total calories as lipids
- 5.5g  $\omega$ -6 fatty acids
- 0.4g  $\omega$ -3 fatty acids



VITAMIN CONTENT	UNIT	PER 100G
Biotin	µg	60.0 min
Niacin	mg	13.0 min
Folic acid	µg	330.0 min
Pantothenic 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 is packed in 100g sachets, equivalent to 530kcal.

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