

What is Valid Nutrition Peanut Formula Ready-to-Use Complementary Food (RUCF)?

Valid Nutrition Ready-to-Use Complementary Food (RUCF) is a nutrient dense paste specially formulated for the prevention of chronic malnutrition in children 6 months and over.

It is packed in sachets of 20g each and is designed to prevent “hidden hunger” and stunting. RUCF provides essential micro-nutrients that are deficient in most cereal based complementary foods. It also provides essential fatty acids and quality protein from milk.



Ready-to-Use Complementary Food (RUCF)

- Lipid-based Nutrient Supplement - Small Quantity (LNS-SQ)
- For prevention of stunting / chronic malnutrition
- Intended for infants from 6 to 24 months
- Dosage: One 20g sachet / day / child
- Designed to supplement the local diet without replacing breastfeeding. Can be used for home fortification programmes



COMPOSITION

Peanut, sugar, skim milk powder, palm oil, palm stearin, vitamin & mineral premix and emulsifier (vegetable monoglycerides)

No preservatives, flavours or colorants used.

- **Usage:** can be eaten directly from the pack and is safe to use in the home without medical guidance
- **Dose Packed:** enabling superior control of intake and less risk of nutrient loss.
- **Safety:** no risk of microbiological growth and activity as a result of very low water content. No mixing with water (contamination risk) and no loss of nutrients through cooking process
- **Shelflife:** up to 12 months in an unopened pack without the need for refrigeration, as long as it is stored below 30 °C in a dry hygienic place away from direct sunlight

NUTRITIONAL VALUES

20g RUCF provides:

- 106kcal energy
- 2.6g proteins (1.7g from dairy)
- 9.9g carbohydrates
- 6.2g fat

MINERALS AND VITAMINS	UNIT	PER 20G	PER 100G
Sodium	mg	<54	<270
Potassium	mg	140-215	700-850
Calcium	mg	90-130	450-650
Phosphorous	mg	80-100	400-500
Magnesium	mg	14-18	70-90
Iron	mg	8.0-10.0	40-50
Zinc	mg	3.6-4.4	18-22
Copper	mg	0.18-0.22	0.9-1.1
Selenium	mcg	9.0-11.0	45-55
Iodine	mcg	80-100	400-500
Vitamin A	mcg RE	0.4-0.6	2.0-3.0
Vitamin B1 (Thiamin)	mg	0.3-0.6	1.5-3.0
Vitamin B2 (Riboflavin)	mg	0.4-0.5	2.0-2.6
Vitamin C	mg	30-75	150-375
Vitamin B6	mg	0.28-0.40	1.4-2.0
Vitamin B12	mcg	0.5-0.6	2.5-3.0
Vitamin B9 (Folic acid)	mcg	80-100	400-550
Vitamin B3 (Niacin)	mg	4.0-5.6	20.0-28.0
Vitamin B5 (Pantothenic acid)	mg	1.6-2.8	8.0-14.0



PACKAGING

Carton

10.92 kg net weight carton of 546 sachets. One carton is sufficient to provide the necessary nutritional supplements for 5 children for 4 months.

Sachet

Dimensions: 92 mm x 45 mm
 Packaging: Aluminium laminate foil whose print can be customised according to customer requirements.
 Labelling: Product description, directions for use and storage, unit weight, name and address of manufacturer.
 Coding: Batch code, manufacture date and best before date.