

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

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



The formulation of P-RUTF delivers the same nutritional qualities as the WHO's F-100 milk. Unlike F-100, P-RUTF is not water based (but instead is oil based).

This has two main advantages:

- Low moisture: means that microorganisms cannot grow in P-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. This also means less risk of contamination.



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 COMPOSITION

Skim milk powder, sugar, peanut, palm oil, canola oil, palm stearin, vitamin & mineral premix and stabilizer (vegetable monoglycerides).

- **Usage:** The product is used both by patients admitted in clinics (therapeutic feeding centres) and by those under outpatient care (largely through Community-based Management of Acute Malnutrition (CMAM) programmes). P-RUTF is recommended for severely malnourished patients in rehabilitation phase 2. P-RUTF is for institutional use upon the recommendation of a professional for the treatment of SAM.
- **How is the Product Eaten:** The product can be eaten straight from the pack. The food can be consumed by children aged 6 months and over, and adults. The consumption of P-RUTF must be accompanied by drinking clean water to prevent dehydration.
- **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. It is recommended to store the product in a dry and hygienic place below 30 °C.

NUTRITIONAL VALUES

500kcal per 92g sachet;

- protein 10-12% of total calories
- lipids 45-60% of total calories
- n-6 fatty acids 3-10% total energy
- n-3 fatty acids: 0.3-2.5% total energy
- Fibre: <5%
- Moisture: 2.5% maximum



VITAMIN CONTENT	UNIT	PER 92G SACHET	PER 100G
Biotin	µg	55.2 minimum	60 minimum
Niacin	mg	4.6 minimum	5 minimum
Folic acid	µg	184 minimum	200 minimum
Pantothenic acid	mg	2.8 minimum	3 minimum
Vitamin A	µg	736-1012	800-1100
Vitamin B1	mg	0.5 minimum	0.5 minimum
Vitamin B12	µg	1.5 minimum	1.6 minimum
Vitamin B2	mg	1.5 minimum	1.6 minimum
Vitamin B6	mg	0.6 minimum	0.6 minimum
Vitamin C	mg	46 minimum	50 minimum
Vitamin D	µg	13.8-18.4	15-20
Vitamin E	mg	18.4 minimum	20 minimum
Vitamin K	µg	13.8-27.6	15-30

MINERAL CONTENT	UNIT	PER 92G SACHET	PER 100G
Calcium	mg	276-552	300-600
Copper	mg	1.3-1.7	1.4-1.8
Iodine	µg	65-129	70-140
Iron	mg	9.2-12.9	10-14
Magnesium	mg	74-129	80-140
Phosphorous (excluding phytate)	mg	276-552	300-600
Potassium	mg	1012-1288	1100-1400
Selenium	µg	18.4-36.8	20-40
Sodium	mg	266 maximum	290 maximum
Zinc	mg	10.1-12.9	11-14

PACKAGING

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

Sachets per Carton	Net Weight	Gross Weight	Size
150	13.8kg	14.6kg	44 x 32 x 16 cm