

What is Valid Nutrition Soyabean Maize Sorghum Formula Ready-to-Use Therapeutic Food (SMS-RUTF)?

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



The formulation of SMS-RUTF delivers the same nutritional qualities as the WHO's F-100 milk and is as efficacious as the standard peanut-based RUTF in the treatment of SAM. It is superior to the standard peanut and milk-based RUTF in treating anaemia and restoring body iron – a significant benefit both for SAM and for application in supplementary foods for pregnant and lactating women. SMS-RUTF is lower cost, avoids lactose intolerance and nut allergy, contains 10% less sugar and has superior environmental profile, as well as, offering sustainability benefits through the use of locally available cereals rather than animal source ingredients.

Unlike F-100, SMS-RUTF is not water based but instead is oil based. This has two main advantages:

- Low moisture: microorganisms cannot grow in SMS-RUTF and it can be stored for several months without refrigeration.
- Ready-to-use: 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 health conditions such as HIV/Aids.

PRODUCT COMPOSITION

Soya beans, palm oil, sugar, maize, palm stearin, sorghum and a premix of vitamins, minerals and amino acids. [vitamin A palmitate, vitamin D3 (cholecalciferol), vitamin E (dl-alpha-tocopheryl acetate), biotin, folic acid, niacinamide, pantothenic acid (calcium d-pantothenate), thiamine mononitrate, vitamin B12 (cyanocobalamin), vitamin B2 (Riboflavin), vitamin B6 (pyridoxine HCl), vitamin C (L-ascorbic acid), vitamin K1 (phytomenadione), dipotassium phosphate, tricalcium phosphate, copper sulphate, potassium iodide, ferrous sulphate, potassium chloride, sodium selenite, zinc sulphate, sodium chloride, L-proline, L-glutamine, L-lysine hydrochloride, L-methionine].

NUTRITIONAL VALUES

500kcal per 92g sachet;

- protein: 10-13% 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



- **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). SMS-RUTF is recommended for severely malnourished patients in rehabilitation phase 2. SMS-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 SMS-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. Suitable for those with allergies to cow's milk or peanuts. Not suitable for those with allergies to soy.
- **Shelf Life:** Best before 24 months from the manufacturing date when stored in a dry and hygienic place below 30 °C.

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	230 minimum	250 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	18.4-36.8	20-40
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	16.6-21.2	18-23

PACKAGING

Valid Nutrition
Soyabean Maize Sorghum 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

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