

1. Ready To Use Therapeutic Food (RUTF)

Plumpy Nut packed in sachets (92gm), One carton is 14.7kg and contains 150 sachets of plumpy nuts. The major Ingredients are Peanut, Sugar, Vegetable oil, Vitamins and Minerals premix, food emulsifier, Lactose rum/Whey powder.

Nutritional composition of Ready to Use Therapeutic Food (RUTF) per 100 g.

Energy	520–550 Kcal	Copper	1.4 – 1.8 mg	Vitamin B1	≥ 0.5 mg
Proteins	10- 12.8 g	Iron	10 - 14 mg	Vitamin B2	≥1.5 mg
Lipids	26 - 37 g	Iodine	70 - 140 µg	Vitamin B6	≥0.55 mg
Carbohydrates	≥44 g	Selenium	20 -40 µg	Vitamin B12	≥1.5 µg
Calcium	300-785 mg	Sodium	165 - 290mg	Vitamin K	14 -30 µg
Phosphorus	300-785 mg	Vitamin A	0.8-1.6mg	Biotin	≥56 µg
Potassium	1171-1600 mg	Vitamin D	14 - 22 µg	Folic acid	≥184 µg
Magnesium	80 - 225mg	Vitamin E	18.4 - 25 mg	Pantothenic acid	≥2.8 mg
Zinc	11 - 14 mg	Vitamin C	46 - 60 mg	Niacin	≥4.6 mg

2. Ready To Use Supplemental Food (RUSF)

Ready-to-use Supplementary Food (RUSF) is a food supplement for the dietary management of children 6 months older with moderate acute malnutrition. RUSF is intended to be eaten directly from the package with no dilution, mixing or cooking. One 100g sachet per day, which provides 540 kcal, is the recommended dose of RUSF. One carton is 15.9kg and contains 150 sachets of Plumpy Sup.

Nutritional composition of RUSF per 100 g

Energy	510 – 560 kcal	Copper	1.4 - 1.9 mg	Vitamin B1	>1.0 mg
Proteins	11- 16 g	Iron	10 - 14 mg	Vitamin B2	>2.1 mg
Lipids	26 - 36 g	Iodine	100 - 190 µg	Vitamin B3	>13 mg
Omega-6 fatty acids	2-6 – 6.10 g	Selenium	20 - 40 µg	Vitamin B5	>4 mg
Omega-3 fatty acids	0.3 – 1.8g	Sodium	<270 mg	Vitamin B6	>1.8 mg
Phosphorus	450 - 750 mg	Vitamin A	0.7 mg	Vitamin B12	>2.7 µg
Potassium	800 -1400 mg	Vitamin D	15 - 20 µg	Magnesium	150 - 225 mg
Vitamin E	>16 mg	Zinc	11- 14 mg	Vitamin C	80- 220 mg