

## RUTF

### Ready to use Therapeutic Food

#### For Children Above 6 Months With Severe Acute Malnutrition

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| <p><b>Use</b> – RUTF is designed for the treatment of severe acute malnutrition (SAM) in children from 6 month of age and above children below 6 months have to be exclusively breastfed.<br/> <b>RUTF</b> has to be prescribed and initiated by a trained health and nutrition professional only.<br/> <b>RUTF</b> does not need any prior cooking or dilution just open the sachet and eat the content.<br/> RUTF should not be shared with other members of the family.<br/> <b>Recommended dosage:</b> <b>RUTF</b> shall be used according to the national protocols on the management of SAM. if there is no national protocol standard regimen is 2 sachets per day for a child between 5 and 6.9 kg 3 sachets per day for a child between 7 and 9.9 kg and 4 sachets per day for a child more than 10 kg for an average period of 6 to 8 weeks for more details on dosage and length of treatment refer to the existing international and national guidelines. (1) (2)</p> |
| <p><b>Storage-</b> it is recommended to use RUTF within 20 months from the manufacturing date. After opening the sachet has to be consumed within 20 hours. RUTF is packaged under protective atmosphere. The sachets are air and humidity tight. It is recommended to keep the product in a dry cool place. At a temperature below 30° C (86° F) away from direct sunlight.</p>  |
| <p><b>INGREDIENT-</b> roasted peanuts, sugar, Skimmed milk powder non hydrogenated vegetable (oils, soya ) Maltodextrin, Vitamins &amp; Minerals complex, emulsifier (mono &amp; Di-Glycerides).</p>  |
| <p><b>ALLERGENS-</b> Peanuts &amp; Milk Powder.<br/> Note : Trans fatty acids less than 3% of total fatty acids.</p>  |
| <p><b>RUTF</b> is a paste of light brown to orange brown colour, with typical flavour and odour of peanut and milk.</p>   |

| Mean Nutritional Value | S. No | Particulars (by %/ Weight)                                 | For 100 g of RUTF |                | S.no | Particulars (by weight) | For 100 g of RUTF |       |
|------------------------|-------|--|-------------------|----------------|------|-------------------------|-------------------|-------|
|                        |       |  | Min               | Max            |      |                         | Min               | Mix   |
|                        | 1     | Total Energy   | 520 Kcal          | 550 Kcal       | 19   | Iron                    | 10mg              | 14mg  |
|                        | 2     | Proteins (%of total energy)                                | 10%               | 12%            | 20   | Iodine                  | 70 ug             | 140ug |
|                        | 3     | Proteins   | 14g               | 16.2g          | 21   | Selenium                | 20ug              | 40ug  |
|                        | 4     | % of milk proteins (%of total proteins)                    | 50%               | -              | 22   | Sodium                  | -                 | 290mg |
|                        | 5     | PDCAAS ( protein Digestibility Corrected Amino Acid Score) | >0.96             | -              | 23   | Vitamin A               | 0.8mg             | 1.1mg |
|                        | 6     | Lipids (%of total energy)                                  | 45%               | 60%            | 24   | Vitamin D               | 15ug              | 20ug  |
|                        | 7     | Lipids (by weight)   | 31.7g             | 36.1g          | 25   | Vitamin E               | 20mg              | 40mg  |
|                        | 8     | Fatty acid n-6(%of total energy)                           | 3%                | 10%            | 26   | Vitamin C               | 50mg              | 125mg |
|                        | 9     | Fatty acid n-3(%of total energy)                           | 0.30%             | 2.5%           | 27   | Vitamin B1              | 0.5mg             | 1.3mg |
|                        | 10    | Carbohydrates  | 36g               | 44g            | 28   | Vitamin B2              | 106mg             | 2.6mg |
|                        | 11    | Fibre content  | -                 | <5%            | 29   | Vitamin B6              | 0.6mg             | 1.1mg |
|                        | 12    | Moisture   | -                 | 2.5%           | 30   | Vitamin B12             | 1.6ug             | 3.0ug |
|                        | 13    | Calcium  | 300mg             | 460mg          | 31   | Vitamin K               | 15ug              | 30ug  |
|                        | 14    | Phosphorus of which free phosphorus                        | 337mg<br>300mg    | 470mg<br>375mg | 32   | Biont                   | 60ug              | 100ug |
|                        | 15    | Potassium  | 1035mg            | 1590mg         | 33   | Folic Acid              | 200ug             | 274ug |

|  |    |           |       |       |    |                  |     |     |
|--|----|-----------|-------|-------|----|------------------|-----|-----|
|  | 16 | Magnesium | 80mg  | 115mg | 34 | Pantothenic Acid | 3mg | 6mg |
|  | 17 | Zinc      | 11mg  | 14mg  | 35 | Niacin           | 5mg | 8mg |
|  | 18 | Copper    | 1.4mg | 1.8mg |    |                  |     |     |