



plumpy'Sup™

Peanut formula



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Plumpy'Sup is a ready-to-use nutrient supplement made from peanuts, milk, and soy. It was **especially designed for the treatment of moderate acute malnutrition**.

Plumpy'Sup meets the definition of **Ready-to-Use Supplementary Food (RUSF)**.

During the first years of life, children living in developing countries are most at risk of undernutrition. Since this is an important period of growth and development, it is crucial to correct their nutritional status as soon as possible.

Target population

Plumpy'Sup has been developed **to treat moderate acute malnutrition in children aged 6 months and older** in Supplementary Feeding Programs. Plumpy'Sup is also adapted for children who exit therapeutic nutrition programs as a means of **preventing relapse into severe acute malnutrition**.

Plumpy'Sup should not be shared with other members of the family.

Plumpy'Sup should not be given to people who are allergic to peanuts, dairy products, or soy.

Use context

Plumpy'Sup can be used in **targeted Supplementary Feeding Programs (“targeted SFPs”) or general supplementation (“blanket SFPs”)** (UNHCR and WFP, 2009; WFP and DSM, 2008; Webb et al., 2011).

The supplementation will be targeted or general according to the prevalence of acute malnutrition among children under five and the presence of aggravating factors such as poor food security and/or disease epidemic (UNHCR and WFP, 2009).

Product benefit

People who fall under the cut-off for moderate acute malnutrition (using Mid Upper Arm Circumference, Weight for Height Z-score) need to receive an **adapted diet that allows them to regain a normal nutritional status**. The diet particularly needs to account for elevated nutrient and energy requirements (Golden, 2009).

In addition to the usual diet, a lipid-based nutritional supplement with a high vitamin and mineral content, such as Plumpy'Sup, **best meets the needs of people suffering from moderate acute malnutrition**.

Recommendations for use

Preparation

Plumpy'Sup can be used directly, as it is, without prior preparation.

Use



Handwashing is recommended before use.

Plumpy'Sup can be consumed directly from the sachet without prior preparation or dilution. The product can easily be opened by tearing off one corner of the sachet.

Plumpy'Sup can be eaten by a child on his/her own, without having to be helped by his/her mother or anyone else.

It is recommended to have safe drinking water always available for the child when Plumpy'Sup is used.

The physico-chemical properties (low water activity) of Plumpy'Sup prevent any bacterial proliferation. It is therefore important not to dilute this ready-to-use paste before consumption.

After opening, the sachet should be consumed within 24 hours.

It is recommended to consume Plumpy'Sup in addition to complementary food and breastmilk.

Recommended dosage

Recommended daily dose: Eat one sachet per day (100 g = 530 kcal).

	From 6 months old Moderate acute malnutrition
Dosage Equivalent kcal / kg body mass / day	Approximately 75 kcal / kg body mass / day until the targeted weight is reached <i>That is about 1 sachet per day for a child weighing about 7 kg suffering from moderate acute malnutrition</i>

Plumpy'Sup is not adapted for well-nourished children nor well-nourished adults.

Plumpy'Sup is not a substitute for a varied and nutritious diet.



It is strongly recommended to start breastfeeding immediately after birth, exclusively breastfeed during the first 6 months and continue until at least 24 months.

Composition

Plumpy'Sup is a light brown to orange-brown paste, with a typical flavor and odor of peanuts, milk, and soy.

Ingredients: vegetable oils (rapeseed, palm, soy in varying proportions), sugar, skimmed **milk** powder, defatted **soy** flour, maltodextrin, **peanuts**, vitamin and mineral complex, fully hydrogenated mix of vegetable oils (**sesame**).

Note: trans fatty acids < 3% of total fatty acids.

Plumpy'Sup does not contain any genetically modified organisms (GMOs).

Nutritional values

Nutrients	Unit	Per 100 g of Plumpy'Sup			Nutrients	Unit	Per 100 g of Plumpy'Sup		
		Average or min.	Min.	Max.			Average or min.	Min.	Max.
Energy	kJ	2 218	2 134	2 343	Biotin (vit. B7)	µg	60	60	-
Energy	kcal	530	510	560	Folates (vit. B9)	µg DFE	330	330	-
Fats	g	34	26	36	Cyanocobalamin (vit. B12)	µg	2.7	2.7	-
of which saturated fatty acids	g	11	-	-	Ascorbic acid (vit. C)	mg	80	80	220
of which ω-3 fatty acids	g	0.4	0.3	1.8	Cholecalciferol (vit. D)	µg	15	15	20
of which ω-6 fatty acids	g	5.9	2.6	6.1	Tocopherol (vit. E)	mg α-TE	16	16	-
Carbohydrates	g	45	-	-	Phytomenadione (vit. K)	µg	27	27	-
of which sugars	g	25	-	-	Calcium (Ca)	mg	535	535	750
sucrose energy (% of total energy)	%	18.6	-	20.0	Copper (Cu)	mg	1.4	1.4	1.9
Dietary fibers	g	2.4	-	5.0	Iron (Fe)	mg	10	10	14
Proteins	g	13	11	16	Iodine (I)	µg	100	100	190
of which skimmed milk powder proteins	g	3.6	3.6	-	Potassium (K)	mg	800	800	1 400
Salt	g	0.13	-	0.68	Magnesium (Mg)	mg	150	150	225
Retinol (vit. A)	µg RE	700	700	1 600	Manganese (Mn)	mg	1.2	1.2	2.4
Thiamine (vit. B1)	mg	1.0	1.0	-	Sodium (Na)	mg	52	-	270
Riboflavin (vit. B2)	mg	2.1	2.1	-	Phosphorus (P)	mg	450	450	750
Niacin (vit. B3)	mg	13	13	-	Selenium (Se)	µg	20	20	45
Pantothenic acid (vit. B5)	mg	4	4	-	Zinc (Zn)	mg	11	11	14
Pyridoxine (vit. B6)	mg	1.8	1.8	-					

Quality standards

Plumpy'Sup is manufactured in a "FSSC 22000 - Food Safety System Certification" certified factory and in accordance with the applicable texts of the *Codex Alimentarius* (Guidelines for ready-to-use therapeutic foods (RUTF) CXG 95-2022; General Principles of Food Hygiene CXC 1-1969; Code of Hygienic Practice for Low-Moisture Foods CXC 75-2015).

Plumpy'Sup complies with the "Guidelines on Formulated Complementary Foods for Older Infants and Young Children" of the *Codex Alimentarius* CXG 8-1991 (last modified 2017).

All mineral salts and vitamins included in Plumpy'Sup are on the "Advisory Lists of Nutrient Compounds for Use in Foods for Special Dietary Uses intended for Infants and Young Children" of the *Codex Alimentarius* CXG 10-1979 (last modified 2015) or in the *Technical note: supplementary foods for the management of moderate acute malnutrition in infants and children 6-59 months of age*. Geneva, World Health Organization, 2012.

All raw materials comply with the relevant *Codex Alimentarius* documents (CXS 175-1989, CXS 200-1995, CXS 207-1999, CXS 210-1999, CXS 212-1999).

Plumpy'Sup is packaged in a protective atmosphere in airtight and watertight sachets in order to optimize the product's shelf life.

The packaging material of the sachet is suitable for food contact according to European Regulation 1935/2004, 27th October 2004.

In order to maintain the sachets intact, it is recommended:

- not to walk on the cartons;
- not to open the cartons with a knife.



Best Before date

It is recommended to use Plumpy'Sup within **24 months** of the manufacturing date stated on each sachet.

Storage

It is recommended to keep Plumpy'Sup below 30 °C (86 °F), in a cool, dry place and in hygienic conditions, away from direct sunlight.

The physico-chemical properties (low water activity) of Plumpy'Sup prevent any bacterial proliferation. Plumpy'Sup can therefore be safely used and stored outside the nutrition center, enabling home treatment.

It is recommended not to stack the pallets.

The shipping cartons are designed to withstand long transport times. Their size was chosen to optimize the various possible shipping methods.

Serving size unit

100 g sachet providing 530 kcal.

Loading plan

	CARTON
Unit	150 sachets of 100 g
Net weight / unit	15.0 kg
Estimated gross weight / unit	16.0 kg
Dimensions / unit	39.3 x 28.2 x 18.5 cm

Sea transport*

	Pallet	Loaded 20' container		Loaded 40' container	
		On pallets	In bulk	On pallets	In bulk
Unit	70 cartons	10 pallets (700 cartons)	1 344 cartons	20 pallets (1 400 cartons)	1 700 cartons
Net weight / unit	1 050.0 kg	10 500.0 kg	20 160.0 kg	21 000.0 kg	25 500.0 kg
Estimated gross weight / unit (with pallet)	1 138.0 kg	11 380.0 kg	21 504.0 kg	22 760.0 kg	27 200.0 kg
Dimensions / unit	100 x 120 x 144.5 cm	17.34 m ³	27.56 m ³	34.68 m ³	34.86 m ³

*The loading plan can be adapted in relation to transport constraints or in order to optimize the loading of the containers.

Programming information

The contents of a carton of Plumpy'Sup can treat 5 children suffering from moderate acute malnutrition (each of them weighing 7 kg) for about 1 month.*

*This estimation is provided to help stock management. It does not take into account appetite or other criteria which may vary from individual to individual.

Since 2005, the Nutriset Group has developed a worldwide network of local producers (the PlumpyField® network) in order to facilitate access to and the availability of quality-controlled nutritional products in areas with a high prevalence of malnutrition. These partners manufacture products of the Nutriset range and apply the same quality assurance system to ensure that the locally made products meet the same quality standards and nutritional specifications.

Plumpy'Sup is available from the following PlumpyField partners:

- In **Burkina Faso** by **InnoFaso**, based in Ouagadougou
omar.coulibaly@innofaso.com, Mr. Omar COULIBALY;
- In **Ethiopia** by **Hilina Enriched Foods, PLC**, based in Addis Ababa
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- In **France** by **Nutriset**, based in Malaunay
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- In **Guinea** by **Nutriguinée**, based in Dubreka
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- In **Haiti** by **Meds & Food For Kids (MFK)**, based in Cap-Haïtien
cgreene@mfkhaiti.org, Mr. Chris GREENE;
- In **India** by **Nutrivita Foods Pvt. Ltd.**, based in Pune
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- In **Madagascar** by **JB / Tanjaka Food**, based in Antananarivo
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- In **Niger** by the **Société de Transformation Alimentaire (STA)**, based in Niamey
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- In **Sudan** by **Samil**, based in Khartoum
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- In the **USA** by **Edesia**, based in North Kingstown
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References

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