Plumpy’Doz is a soy-based nutrient supplement ready-to-use, especially designed for the prevention of malnutrition for children 6 months and older.

Plumpy’Doz corresponds to the definition of « LNS-MQ » (Lipid-based Nutrient Supplement – Medium Quantity) that can be found in scientific literature.

**Target**

Many infants and young children in developing countries receive a nutritionally inadequate diet.

Ideally, all children are exclusively breastfed for the first 6 months and continue to receive breastmilk until the age of 24 months. As they get older, the energy and nutrient contribution from complementary foods or the family meal becomes increasingly important for meeting daily nutritional requirements (see reference (1), at the end of the document).

Plumpy’Doz is provided as a daily supplement to improve the nutritional value of the traditional diet of children aged 6 to 36 months.

Plumpy’Doz is also recommended for use in programmes aiming to prevent malnutrition (see reference (2) and (3), at the end of the document).

Plumpy’Doz should not be given to people who are allergic to peanuts, dairy products and soy.

**Recommended Use**

**Preparation**

Plumpy’Doz can be used directly, as is, without prior preparation.

**Use**

Plumpy’Doz can be consumed directly from the sachet without prior cooking or dilution with water. The product can easily be opened by tearing off one corner of the sachet.

Plumpy’Doz 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 water suitable for drinking always available for the child when Plumpy’Doz is used.
After opening, the sachet can be used through the day.

Plumpy'Doz is a supplement to the usual diet and should not replace any locally available food that is commonly consumed nor breastfeeding.

**Recommended dosage**

**Recommended daily dose:** 1 sachet of 50 g per day

**Ingredients**

Vegetable oils (rapeseed, palm, soy in varying proportions), sugar, whey powder, skimmed milk powder, peanuts, defatted soy flour, vitamin and mineral complex, stabilizer (fully hydrogenated vegetable fat, mono and diglycerides).

Allergens: peanuts, soy and dairy products. May contain traces of gluten.

Plumpy'Doz does not contain any Genetically Modified Organism (GMO). It contains no ingredients of animal origin besides dairy products.

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

**Mean nutritional value**

<table>
<thead>
<tr>
<th></th>
<th>Per 100 g of Plumpy'Doz</th>
<th>Per 50 g of Plumpy'Doz (serving size)</th>
<th>Per 100 g of Plumpy'Doz</th>
<th>Per 50 g of Plumpy'Doz (serving size)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>min</td>
<td>max</td>
<td>min</td>
<td>max</td>
</tr>
<tr>
<td>Energy</td>
<td>510 kcal</td>
<td>560 kcal</td>
<td>270 kcal</td>
<td>Manganese</td>
</tr>
<tr>
<td>Proteins</td>
<td>11 g</td>
<td>16 g</td>
<td>6.1 g</td>
<td>Sodium</td>
</tr>
<tr>
<td>Dry skimmed milk</td>
<td>3.6 g</td>
<td>-</td>
<td>1.8 g</td>
<td>Vitamin A</td>
</tr>
<tr>
<td>Lipids</td>
<td>26 g</td>
<td>36 g</td>
<td>17.5 g</td>
<td>Vitamin D</td>
</tr>
<tr>
<td>W-3 fatty acids</td>
<td>0.3 g</td>
<td>1.8 g</td>
<td>0.3 g</td>
<td>Vitamin E</td>
</tr>
<tr>
<td>W-6 fatty acids</td>
<td>2.6 g</td>
<td>6.1 g</td>
<td>2.2 g</td>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
<td>535 mg</td>
<td>750 mg</td>
<td>315 mg</td>
<td>Vitamin B1</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>450 mg</td>
<td>750 mg</td>
<td>300 mg</td>
<td>Vitamin B2</td>
</tr>
<tr>
<td>Of which free</td>
<td>-</td>
<td>-</td>
<td>275 mg</td>
<td>Vitamin B6</td>
</tr>
<tr>
<td>Phosphorus*</td>
<td>900 mg</td>
<td>1400 mg</td>
<td>500 mg</td>
<td>Vitamin B12</td>
</tr>
<tr>
<td>Magnesium</td>
<td>150 mg</td>
<td>225 mg</td>
<td>85 mg</td>
<td>Vitamin K</td>
</tr>
<tr>
<td>Zinc</td>
<td>11 mg</td>
<td>14 mg</td>
<td>6 mg</td>
<td>Biotin</td>
</tr>
<tr>
<td>Copper</td>
<td>1.4 mg</td>
<td>1.9 mg</td>
<td>0.7 mg</td>
<td>Folic acid</td>
</tr>
<tr>
<td>Iron</td>
<td>10 mg</td>
<td>14 mg</td>
<td>5.6 mg</td>
<td>Pantothenic acid</td>
</tr>
<tr>
<td>Iodine</td>
<td>100 µg</td>
<td>140 µg</td>
<td>70 µg</td>
<td>Niacin</td>
</tr>
<tr>
<td>Selenium</td>
<td>20 µg</td>
<td>40 µg</td>
<td>10 µg</td>
<td>-</td>
</tr>
</tbody>
</table>

Usage of the premix recommended by WFP should ensure the nutritional values listed in the table above and related to the specifications of WFP.
Plumpy'Doz complies with the “Guidelines for Formulated Supplementary Foods for Older Infants and Young Children” of the Codex Alimentarius CAC/GL 08-1991.


Plumpy'Doz is packaged under protective atmosphere in order to optimize the product's shelf life, and sachets are air and humidity tight.

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

**Best Before End date**

Best before end date (« BB End ») is **24 months** from the manufacturing date stated on each sachet.

**Storage**

Plumpy'Doz is best stored below 30°C (86°F), in dry and hygienic conditions.

Plumpy'Doz is a ready-to-use paste that does not need to be mixed with water, and that doesn't allow bacterial proliferation because of its low water activity (a_w). Plumpy'Doz can therefore be safely used and stored outside the rehabilitation 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 kinds of shipment.

**Serving size unit**

50 g sachet providing 270 kcal

**Loading plan**

<table>
<thead>
<tr>
<th>CARTONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 300 sachets of 50 g</td>
</tr>
<tr>
<td>Net Weight / unit</td>
</tr>
<tr>
<td>Estimated Gross Weight / unit</td>
</tr>
<tr>
<td>Dimensions / unit</td>
</tr>
</tbody>
</table>
Since 2005, Nutriset has developed a worldwide network of local producers (the PlumpyField® network) in order to facilitate access and availability of quality-controlled nutritional products in areas with a high prevalence of malnutrition. These partners produce products of the Nutriset range and apply the same quality assurance system to ensure that the products produced locally meet the same quality standards and nutritional specifications.

Plumpy'Doz is available from the following PlumpyField® partners:

- In Burkina Faso by InnoFaso, based in Ouagadougou
  omar.coulibaly@innofaso.com, M. Omar COULIBALY
- In the USA by Edesia, based in North Kingstown
  info@edesianutrition.org, Ms. Navyn SALEM
- In Ethiopia by Hilina Enriched Foods, P.L.C based in Addis Ababa
  infos@hilinafoodseth.com, Mrs. Hilina BELETE
- In Haiti by Meds & Food For Kids (MFK), based in Cap-Haïtien
  pwolff@mfkhaiti.org, Ms. Patricia WOLFF
- In India by Nutrivita Foods, based in Pune
  nilkamalj@nutrivita.in, M. Nilkamal JOSHI
- In Madagascar by JB / Tanjaka Food, based in Antananarivo
  thierry.barday@basan.mg, Mr. Thierry BARDAY
- In Niger by the Société de Transformation Alimentaire (STA), based in Niamey
  direction@sta.ne, Mr. Ismaël BARMOU
- In Sudan by Samil, based in Khartoum
  hisham@yagoubgroup.com, Mr. Hisham S. YAGOUB

References

