Plumpy’Sup™ is Nutriset product trademark.

Plumpy’Sup™ Technical data sheet © Nutriset 2016 Updated on the 10 01 2017, Page 1/5

Plumpy’Sup™ is a soy-based ready-to-use supplementary food, especially designed for the treatment of moderate acute malnutrition.

Plumpy’Sup corresponds to the definition of “RUSF” (Ready-to-Use Supplementary Food) that can be found in scientific literature.

Target population

Plumpy’Sup has been designed for the treatment of moderate acute malnutrition (from 6 months of age) in Supplementary Feeding Programmes. Plumpy’Sup is also adapted for children who finish therapeutic nutrition programs as a means of preventing relapse into severe acute malnutrition.

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 nutritional supplementation programmes or general supplementation (blanket feeding) (see references (1), (2) and (3) at the end of the document).

The decision to provide a nutritional supplement is usually based on a context of an abnormal raise of prevalence of acute malnutrition among children under five and the presence of aggravating factors such as poor food security and/or disease epidemic (see reference (1) at the end of the document).

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

Product benefit

People who fall under the cut-off for moderate acute malnutrition (using Mid Upper Arm Circumference, Weight/Height ratio) 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 (see reference (4) at the end of the document).
A lipid-based nutritional supplement with a high vitamin and mineral content, such as Plumpy’Sup, is well-adapted to the needs of moderate acute malnourished people. Results that can be achieved with Plumpy’Sup have shown to be superior to those attained with fortified blended flours.

**Preparation**

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

**Use**

Plumpy’Sup 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’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 water suitable for drinking always available for the child when Plumpy’Sup is used.

After opening, the sachet can be used through the day.

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

**Recommended dosage**

<table>
<thead>
<tr>
<th>Dosage Equivalent kcal / kg body weight / day:</th>
<th>From 6 months of age Moderate acute malnutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>A minimum of 75 kcal / kg body weight / day until the targeted weight is reached</td>
<td></td>
</tr>
<tr>
<td>That is about 1 sachet per day for a moderate acute malnourished child</td>
<td></td>
</tr>
</tbody>
</table>

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

Plumpy’Sup does not replace breastfeeding or a varied and nutritious diet.

Immediate breastfeeding after birth, exclusively during the first 6 months and recommended for at least 24 months.
**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’Sup does not contain any Genetically Modified Organism (OGM). It contains no ingredients of animal origin besides dairy products.

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

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**Mean nutritional value**

<table>
<thead>
<tr>
<th></th>
<th>For 100 g of Plumpy’Sup</th>
<th>For 100 g of Plumpy’Sup</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>min</td>
<td>max</td>
</tr>
<tr>
<td>Energy</td>
<td>510 kcal</td>
<td>560 kcal</td>
</tr>
<tr>
<td>Proteins</td>
<td>11 g</td>
<td>16 g</td>
</tr>
<tr>
<td>Dry skimmed milk protein</td>
<td>3.6 g</td>
<td>-</td>
</tr>
<tr>
<td>Lipids</td>
<td>26 g</td>
<td>36 g</td>
</tr>
<tr>
<td>W-3 fatty acids</td>
<td>0.3 g</td>
<td>1.8 g</td>
</tr>
<tr>
<td>W-6 fatty acids</td>
<td>2.6 g</td>
<td>6.1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>535 mg</td>
<td>750 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>450 mg</td>
<td>750 mg</td>
</tr>
<tr>
<td>of which free Phosphorus*</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Potassium</td>
<td>900 mg</td>
<td>1400 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>150 mg</td>
<td>225 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>11 mg</td>
<td>14 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>1.4 mg</td>
<td>1.9 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>10 µg</td>
<td>14 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>100 µg</td>
<td>140 µg</td>
</tr>
<tr>
<td>Selenium</td>
<td>20 µg</td>
<td>40 µg</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.

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**Quality Standards**

Plumpy’Sup complies with the “Guidelines for Formulated Supplementary Foods for Older Infants and Young Children” of the *Codex Alimentarius* CAC/GL 08-1991.


Plumpy’Sup™ 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’Sup is best stored below 30°C (86°F), in dry and hygienic conditions.

Plumpy’Sup is a ready-to-use paste that does not need to be mixed with water, and that doesn’t allow bacterial proliferation because of the low water activity (aw). Plumpy’Sup 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**

100 g sachet providing 540 kcal

**Loading plan**

<table>
<thead>
<tr>
<th>CARTONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit</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>

A carton of Plumpy’Sup can treat 4 moderately acutely malnourished children (weighting 7 kg each one) for about 1 month.*

* This estimation is only meant to provide guidance for stock management. It is not intended to be used for ration calculation and does not take into account appetite or other criteria that are linked to the individual.
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'Sup 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

(1) UNHCR and WFP. *Guidelines for selective feeding - The management of malnutrition in emergencies.* May 2009


Meds & Food for Kids
Route National #6
Guillaudeux
Quartier Morin
Cap-Haïtien, Haiti
www.mfkhaiti.org