



Meds & Food For Kids

plumpy'doz™

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.

Plumpy'Doz™ is a Nutriset product trademark.

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, **wehy** 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

	Per 100 g of Plumpy'Doz		Per 50 g of Plumpy'Doz (serving size)		Per 100 g of Plumpy'Doz		Per 50 g of Plumpy'Doz (serving size)
	min	max			min	max	
Energy	510 kcal	560 kcal	270 kcal	Manganese	1.2 mg	2.4 mg	0.7 mg
Proteins	11 g	16 g	6.1 g	Sodium	-	270 mg	< 90 mg
Dry skimmed milk proteins	3.6 g	-	1.8 g	Vitamin A	550 µg	1150 µg	375 µg
Lipids	26 g	36 g	17.5 g	Vitamin D	15 µg	20 µg	7.5 µg
W-3 fatty acids	0.3 g	1.8 g	0.3 g	Vitamin E	16 mg	-	8.4 mg
W-6 fatty acids	2.6 g	6.1 g	2.2 g	Vitamin C	60 mg	-	30 mg
Calcium	535 mg	750 mg	315 mg	Vitamin B1	1 mg	-	0.5 mg
Phosphorus	450 mg	750 mg	300 mg	Vitamin B2	2.1 mg	-	1.3 mg
Of which free phosphorus*	-	-	275 mg	Vitamin B6	1.8 mg	-	1 mg
Potassium	900 mg	1400 mg	500 mg	Vitamin B12	2.7 µg	-	1.4 µg
Magnesium	150 mg	225 mg	85 mg	Vitamin K	27 µg	-	13.5 µg
Zinc	11 mg	14 mg	6 mg	Biotin	60 µg	-	30 µg
Copper	1.4 mg	1.9 mg	0.7 mg	Folic acid	330 µg DFE	-	214 µg DFE
Iron	10 mg	14 mg	5.6 mg	Pantothenic acid	4 mg	-	3.3 mg
Iodine	100 µg	140 µg	70 µg	Niacin	13 mg	-	8.8 mg
Selenium	20 µg	40 µg	10 µg	* considering 30% of P from plant sources			

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.

All added mineral salts and vitamins included in Plumpy'Doz are on the "Advisory List of Nutrient Compounds for Use in Foods for Special Dietary Uses intended for Infants and Young Children" of the *Codex Alimentarius* Standard CAC/GL 10-1979 (amended 1983, 1991, 2009) 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 are "food grade" in compliance with general recommendations of *Codex Alimentarius* (STAN 200-1995, STAN 207-1999, STAN 212-1999).

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.

Logistical information

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

	CARTONS
Unit	300 sachets of 50 g
Net Weight / unit	15 kg
Estimated Gross Weight / unit	16.1 kg
Dimensions / unit	40 x 30 x 20 cm

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
pwoff@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) Nestel P et al. "Complementary Food Supplements to achieve micronutrient adequacy for infants and young children", JPGN. (2003); 36 :316-328.

(2) WFP and DSM. "Ten Minutes to Learn About Nutrition programming." Sight and Life Magazine Issue n°3/2008 – Supplement. (2008)

(3) Webb et al. "Delivering Improved Nutrition: Recommendations for Changes to U.S. Food Aid Products and Programs." (2011) Boston, MA: Tufts University.

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