



READY TO USE THERAPEUTIC FOOD (RUTF)

Widespread malnutrition is causing maternal and child illness, disability and death in many parts of the world. The Sahel region of Africa is one of the most critical areas.

Food supplementation programs using manufactured and imported therapeutic foods such as nutritious enriched biscuits or pastes have become an important part of community-based nutritional rehabilitation programs that are positively impacting the health of many populations at risk. But most communities that would benefit from inclusion in "RUTF" programs are not receiving these services.

Fortified nutritious foods that meet the World Health Organization guidelines for the recommended caloric, fat, protein and micronutrient composition of "RUTF" can be produced in rural agricultural villages out of foods that are readily available, and can be used to treat cases of malnutrition detected by surveillance growth monitoring activities.

UNIVERSAL Micronutrient Home Food Fortification goes a step further to prevention of malnutrition by promoting supplemental fortified food for every woman and child at risk for under nutrition, not just those already suffering from malnutrition.

"*Nora Lynne*[™] **ESSENTIAL MICRONUTRIENTS**"* was formulated and is being introduced for this use. As an example, the following egg and oil mixture recipe creates a nutritious fortified food that can be consumed daily in every household, by every woman and child. It would also be an improved weaning food, ideally after 6 months of exclusive breast feeding, and/or recommended as part of nutritional rehabilitation 1-3 times per day depending upon state of nutrition.



- Recipe:**
1. Boil and mash one chicken egg.
 2. Mix with 2 teaspoons of oil (red palm is best) per egg.
 3. Sprinkle mixture with iodized salt and one scoop (.15cc) of "*Nora Lynne*[™] **ESSENTIAL MICRONUTRIENTS**".

*Formula modified for micronutrient mineral and vitamin needs of malnourished women and children in Sub Saharan Africa, based on fortification formula used by MAMA Project in Honduras, in the Super Cookie being consumed by child pictured above.