



plumpy'doz™

Peanut formula



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Plumpy'Doz is a ready-to-use nutrient supplement made from peanuts, milk, and soy. It was **especially designed for the prevention of malnutrition in children aged 6 months and older**.

Plumpy'Doz meets the definition of a **Lipid-based Nutrient Supplement – Medium Quantity (LNS-MQ)**.

Product concept and target population

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 food or the family meal becomes increasingly important for meeting daily nutritional requirements (Nestel P et al., 2003).

Plumpy'Doz is a nutritional supplement developed to compensate for the deficiencies in the traditional diet of infants and young children (6-36 months), and then adapted to the nutritional specifications for children aged 6 months and older.

Plumpy'Doz is also recommended for use in programs aiming to prevent malnutrition (WFP and DSM, 2008; and Webb et al., 2011).

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

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

Preparation

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

Use



Handwashing is recommended before use.

Plumpy'Doz 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'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 safe drinking water always available for the child when Plumpy'Doz is used.

The physico-chemical properties (low water activity) of Plumpy'Doz 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'Doz in addition to complementary food and breastmilk.

Recommended dosage

Recommended daily dose: Eat one sachet per day (50 g = 265 kcal).

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

Nutritional values

Nutrients	Unit	Per 100 g of Plumpy'Doz	Per 100 g of Plumpy'Doz		Per 50 g of Plumpy'Doz (dose per sachet)	Nutrients	Unit	Per 100 g of Plumpy'Doz	Per 100 g of Plumpy'Doz		Per 50 g of Plumpy'Doz (dose per sachet)
			Min.	Max.					Min.	Max.	
Energy	kJ	2 218	2 134	2 343	1 109	Biotin (vit. B7)	µg	60	60	-	30
Energy	kcal	530	510	560	265	Folates (vit. B9)	µg DFE	330	330	-	165
Fats	g	34	26	36	17	Cyanocobalamin (vit. B12)	µg	2.7	2.7	-	1.4
of which saturated fatty acids	g	11	11	14	5.6	Ascorbic acid (vit. C)	mg	80	80	220	40
of which ω-3 fatty acids	g	0.4	0.3	1.8	0.2	Cholecalciferol (vit. D)	µg	15	15	20	7.5
of which ω-6 fatty acids	g	5.9	2.6	6.1	3.0	Tocopherol (vit. E)	mg α-TE	16	16	-	8.0
Carbohydrates	g	45	43	48	23	Phytomenadione (vit. K)	µg	27	27	-	14
of which sugars	g	31	-	-	15	Calcium (Ca)	mg	535	535	750	268
sucrose energy (% of total energy)	%	18.6	-	20.0	18.6	Copper (Cu)	mg	1.4	1.4	1.9	0.7
Dietary fibers	g	2.4	-	5.0	1.2	Iron (Fe)	mg	10	10	14	5.0
Proteins	g	13	11	16	6.3	Iodine (I)	µg	100	100	190	50
of which skimmed milk powder proteins	g	3.6	3.6	-	1.8	Potassium (K)	mg	900	900	1 400	450
Salt	g	0.13	-	0.68	0.07	Magnesium (Mg)	mg	150	150	225	75
Retinol (vit. A)	µg RE	700	700	1 600	350	Manganese (Mn)	mg	1.2	1.2	2.4	0.6
Thiamine (vit. B1)	mg	1.0	1.0	-	0.5	Sodium (Na)	mg	52	-	270	26
Riboflavin (vit. B2)	mg	2.1	2.1	-	1.1	Phosphorus (P)	mg	450	450	750	255
Niacin (vit. B3)	mg	13	13	-	6.5	Selenium (Se)	µg	20	20	45	10
Pantothenic acid (vit. B5)	mg	4	4	-	2	Zinc (Zn)	mg	11	11	14	5.5
Pyridoxine (vit. B6)	mg	1.8	1.8	-	0.9						

Plumpy'Doz is manufactured in a factory that has a certified food safety management system, and in accordance with the applicable *Codex Alimentarius* documents (General Principles of Food Hygiene CXC 1-1969 (last modified 2020); Code of Hygienic Practice for Low-Moisture Foods CXC 75-2015 (last modified 2018)).

Plumpy'Doz 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'Doz 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'Doz 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.

Logistical information

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'Doz within **24 months** of the manufacturing date stated on each sachet.

Storage

It is recommended to keep Plumpy'Doz 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'Doz prevent any bacterial proliferation. Plumpy'Doz 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

50 g sachet providing 265 kcal.

Loading plan

	CARTONS
Unit	300 sachets of 50 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	80 cartons	10 pallets (800 cartons)	1 344 cartons	20 pallets (1 600 cartons)	1 700 cartons
Net weight / unit	1 200.0 kg	12 000.0 kg	20 160.0 kg	24 000.0 kg	25 500.0 kg
Estimated gross weight / unit (with pallet)	1 294.0 kg	12 939.0 kg	21 504.0 kg	25 878.0 kg	27 200.0 kg
Dimensions / unit	100 x 120 x 163 cm	19.56 m ³	27.56 m ³	39.12 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'Doz can treat 10 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, Nutriset 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'Doz 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
info@hilinafoodseth.com, Ms. Hilina BELETE
- 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
slanglois@mfkhaiti.org, Ms. Suzanne LANGLOIS
- 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 **Nigeria** by **Nutri K**, based in Kano
ayonli@nutrik.com, Mr. Abdoukader YONLI
- In **Sudan** by **Samil**, based in Khartoum
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- In the **USA** by **Edesia**, based in North Kingstown
info@edesianutrition.org, Ms. Navyn SALEM

References

- Nestel P et al. *Complementary Food Supplements to achieve micronutrient adequacy for infants and young children*. JPGN. 2003. 36 :316-328
- Webb et al. *Delivering Improved Nutrition: Recommendations for Changes to U.S. Food Aid Products and Programs*. 2011. Boston, MA. Tufts University
- WFP and DSM. *Ten Minutes to Learn About Nutrition programming*. Sight and Life Magazine Issue n°3/2008 – Supplement

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