Sugar content in LNS and RUFs

VALID Nutrition experience

Peter Akomo (MSc) - Food Technology & Product Development Manager
Presentation at Nutrition Supplier Conference, Copenhagen
June 15, 2017
VALID Nutrition MISSION:

To make effective affordable nutrition available at scale.

- Use evidence-based R&D to develop efficacious and culturally preferred formulations.

- As a genuine **social enterprise**, we aim to make the global market for RUF competitive and promote development.
Recipe: Peanut, milk, sugar, oil(s), MN premix, functional ingredients
- Other *novel* formulations

Current Sugar: RUTF - 25%; RUSF, LNS - ?
Proposed: 5-10%

Functions of sugar in the recipe

- Taste
- Energy
- Water activity
- Volume
Potential implications of drastic reduction of sugar in RUF

- **Acceptability**: P-RUTF, LNS-SQ, SMS-RUTF
  - Highest acceptable – 29% P-RUTF
  - Lowest acceptable - 16.7% SMS-RUTF
  - Highest non-acceptable – 15% SMS-RUTF

- **Technical aspects**: E content, phase stability, shelf life, organoleptic characteristics

- **Cost**: cost and availability of replacers, QC

- **Others:**
Other considerations

• Risk related to:
  – duration of treatment
  – total energy intake vs requirement

• Osmotic load

• Body composition changes

• Recovery rates
Conclusions

• <15% may compromise acceptability of RUF
• Scientific evidence required
• Further research, clarification
• Acute malnutrition: a unique category
• Cost and access
• Effect on local production
THANK YOU