

# Quick tables for Phase 2



## RUTF PASTE



### SIMPLIFIED TABLE FOR PHASE 2

This table uses broad weight ranges to create a simplified table especially for outpatient use, or for inpatient use where the more detailed table below is not possible to use (depending on staff capacity, patient load, emergency context etc).

<b>WEIGHT CATEGORY</b>	<b>RUTF PASTE sachets/DAY</b>	<b>RUTF PASTE sachets/WEEK</b>
< 5 kg	1	7
5 – 9.9 kg	2	14
10 – 12.9 kg	3	21
> 13 kg	4	28

### DO NOT FORGET TO EXPLAIN TO THE CARETAKER

- RUTF is a special medical food used to treat acute malnutrition
- RUTF is only intended for the malnourished child and they need the FULL number of sachets prescribed to get better
- Do not give RUTF to anyone other than the malnourished child
- RUTF should be eaten in preference to all other foods. If your child is still hungry after finishing the RUTF they may then eat normal family meals

### TIPS ON GIVING THE RUTF

- Before any meal, wash your hands, your child's hands and face and any visible dirt from the sachet of RUTF!
- Your child may accept the RUTF more readily if it is divided up into smaller meals throughout the day rather than all at once
- Always give your child lots of water with the RUTF as it can be hard to eat without water. If a child refuses to have more RUTF, try giving some water and they may then want to eat the RUTF again
- Press the RUTF before opening the sachet so that it becomes soft and evenly distributed in the sachet.
- Tear off the corner of the sachet as indicated by the dotted line on the sachet. Squeeze up the RUTF and allow the child to eat straight from the sachet. If they do not accept this, try putting some on your clean finger or the child's finger.
- If your child does not finish the full sachet in one sitting, store the sachet in a (preferably) air-tight container to reduce the chance of it being contaminated by dirt or other harmful substances.
- Opened sachets of RUTF must be consumed within 24 hours of the time they were opened

### FINALLY

- Try to ensure your family meals are balanced throughout the day with meat/fish, cereals, pulses, dairy products and fruits and vegetables wherever possible.
- Always get medical help/go to a health centre if your child shows any danger signs (unable to eat or drink anything, vomits everything, lethargic or unconscious, seizing) or if you have any other health concerns. Acting quickly is the best thing you can do for your child.