## Stabilisation Phase Look-Up Tables for F-75 for Children With Severe Wasting (Marasmus)

| Weight of child (kg) | Volume of F-75 per feed (ml)a | | | Daily total  (130 ml/kg) | 80% of daily totala  (minimum) |
| --- | --- | --- | --- | --- | --- |
| Every 2  hoursb  (12 feeds) | Every 3 hoursc  (8 feeds) | Every 4 hours  (6 feeds) |
| 2.0 | 20 | 30 | 45 | 260 | 210 |
| 2.2 | 25 | 35 | 50 | 286 | 230 |
| 2.4 | 25 | 40 | 55 | 312 | 250 |
| 2.6 | 30 | 45 | 55 | 338 | 265 |
| 2.8 | 30 | 45 | 60 | 364 | 290 |
| 3.0 | 35 | 50 | 65 | 390 | 310 |
| 3.2 | 35 | 55 | 70 | 416 | 335 |
| 3.4 | 35 | 55 | 75 | 442 | 355 |
| 3.6 | 40 | 60 | 80 | 468 | 375 |
| 3.8 | 40 | 60 | 85 | 494 | 395 |
| 4.0 | 45 | 65 | 90 | 520 | 415 |
| 4.2 | 45 | 70 | 90 | 546 | 435 |
| 4.4 | 50 | 70 | 95 | 572 | 460 |
| 4.6 | 50 | 75 | 100 | 598 | 480 |
| 4.8 | 55 | 80 | 105 | 624 | 500 |
| 5.0 | 55 | 80 | 110 | 650 | 520 |
| 5.2 | 55 | 85 | 115 | 676 | 540 |
| 5.4 | 60 | 90 | 120 | 702 | 560 |
| 5.6 | 60 | 90 | 125 | 728 | 580 |
| 5.8 | 65 | 95 | 130 | 754 | 605 |
| 6.0 | 65 | 100 | 130 | 780 | 625 |
| 6.2 | 70 | 100 | 135 | 806 | 645 |
| 6.4 | 70 | 105 | 140 | 832 | 665 |
| 6.6 | 75 | 110 | 145 | 858 | 685 |
| 6.8 | 75 | 110 | 150 | 884 | 705 |
| 7.0 | 75 | 115 | 155 | 910 | 730 |
| 7.2 | 80 | 120 | 160 | 936 | 750 |
| 7.4 | 80 | 120 | 160 | 962 | 770 |
| 7.6 | 85 | 125 | 165 | 988 | 790 |
| 7.8 | 85 | 130 | 170 | 1,014 | 810 |
| 8.0 | 90 | 130 | 175 | 1,040 | 830 |
| 8.2 | 90 | 135 | 180 | 1,066 | 855 |
| 8.4 | 90 | 140 | 185 | 1,092 | 875 |
| 8.6 | 95 | 140 | 190 | 1,118 | 895 |
| 8.8 | 95 | 145 | 195 | 1,144 | 915 |
| 9.0 | 100 | 145 | 200 | 1,170 | 935 |
| 9.2 | 100 | 150 | 200 | 1,196 | 960 |
| 9.4 | 105 | 155 | 205 | 1,222 | 980 |
| 9.6 | 105 | 155 | 210 | 1,248 | 1,000 |
| 9.8 | 110 | 160 | 215 | 1,274 | 1,020 |
| 10.0 | 110 | 160 | 220 | 1,300 | 1,040 |
| a Volumes in these columns are rounded to the nearest 5 ml.  b Give two-hourly feeds for at least the first day. When there is little or no vomiting, moderate diarrhoea (< 5 watery stools per day), and the child finishes most feeds, change to three-hourly feeds.  c After a day on three-hourly feeds, if there is no vomiting, less diarrhoea, and the child finishes most feeds, change to four-hourly feeds. | | | | | |

## Stabilisation Phase Look-Up Tables for F-75 for Children With Severe Bilateral Pitting Oedema (Kwashiorkor) (+++)

| Weight with +++ oedema  (kg) | Volume of F-75 per feed (ml)a | | | Daily total  (100 ml/kg) | 80% of daily total  (minimum) |
| --- | --- | --- | --- | --- | --- |
| Every 2 hoursb  (12 feeds) | Every 3 hoursc  (8 feeds) | Every 4 hours  (6 feeds) |
| 3.0 | 25 | 40 | 50 | 300 | 240 |
| 3.2 | 25 | 40 | 55 | 320 | 255 |
| 3.4 | 30 | 45 | 60 | 340 | 270 |
| 3.6 | 30 | 45 | 60 | 360 | 290 |
| 3.8 | 30 | 50 | 65 | 380 | 305 |
| 4.0 | 35 | 50 | 65 | 400 | 320 |
| 4.2 | 35 | 55 | 70 | 420 | 335 |
| 4.4 | 35 | 55 | 75 | 440 | 350 |
| 4.6 | 40 | 60 | 75 | 460 | 370 |
| 4.8 | 40 | 60 | 80 | 480 | 385 |
| 5.0 | 40 | 65 | 85 | 500 | 400 |
| 5.2 | 45 | 65 | 85 | 520 | 415 |
| 5.4 | 45 | 70 | 90 | 540 | 430 |
| 5.6 | 45 | 70 | 95 | 560 | 450 |
| 5.8 | 50 | 75 | 95 | 580 | 465 |
| 6.0 | 50 | 75 | 100 | 600 | 480 |
| 6.2 | 50 | 80 | 105 | 620 | 495 |
| 6.4 | 55 | 80 | 105 | 640 | 510 |
| 6.6 | 55 | 85 | 110 | 660 | 530 |
| 6.8 | 55 | 85 | 115 | 680 | 545 |
| 7.0 | 60 | 90 | 115 | 700 | 560 |
| 7.2 | 60 | 90 | 120 | 720 | 575 |
| 7.4 | 60 | 95 | 125 | 740 | 590 |
| 7.6 | 65 | 95 | 125 | 760 | 610 |
| 7.8 | 65 | 100 | 130 | 780 | 625 |
| 8.0 | 65 | 100 | 135 | 800 | 640 |
| 8.2 | 70 | 105 | 135 | 820 | 655 |
| 8.4 | 70 | 105 | 140 | 840 | 670 |
| 8.6 | 70 | 110 | 145 | 860 | 690 |
| 8.8 | 75 | 110 | 145 | 880 | 705 |
| 9.0 | 75 | 115 | 150 | 900 | 720 |
| 9.2 | 75 | 115 | 155 | 920 | 735 |
| 9.4 | 80 | 120 | 155 | 940 | 750 |
| 9.6 | 80 | 120 | 160 | 960 | 770 |
| 9.8 | 80 | 125 | 165 | 980 | 785 |
| 10.0 | 85 | 125 | 165 | 1,000 | 800 |
| 10.2 | 85 | 130 | 170 | 1,020 | 815 |
| 10.4 | 85 | 130 | 175 | 1,040 | 830 |
| 10.6 | 90 | 135 | 175 | 1,060 | 850 |
| 10.8 | 90 | 135 | 180 | 1,080 | 865 |
| 11.0 | 90 | 140 | 185 | 1,100 | 880 |
| 11.2 | 95 | 140 | 185 | 1,120 | 895 |
| 11.4 | 95 | 145 | 190 | 1,140 | 910 |
| 11.6 | 95 | 145 | 195 | 1,160 | 930 |
| 11.8 | 100 | 150 | 195 | 1,180 | 945 |
| 12.0 | 100 | 150 | 200 | 1,200 | 960 |
| a Volumes in these columns are rounded to the nearest 5 ml.  b Give two-hourly feeds for at least the first day. When there is little or no vomiting, moderate diarrhoea (< 5 watery stools per day), and the child finishes most feeds, change to three-hourly feeds.  c After a day on three-hourly feeds, if there is no vomiting, less diarrhoea, and the child finishes most feeds, change to four-hourly feeds. | | | | | |

## Reference Table for Quantity of F-100 to Give to an Individual Child per Feed

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Weight of child (kg) | Range of volumes per three-hourly feed of F-100  (8 feeds daily) \* | | Range of volumes per four-hourly feed of F-100  (6 feeds daily) \* | | Range of daily volumes of F-100 | |
| Minimum ml | Maximum ml | Minimum ml | Maximum ml | Minimum (150 ml/kg/day) | Maximum (220 ml/kg/day) |
| 2.0 | 40 | 55 | 50 | 75 | 300 | 440 |
| 2.2 | 40 | 60 | 55 | 80 | 330 | 484 |
| 2.4 | 45 | 65 | 60 | 90 | 360 | 528 |
| 2.6 | 50 | 70 | 65 | 95 | 390 | 572 |
| 2.8 | 55 | 75 | 70 | 105 | 420 | 616 |
| 3.0 | 55 | 85 | 75 | 110 | 450 | 660 |
| 3.2 | 60 | 90 | 80 | 115 | 480 | 704 |
| 3.4 | 65 | 95 | 85 | 125 | 510 | 748 |
| 3.6 | 70 | 100 | 90 | 130 | 540 | 792 |
| 3.8 | 70 | 105 | 95 | 140 | 570 | 836 |
| 4.0 | 75 | 110 | 100 | 145 | 600 | 880 |
| 4.2 | 80 | 115 | 105 | 155 | 630 | 924 |
| 4.4 | 85 | 120 | 110 | 160 | 660 | 968 |
| 4.6 | 85 | 125 | 115 | 170 | 690 | 1,012 |
| 4.8 | 90 | 130 | 120 | 175 | 720 | 1,056 |
| 5.0 | 95 | 140 | 125 | 185 | 750 | 1,100 |
| 5.2 | 100 | 145 | 130 | 190 | 780 | 1,144 |
| 5.4 | 100 | 150 | 135 | 200 | 810 | 1,188 |
| 5.6 | 105 | 155 | 140 | 205 | 840 | 1,232 |
| 5.8 | 110 | 160 | 145 | 215 | 870 | 1,276 |
| 6.0 | 115 | 165 | 150 | 220 | 900 | 1,320 |
| 6.2 | 115 | 170 | 155 | 230 | 930 | 1,364 |
| 6.4 | 120 | 175 | 160 | 235 | 960 | 1,408 |
| 6.6 | 125 | 180 | 165 | 240 | 990 | 1,452 |
| 6.8 | 130 | 180 | 170 | 250 | 1,020 | 1,496 |
| 7.0 | 130 | 195 | 175 | 255 | 1,050 | 1,540 |
| 7.2 | 135 | 200 | 180 | 265 | 1,080 | 1,588 |
| 7.4 | 140 | 205 | 185 | 270 | 1,110 | 1,628 |
| 7.6 | 145 | 210 | 190 | 280 | 1,140 | 1,672 |
| 7.8 | 145 | 215 | 195 | 285 | 1,170 | 1,716 |
| 8.0 | 150 | 220 | 200 | 295 | 1,200 | 1,760 |
| 8.2 | 155 | 225 | 205 | 300 | 1,230 | 1,804 |
| 8.4 | 158 | 230 | 210 | 310 | 1,260 | 1,848 |
| 8.6 | 160 | 235 | 215 | 315 | 1,290 | 1,892 |
| 8.8 | 165 | 240 | 220 | 325 | 1,320 | 1,936 |
| 9.0 | 170 | 250 | 225 | 330 | 1,350 | 1,980 |
| 9.2 | 175 | 255 | 230 | 335 | 1,380 | 2,024 |
| 9.4 | 175 | 260 | 235 | 345 | 1,410 | 2,068 |
| 9.6 | 145 | 265 | 240 | 350 | 1,140 | 2,112 |
| 9.8 | 185 | 270 | 245 | 360 | 1,470 | 2,156 |
| 10.0 | 190 | 275 | 250 | 365 | 1,500 | 2,200 |

\* Volumes per feed are rounded to the nearest 5 ml.

## Preparation of F-75

|  |  |  |
| --- | --- | --- |
| **Red scoop of F-75** | **Water (ml)** |  |
| **1** | **20** |  |
| **2** | **40** |  |
| **3** | **60** |  |
| **4** | **80** |  |
| **5** | **100** |  |
| **6** | **120** |  |
| **7** | **140** |  |
| **8** | **160** |  |
| **9** | **180** |  |
| **10** | **200** |  |
| **Sachets of F-75** | **Water (ml)** | **Volume F-75 milk** |
| **1 sachet** | **500** | **600** |
| **2 sachets** | **1000** | **1200** |
| **3 sachets** | **1500** | **1800** |
| **4 sachets** | **2000** | **2400** |

## Preparation of F-100

|  |  |  |
| --- | --- | --- |
| **Red scoop of F-100** | **Water (ml)** |  |
| 1 | 18 |  |
| 2 | 36 |  |
| 3 | 54 |  |
| 4 | 72 |  |
| 5 | 90 |  |
| 6 | 108 |  |
| 7 | 126 |  |
| 8 | 144 |  |
| 9 | 162 |  |
| 10 | 180 |  |
| **F-100 sachets** | **Water (ml)** | **Volume of milk made (ml)** |
| 1 sachet | 500 | 600 |
| 2 sachets | 1000 | 1200 |
| 3 sachets | 1500 | 1800 |
| 4 sachets | 2000 | 2400 |

## Therapeutic Milk Specifications

|  |  |  |  |
| --- | --- | --- | --- |
| Constituent | F-75  Amount in 100 ml | F-100  Amount in 100 ml | F-100 Diluted  Amount in approx. 100 ml |
| Energy | 75 kcal | 100 kcal | 74 kcal |
| Protein | 0.9 g | 2.9 g | 2.1 g |
| Lactose | 1.3 g | 4.2 g | 3.1 g |
| Potassium | 3.6 mmol | 5.9 mmol | 4.1 mmol |
| Sodium | 0.6 mmol | 1.9 mmol | 1.4 mmol |
| Magnesium | 0.43 mmol | 0.73 mmol | 0.54 mmol |
| Zinc | 2.0 mg | 2.3 mg | 1.7 mg |
| Copper | 0.25 mg | 0.25 mg | 0.1 mg |
| % energy from protein | 5 % | 12 % | 12 % |
| % energy from fat | 32 % | 53 % | 53 % |
| Osmolarity | 333 mOsmol/L | 419 mOsmol/L | 310 mOsmol/L |

Reference Table for Amounts of RUTF to Give Children per Day or Week, Based on 92 g Packets Containing 500 Kcal

|  |  |  |
| --- | --- | --- |
| **Weight of Child (kg)** | **Packets per Day** | **Packets per Week** |
| 3.5 – 3.9 | 1.5 | 10 |
| 4.0 – 4.4 | 1.5 | 11 |
| 4.5 – 4.9 | 1.75 | 12 |
| 5.0 – 5.9 | 2 | 14 |
| 6.0 – 6.9 | 2.5 | 17 |
| 7.0 – 7.9 | 3 | 20 |
| 8.0 – 8.9 | 3.25 | 23 |
| 9.0 – 9.9 | 3.75 | 26 |
| 10.0 – 11.9 | 4 | 28 |
| ≥12.0 | 5 | 35 |

**RUTF Key Messages**

* RUTF is a food and medicine for very thin children only. It should not be shared. Sick children often do not like to eat. Give small, regular meals of RUTF and encourage the child to eat often (if possible five to six meals per day). Your child should have \_\_\_ packets per day.
* RUTF is the only food sick/thin children need to recover during their time in Outpatient Care (however, breastfeeding should continue).
* For young children, continue to breastfeed regularly.
* Always offer the child plenty of clean water to drink or breast milk while he or she is eating RUTF.
* Wash the child’s hands and face with soap before feeding if possible.
* Keep food clean and covered.
* Sick children get cold quickly. Always keep the child covered and warm.
* When a child has diarrhoea, never stop feeding. Continue to feed RUTF and (if applicable) breast milk.

Annex C: Reference Tables for Infants < 6 months

## Reference Table for Maintenance Amounts of F-100-Diluted to Give to an Individual Infant per Feed

|  |  |
| --- | --- |
| Bodyweight (kg) | F-100-Diluted per Feed  (assumes 8 feeds per day, given 3-hourly) |
| ≥ 1.2 | 25 ml per feed |
| 1.3 – 1.5 | 30 |
| 1.6 – 1.7 | 35 |
| 1.8 – 2.1 | 40 |
| 2.2 – 2.4 | 45 |
| 2.5 – 2.7 | 50 |
| 2.8 – 2.9 | 55 |
| 3.0 – 3.4 | 60 |
| 3.5 – 3.9 | 65 |
| 4.0 – 4.4 | 70 |

## Reference Table for Amounts of F-100-Diluted (Wasting) or F-75 (Bilateral Pitting Oedema) to Give to Non-Breastfed Infants in the Stabilisation Phase

|  |  |
| --- | --- |
| Bodyweight (kg) | F-100-Diluted or F-75 (ml per feed), 8 feeds per day, no breastfeeding (3 hourly feeds) |
| ≤ 1.5 | 30 |
| 1.6 – 1.8 | 35 |
| 1.9 – 2.1 | 40 |
| 2.2 – 2.4 | 45 |
| 2.5 – 2.7 | 50 |
| 2.8 – 2.9 | 55 |
| 3.0 – 3.4 | 60 |
| 3.5 – 3.9 | 65 |
| 4.0 – 4.4 | 70 |

## Reference Table for Amounts of F-100-Diluted to Give to Non-Breastfed Infants 0–6 Months or Older Infants Weighing Less Than 3.0 Kg in the Transition Phase

|  |  |
| --- | --- |
| Bodyweight (kg) | F-100-Diluted (ml per feed),  8 feeds per day, no breastfeeding (3 hourly feeds) |
| ≤ 1.5 | 45 |
| 1.6 – 1.8 | 53 |
| 1.9 – 2.1 | 60 |
| 2.2 – 2.4 | 68 |
| 2.5 – 2.7 | 75 |
| 2.8 – 2.9 | 83 |
| 3.0 – 3.4 | 90 |
| 3.5 – 3.9 | 96 |
| 4.0 – 4.4 | 105 |

## Reference Table for Amounts of F-100-Diluted to Give to Non-Breastfed Infants 0–6 Months or Older Infants Weighing Less Than 3.0 Kg in the Rehabilitation Phase

|  |  |
| --- | --- |
| Bodyweight (kg) | F-100-Diluted (ml per feed),  6 to 8 feeds per day,  No breastfeeding |
| ≤ 1.5 | 60 |
| 1.6 – 1.8 | 70 |
| 1.9 – 2.1 | 80 |
| 2.2 – 2.4 | 90 |
| 2.5 – 2.7 | 100 |
| 2.8 – 2.9 | 110 |
| 3.0 – 3.4 | 120 |
| 3.5 – 3.9 | 130 |
| 4.0 – 4.4 | 140 |

## Preparation of F-100-Diluted

|  |  |  |
| --- | --- | --- |
| **Red scoop of F-100** | **Water (ml)** |  |
| 1 | 24 |  |
| 2 | 28 |  |
| 3 | 72 |  |
| 4 | 96 |  |
| 5 | 120 |  |
| 6 | 144 |  |
| 7 | 168 |  |
| 8 | 192 |  |
| 9 | 216 |  |
| 10 | 240 |  |
| **Sachets F-100** | **Water (ml)** | **Volume of F-100-Diluted** |
| 1 sachet | 670 | 700 |
| 2 sachets | 1350 | 1500 |