



Guide to identify the amount of BP100[®] ration according to the weight of each selected child

On half ration of RUTF – First Regime

BP100[®] (1 packet = 9 bars; 1 bar=2 tablets = 300kcal)

Weight of the child (kg)	Amount of BP-100 [®] (150kcal/ per tablet)		
	No. of bars per day	Daily divided dose as snacks	No. of packets per Fortnight
3.5 – 4.4	1.5	1 tablet 3 times	2 packs
4.5 – 5.4	1.5	1 tablet 3 times	2 packs
5.5 – 5.9	2.0	1 tablet 4 times	3 packs
6.0 – 6.9	2.0	1 tablet 4 times	3 packs
7.0 – 7.9	2.5	a bit more than one and a half tablets 3 times	5 packs
8.0 – 8.9	2.5	a bit more than one and a half tablets 3 times	5 packs
9.0 – 9.9	3.0	2 tablets 3 times	5 packs
10.0 – 10.9	3.5	2 tablets 3 times	5 packs
11.0 – 11.9	3.5	2 tablets 3 times	5 packs
≥12	4	3 tablets 3 times	6 packs

Weight of the child in Kg	Regular main meals (to provide 100kcal/kg/day) (according to annex 26)	Balance 100kcal/kg from RUTF as snacks
3.5 – 4.4	Age appropriate complementary food and breast milk after meals	1 tablet 3 times
4.5 – 5.4	At least ¾ cup of age appropriate complementary food 3 times a day and breast milk after meals	1 tablet 3 times
5.5 – 5.9	Age appropriate complementary food 3 times a day and breast milk after meals	1 tablet 4 times
6.0 – 6.9	3 meals (at least 1 full cup) of family foods and breastfeeding after meals	1 tablet 4 times
7.0 – 7.9	3 meals (at least 1 full cup) of family foods and breastfeeding after meals	a bit more than one and a half tablets 3 times
8.0 – 8.9	3 meals (at least 1 full cup) of family foods and breastfeeding after meals	a bit more than one and a half tablets 3 times
9.0 – 9.9	3 meals (at least 1 full cup) of family foods and breastfeeding after meals	2 tablets 3 times
10.0 – 10.9	3 meals (at least 1 full cup) of family foods and breastfeeding after meals	2 tablets 3 times
11.0 – 11.9	3 meals (at least 1 full cup) of family foods and breastfeeding after meals	2 tablets 3 times
≥12	3 meals	3 tablets 3 times

(1cup = 200ml)





Guide to identify the amount of BP100[®] ration according to the weight of each selected child

On full ration of RUTF – Second Regime

BP100[®] (1 packet = 9 bars; 1 bar=2 tablets = 300kcal)

Weight of the child (kg)	Amount of BP-100 [®] (150kcal/ per tablet)		
	No. of bars per day	No. of packets per week	No. of packets per Fortnight
3.5 – 4.4	2.5	2 packs	4 packs
4.5 – 5.4	3	2 packs & 3 bars	4 packs & 6 bars
5.5 – 5.9	3.5	2 packs & 7 bars	5 packs & 4 bars
6.0 – 6.9	4	3 packs & 1 bar	6 packs & 2 bars
7.0 – 7.9	4.5	3 packs & 5 bars	7 packs
8.0 – 8.9	5	4 packs	8 packs
9.0 – 9.9	6	4 packs & 6 bars	9 packs & 3 bars
10.0 – 10.9	6.5	5 packs	10 packs
11.0 – 11.9	7	5 packs & 4 bars	11 packs
≥12	8	6 packs & 2 bars	12 packs & 4 bars

Amount of water to be used for each meal (cup= 200ml tea cup)

- To prepare porridge with ½ bar (1 tablet) use 100 ml or ½ of a cup
- To prepare porridge with 1 bar (2 tablets) use 200 ml or 1 of a cup
- To prepare porridge with 1½ bars (3 tablets) use 300 ml or 1½ cup
- To prepare porridge with 2 bars (4 tablets) use 400 ml or 2 cups
- To prepare porridge with 2½ bars (5 tablets) use 500 ml or 2½ cup

