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# FOOD AID PRODUCT INFORMATION GUIDE

## DESCRIPTIONS OF COMMODITIES IN FOOD AID BASKET



The purpose of the Food Aid Product Information Guide is to provide relevant, concise, up-to-date, and user-friendly information about each food product or commodity distributed under Title II of The Food for Peace Act. All listed products are grown and manufactured in the United States from 100% U.S. sourced ingredients (unless otherwise noted). The products in this guide are currently available as part of the U.S. food aid basket and meant to be programmed within the local context, to provide optimal nutritional benefits when integrated with locally available foods and other food aid products.

The individual Food Aid Product Description Sheets in this guide are designed for USAID and its implementing partners, including program planners, managers, technical advisors, procurement and logistics specialists, as well as vendors and manufacturers wishing to sell these products to the U.S. Government. Please note: vendors must be registered in order to do business with the U.S. Government.

Each Food Aid Product Description Sheet is organized into the following sections: Product Description, Program Uses, Preparation & Applications, and Product Specification. A link is provided to the USDA and/or USAID Specification for more detailed information on producing the product. The nutrition table highlights the Key Nutrients in the product: macronutrients (carbohydrates, protein and fat) and micronutrients (vitamins and minerals) that make up 20% or more of the recommended daily value for that nutrient for an average adult consuming 2,000 calories. The Food Aid Product Description Sheets also show the raw product and its corresponding primary packaging.

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# BULGUR

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Bulgur is a cereal grain milled from 100% US wheat that is parboiled, dried, and milled with added vitamins and minerals. Varieties include: Durum, Hard Red Spring, Hard Red Winter, Hard White, Soft Red Winter, and Soft White Wheat. Bulgur provides about 82% of calories from complex carbohydrates, 14% from protein, and 4% from fat.

## PROGRAMMING USES

Bulgur may be used in emergency and development food assistance programs. Bulgur is typically included in a general household ration and school feeding along with a pulse and Fortified Vegetable Oil.

## PREPARATION & APPLICATIONS

To prepare, add 1 part Bulgur to 2 parts water. Bring water to boil and cook for 15 minutes. Bulgur should retain its shape, becoming tender and palatable. Bulgur can be eaten as porridge, used as a meat extender, and as an ingredient in baked goods, pilafs, and soups.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/bwsf15.pdf](https://www.fsa.usda.gov/Internet/FSA_File/bwsf15.pdf)

<b>PROFILE OF KEY NUTRIENTS<sup>1</sup></b>	
<b>PER 100 GRAMS</b>	
<b>BULGUR</b>	
Energy (kcal)	342
Protein (g)	12.3
Fat (g)	1.33
Carbohydrate (g)	75.9
Iron (EDTA)	4 mg
Iron (total)	2.46 mg
Magnesium	164 mg
Zinc	4.33 mg
Thiamin	0.63 mg
Riboflavin	0.52 mg
Niacin	9.11 mg
Folate*	181 µg
Vitamin B6	0.74 mg
Vitamin B12	11 µg
*Dietary Folate equivalents	
Package Size: 50 kg	
Shelf Life: 1 year	



<sup>1</sup>Key nutrients listed are above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# CORN

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Corn (maize) is a staple grain and an important cereal crop in many countries around the world. Whole Corn is available in U.S. Grade No. 2 or better with 14.5% or less moisture. Corn (maize) provides approximately 80% of calories from complex carbohydrates, 10% from protein, and 10% from fat.

## PROGRAMMING USES

Corn (maize) can be used in emergency and development food assistance programs. Corn (maize) may be provided as part of a general household ration, along with a pulse and Fortified Vegetable Oil.

## PREPARATION & APPLICATIONS

Whole Corn (maize) is typically milled or ground into commeal and/or blended with a pulse to improve nutrient profile. After processing, Milled Corn (maize) can be prepared as porridge, used as coating for frying, as a meat extender, and made into pancakes, bread, tortillas, and other baked goods.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/kcbg11.pdf](https://www.fsa.usda.gov/Internet/FSA_File/kcbg11.pdf)

<b>PROFILE OF KEY NUTRIENTS<sup>1</sup></b>	
<b>PER 100 GRAMS</b>	
<b>CORN</b>	
Energy (kcal)	365
Protein (g)	9.4
Fat (g)	4.74
Carbohydrate (g)	74.26
Magnesium	127 mg
Thiamin	0.39 mg
Riboflavin	0.20 mg
Niacin	3.63 mg
Folate*	19 µg
Vitamin B6	0.62 mg
*Dietary Folate equivalents	
Package Size: 50 kg	
Shelf Life: > 1 year from date of production	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# CORN SOY BLEND PLUS

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Corn Soy Blend Plus (CSB+) is a blended specialized product composed of 78% white and yellow cornmeal, 20% whole soybeans, and 2% vitamin/mineral premix.

## PROGRAMMING USES

CSB+ is suitable for emergency and development food assistance programs. CSB+ is designed for prevention and treatment of moderate acute malnutrition (MAM) in pregnant and breastfeeding women. CSB+ is also used to prevent and treat MAM and prevent stunting with continued breastfeeding in children 6-59 months, and provided for the treatment of MAM in HIV+ adults. CSB+ is usually included with a grain, a pulse, and Fortified Vegetable Oil to increase nutrient values and caloric density of the ration and to supplement the local diet. *Corn Soy Blend Plus is not a breast milk substitute.*

## PREPARATION & APPLICATIONS

To prepare as a porridge, add 40 grams of CSB+ to 250 grams (8.5 fluid ounces) of clean boiling water and simmer for 5-10 minutes, depending on preferred consistency.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/csbp2.pdf](https://www.fsa.usda.gov/Internet/FSA_File/csbp2.pdf)



PROFILE OF NUTRIENTS <sup>1</sup> PER 100 GRAMS CORN SOY BLEND PLUS	
Energy (kcal)	380
Protein (g)	12.9
Fat (g)	5.36
Carbohydrate (g)	68.4
Calcium	509.75 mg
Iodine	40 µg
Iron (EDTA)	2.5 mg
Iron (total)	10.5 mg
Magnesium	81.11 mg
Phosphorus	508.49 mg
Potassium	610.83 mg
Sodium	5.89 mg
Zinc	6.5 mg
Vitamin A	1098.54 µg
Thiamin	0.48 mg
Niacin	9.11 mg
Pantothenic Acid	1.95 mg
Folate*	208.54 µg
Biotin	8.2 µg
Vitamin B12	2 µg
Vitamin D	11 µg
Vitamin E	8.56 mg
Vitamin K	39.4 µg
*Dietary Folate equivalents	
Package Size: 25 kg	
Shelf Life: 18 months from date of manufacture	



<sup>1</sup>Nutrition Profile calculated from product specification



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# CORNMEAL

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Commeal is a source of complex carbohydrates and is fortified with a vitamin/mineral premix. Commeal is a milled product made from 100% de-germed corn (maize), fortified for food assistance. Commeal provides 85% of calories from complex carbohydrates, approximately 10% from protein, and 4% from fat.

## PROGRAMMING USES

Commeal is used in emergency and development food assistance programs, and may be included in a general household ration with a pulse, and Fortified Vegetable Oil.

## PREPARATION & APPLICATIONS

To prepare as a porridge, add 1 part commeal to 4-5 parts water and bring to a boil. Cook for 15 minutes or until preferred consistency. Commeal can be eaten as porridge, used as coating for frying, as a meat extender, or made into pancakes, bread, tortillas, and other baked goods.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/cm6.pdf](https://www.fsa.usda.gov/Internet/FSA_File/cm6.pdf)



## PROFILE OF KEY NUTRIENTS<sup>1</sup>

PER 100 GRAMS  
CORNMEAL

Energy (kcal)	370
Protein (g)	7.1
Fat (g)	1.75
Carbohydrate (g)	79.5
Iron (EDTA)	4 mg
Iron (total)	5.10 mg
Zinc	3.06 mg
Vitamin A	185.20 µg
Thiamin	0.54 mg
Riboflavin	0.45 mg
Niacin	5 mg
Folate*	184 µg
Vitamin B12	11 µg
*Dietary Folate equivalents	
Package Size: 25 kg	

<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# DEFATTED SOY FLOUR

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Defatted Soy Flour is a source of plant-based protein. It is added to products to increase the protein content and can be fortified with a vitamin/mineral premix. Defatted Soy Flour is the base ingredient in soy protein isolate, soy protein concentrate, and textured soy protein. It contains 50% protein by weight. Currently, Defatted Soy Flour is an ingredient in Soy-Fortified Commeal, Corn Soy Blends, and Wheat Soy Blend. Defatted Soy Flour provides up to 40% of calories from complex carbohydrates, 60% from protein, and 3% from fat.

## PROGRAMMING USES

Defatted Soy Flour is used in emergency and development settings as an ingredient to increase the protein content of other cereal products including corn, wheat, and rice. It may be used in the field to enrich foods locally.

## PREPARATION & APPLICATIONS

Defatted Soy Flour can be used similarly to rice, wheat, or corn flour in complementary foods for children. It can be an ingredient in breads, porridges, cookies, muffins, cakes, noodles, naan, soups, sauces, snacks, beverages, and tortillas.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/bwsf15.pdf](https://www.fsa.usda.gov/Internet/FSA_File/bwsf15.pdf)



## PROFILE OF KEY NUTRIENTS<sup>1</sup> PER 100 GRAMS DEFATTED SOY FLOUR

Energy (kcal)	327
Protein (g)	51.5
Fat (g)	1.22
Carbohydrate (g)	33.9
Calcium	241 mg
Copper	4.10 mg
Iron	9.24 mg
Magnesium	290 mg
Manganese	3.02 mg
Phosphorus	674 mg
Potassium	2384 mg
Thiamin	0.70 mg
Folate*	305 µg
Vitamin B6	0.57 mg
*Dietary Folate equivalents	
Package Size: 25 kg	
Shelf Life: 24 months from packaging	

<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



**PRODUCT DESCRIPTION**

Dehydrated Potato Products are a source of complex carbohydrates, potassium, Vitamin C, and Vitamin B6 and can be fortified as needed. Dehydrated Potato Flakes and Potato Granules, are made from 100% whole, raw potatoes. Both Dehydrated Potato Flakes and Granules provide about 90% of calories from complex carbohydrates, 9% from protein, and 1% from fat.

**PROGRAMMING USES**

Dehydrated Potato Products may be used for emergency and development food assistance programs and as part of a general household or school ration with pulses and grains.

**PREPARATION & APPLICATIONS**

To rehydrate Potato Flakes, add 3 parts flakes to 4 parts boiled water. For potato granules, add 1 part granules to 5 parts boiled water. Dehydrated Potato Products can be rehydrated and eaten as mashed potatoes, or used as a dry ingredient to extend local flours, other foods, and the shelf life of baked goods.

**PRODUCT SPECIFICATION**

[https://www.fsa.usda.gov/Internet/FSA\\_File/dpp7.pdf](https://www.fsa.usda.gov/Internet/FSA_File/dpp7.pdf)



<b>PROFILE OF KEY NUTRIENTS<sup>1</sup></b>		
<b>PER 100 GRAMS</b>		
<b>DEHYDRATED POTATO PRODUCTS</b>		
	Flakes	Granules
Energy (kcal)	354	372
Protein (g)	8.34	8.22
Fat (g)	0.41	0.54
Carbohydrate (g)	81.2	85.5
Iron	1.21 mg	1.09 mg
Potassium	1098 mg	703 mg
Thiamin	0.99 mg	0.45 mg
Niacin	6.26 mg	4.77 mg
Vitamin B6	0.75 mg	0.86 mg
Vitamin C	81 mg	37 mg
<b>Package Size: 10 kg, 20 kg</b>		



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>





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# DRY EDIBLE BEANS

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Dry Edible Beans are a source of carbohydrates, plant-based protein, and B Vitamins. Dry Edible Beans are classified as pulses and available in 11 varieties to meet local tastes and preferences. These varieties include Black, Blackeye, Garbanzo, Great Northern, Dark Red Kidney, Light Red Kidney, Pea, Pink, Pinto, Small Red, and Small White Beans. Dry Edible Beans provide approximately 68-72% of calories from complex carbohydrates, 25% from protein, and 2-14% from fat.

## PROGRAMMING USES

Dry Edible Beans can be used in development and emergency food assistance programs. They may be included in a general household or school ration with a grain and Fortified Vegetable Oil. Dry Edible Beans may be provided with a fortified flour/meal or grain, and Fortified Vegetable Oil in supplementary feeding.

## PREPARATION & APPLICATIONS

To prepare, soak Dry Edible Beans overnight in hot water (enough to cover beans) to optimize cooking time and conserve fuel. Cook in boiling water until soft, 30 minutes to 2 hours, depending on size and shape of the bean.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/deb7.pdf](https://www.fsa.usda.gov/Internet/FSA_File/deb7.pdf)

### PROFILE OF KEY NUTRIENTS<sup>1</sup> PER 100 GRAMS DRY EDIBLE BEANS

	Min	Max
Energy (kcal)	333	378
Protein (g)	20.5	23.6
Fat (g)	0.83	6.04
Carbohydrate (g)	60.0	64.2
Iron	4.31 mg	8.2 mg
Magnesium	79 mg	189 mg
Phosphorus	252 mg	447 mg
Potassium	718 mg	1483 mg
Thiamin	0.48 mg	0.9 mg
Folate*	394 µg	557 µg
Vitamin B6	0.29 mg	0.54 mg

\*Dietary Folate equivalents

Package Size: 50 kg

Shelf Life: 24 months from date of packaging



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# DRY PEAS

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Dry Peas are a source of complex carbohydrates, plant-based protein, iron, zinc, potassium, and folate. Dry Peas are classified as pulses and are available in four similarly nutritious forms to meet local tastes and preferences: Smooth Green Dry Peas, Split Green Peas, Smooth Yellow Dry Peas, and Split Yellow Peas. Dry Peas provide about 69%-75% of calories from complex carbohydrates, 26%-29% from protein, up to 5% from fat.

## PROGRAMMING USES

Dry Peas can be used for development and emergency food assistance programs. Dry Peas are typically included in general household rations with a grain and Fortified Vegetable Oil. Dry Peas may be provided with a fortified flour/meal or grain, and Fortified Vegetable Oil, in supplementary feeding programs.

## PREPARATION & APPLICATIONS

To prepare, soak whole Dry Peas overnight to optimize cooking and conserve fuel. To cook, add 2 parts water to 1 part whole Dry Peas. Bring water to a boil, and cook until done, about 12-15 minutes. Do not pre-soak Split Peas.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/pl4.pdf](https://www.fsa.usda.gov/Internet/FSA_File/pl4.pdf)

### PROFILE OF KEY NUTRIENTS<sup>1</sup> PER 100 GRAMS DRY PEAS

	Split Peas	Smooth Peas
Energy (kcal)	347	349
Protein (g)	22.5	25.6
Fat (g)	2.04	0
Carbohydrate (g)	65.31	60.47
Iron	1.58 mg	4.19 mg
Potassium	816 mg	814 mg
Zinc	3.55 mg	1.24 mg
Folate*	274 µg	274 µg
*Dietary Folate equivalents		
Package Size: 50 kg		



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# FORTIFIED MILLED RICE

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Fortified Milled Rice is a source of complex carbohydrates, B Vitamins, and is fortified with a specific vitamin/mineral premix for food assistance. Fortified Milled Rice is a blend of milled rice and fortified rice-shaped kernels or rice kernels that are coated in micronutrients. Both types of kernels are designed to match the size, shape, color,, texture, and density of regular milled rice (medium or long grain). The fortification technologies used in production (extrusion and coating) preserve micronutrient content even if the rice is rinsed before cooking, a common practice in many countries where rice is consumed. Fortified Milled Rice provides about 88% calories from complex carbohydrates, 1% from fat, and 10% from protein.

## PROGRAMMING USES

Fortified Milled Rice may be used in emergency and development food assistance programs. It is meant to be programmed (prepared and consumed) in the same way as non-fortified rice: it requires no changes in preparation or handling.

## PREPARATION & APPLICATIONS

To prepare, add 1 part Fortified Milled Rice to 2 parts water. Bring water to a boil and simmer until water is absorbed, about 15-20 minutes, according to local preference.

## PRODUCT SPECIFICATION

<https://www.usaid.gov/documents/1866/food-peace-fortified-milled-rice-specification>

<b>PROFILE OF KEY NUTRIENTS<sup>1</sup></b>		
<b>PER 100 GRAMS</b>		
<b>FORTIFIED MILLED RICE<sup>+</sup></b>		
	Min <sup>+</sup>	Max <sup>+</sup>
Energy (kcal)	360	374
Protein (g)	6.6	7.5
Fat (g)	0.58	1.03
Carbohydrate (g)	80.0	80.9
Iron	4.74 mg	4.8 mg
Zinc	7.02 mg	7.16 mg
Thiamin	0.57 mg	0.72 mg
Niacin	8.60 mg	12.05 mg
Folate*	138 µg	139 µg
Vitamin B6	0.75 mg	1.05 mg
Vitamin B12	1 µg	1 µg
*Dietary Folate equivalents		
Package size: 50 kg		
Shelf Life: 24 months from packaging		



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>

<sup>+</sup>Nutrients based on range



### PRODUCT DESCRIPTION

Fortified Vegetable Oil is a source of plant-based fat and with added Vitamins A and D. Fortified Vegetable Oil helps increase the caloric density of diets, the palatability of cooked food, and aids in the absorption of fat-soluble vitamins. Fortified Vegetable Oil is made from refined, bleached, deodorized, filtered, and purified oils, including canola (rapeseed), corn (maize), cottonseed, olive, safflower, soybean, sesame, and sunflower oil.

### PROGRAMMING USES

Fortified Vegetable Oil is typically part of a general household ration, along with a grain and pulse and is suitable for development and emergency food assistance programs. Fortified Vegetable Oil may be provided with pulses and a fortified blended food or flour, meal or grain in supplementary feeding programs.

### PREPARATION & APPLICATIONS

Fortified Vegetable Oil is used as an ingredient in cooking and is an essential component for common cooking methods such as sautéing and frying.

### PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/vo15.pdf](https://www.fsa.usda.gov/Internet/FSA_File/vo15.pdf)

### PROFILE OF NUTRIENTS<sup>1</sup> PER 100 GRAMS FORTIFIED VEGETABLE OIL

Energy (kcal)	884
Fat (g)	100
Vitamin A	1800 - 2250 µg
Vitamin D	40 - 57.5 µg
Package Size: 4 L, 20 L, 208 L	
Shelf Life: 18 months from packaging	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# HIGH ENERGY BISCUITS

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

High Energy Biscuits (HEBs) are a specially designed, baked and packaged, ready-to-eat product fortified with key vitamins and minerals. HEB ingredients include wheat flour, potato flour, shortening, skimmed milk powder, and vitamin/mineral premix. HEBs are packaged in individual 100g packages and require no preparation.

## PROGRAMMING USES

HEBs are suitable for emergency and development food assistance programs. HEBs are suitable for sudden onset emergencies where cooking is limited or not possible, or as a school snack. The number of HEBs given is dependent on program purpose.

## PRODUCT SPECIFICATION

<https://www.usaid.gov/documents/1866/food-peace-high-energy-biscuits-specification>

### PROFILE OF NUTRIENTS<sup>1</sup> PER 100 GRAMS HIGH ENERGY BISCUITS

Energy (kcal)	462
Protein (g)	10
Fat (g)	12
Calcium	250 mg
Iodine	75 µg
Iron	11 mg
Magnesium	150 mg
Sodium	0.24 mg
Vitamin A	250 µg
Thiamin	0.5 mg
Riboflavin	0.7 mg
Niacin	6 mg
Pantothenic Acid	3 mg
Folate*	80 µg
Vitamin B6	1 mg
Vitamin B12	2 µg
Vitamin C	20 mg
Vitamin D	1.9 µg
Vitamin E	5 mg
<i>*Dietary Folate equivalents</i>	
Package Size: 100 g package	
Shelf Life: 24 months from date of manufacture	



<sup>1</sup>Nutrition Profile from product specification



**PRODUCT DESCRIPTION**

Lentils are a source of complex carbohydrates, plant-based protein, as well as zinc, iron, Vitamin B6, and folate. Lentils provide approximately 63% calories from complex carbohydrates, 25% protein by weight, and 3% from fat. Lentils are classified as pulses.

**PROGRAMMING USES**

Lentils are used in emergency and development food assistance programs. Lentils may be included in a general household or school ration, along with a grain and Fortified Vegetable Oil. Lentils may be provided with a fortified flour/meal or grain, and Fortified Vegetable Oil in supplementary feeding.

**PREPARATION & APPLICATIONS**

To prepare, sort, rinse, and add 2-3 parts water to 1 part Lentils. Bring water to a boil and cook to preferred consistency, about 10-12 minutes.

**PRODUCT SPECIFICATION**

[https://www.fsa.usda.gov/Internet/FSA\\_File/pl4.pdf](https://www.fsa.usda.gov/Internet/FSA_File/pl4.pdf)

<b>PROFILE OF KEY NUTRIENTS<sup>1</sup></b>	
<b>PER 100 GRAMS</b>	
<b>LENTILS</b>	
Energy (kcal)	352
Protein (g)	24.6
Fat (g)	1.06
Carbohydrate (g)	63.4
Iron	6.51 mg
Phosphorous	281
Potassium	677
Zinc	3.27 mg
Thiamin	0.87
Folate*	479 µg
Vitamin B6	0.54 mg
*Dietary Folate equivalents	
Package Size: 50 kg	
Shelf Life: 3 years	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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## MILLED RICE

Food Aid Product Description Sheet  
Effective Date: February 2018

### PRODUCT DESCRIPTION

Milled Rice is a source of complex carbohydrates and B Vitamins. Milled Rice is available in short, medium, and long grain in parboiled or non-parboiled form. Milled Rice provides about 90% calories from complex carbohydrates, 8% protein by weight, and 2% from fat.

### PROGRAMMING USES

Milled Rice is used in development and emergency food assistance programs. Rice may be included in a general household ration and school feeding along with a pulse and Fortified Vegetable Oil.

### PREPARATION & APPLICATIONS

To prepare, add 1 parts non-parboiled rice to 2 parts water or 1 part parboiled rice to 2.25 parts water. Bring to a boil, reduce to a simmer, and cook until water is absorbed (about 15-20 minutes) according to local preference.

### PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/mr23\\_090513.pdf](https://www.fsa.usda.gov/Internet/FSA_File/mr23_090513.pdf)

PROFILE OF KEY NUTRIENTS <sup>1</sup> PER 100 GRAMS MILLED RICE <sup>+</sup>		
	Min <sup>+</sup>	Max <sup>+</sup>
Energy (kcal)	360	374
Protein (g)	6.6	7.5
Fat (g)	0.58	1.03
Carbohydrate (g)	79.3	80.0
Iron	0.74 mg	0.8 mg
Zinc	1.02 mg	1.16 mg
Thiamin	0.07 mg	0.22 mg
Niacin	1.6 mg	5.05 mg
Vitamin B6	0.15 mg	0.45 mg
*Dietary Folate equivalents		
Package size: 50 kg		
Shelf Life: 24 months from packaging		



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>

<sup>+</sup>Nutrients based on range



**PRODUCT DESCRIPTION**

Ready-to-Use Supplementary Foods (RUSFs) are a family of specialized lipid-based nutritious products for the prevention and treatment of moderate acute malnutrition (MAM), primarily among children aged 6-59 months old with continued breastfeeding. RUSF ingredients include: oilseeds, tree nuts, pulses, cereals, sugar, dairy protein, vegetable oils, with added vitamin/mineral premix. RUSF is packaged in individual, 50g (med quantity) and 100g (high quantity) single-use pouches (2.5x6 in., 3x4.5 in. respectively) and requires no preparation.

**PROGRAMMING USES**

RUSF delivers appropriate amounts of energy, protein, fat, and key vitamins/minerals to prevent or treat MAM. RUSF is suitable for use in emergency or development settings. RUSF can also be a targeted supplement for pregnant and breastfeeding women, and HIV+ adults. RUSF can be administered in high and medium quantities. *RUSF is not a breast milk substitute.*

**PRODUCT SPECIFICATION**

<https://www.usaid.gov/documents/1866/food-peace-ready-use-nutritional-food-specification>



**PROFILE OF NUTRIENTS<sup>1</sup>**  
**PER 100 GRAMS RUSF**

	Min	Max
Energy (kcal)	510	560
Protein (g)	11	16
Fat (g)	26	36
Calcium	535 mg	750 mg
Copper	1.4 mg	1.9 mg
Iodine	100 µg	140 µg
Iron	10 mg	14 mg
Magnesium	150 mg	225 mg
Manganese	1.2 mg	2.4 mg
Phosphorus	450 mg	750 mg
Potassium	900 mg	1400 mg
Selenium	20 µg	40 µg
Sodium	0 mg	270 mg
Zinc	11 mg	14 mg
Vitamin A	550 µg	1150 µg
Thiamin	1 mg	
Riboflavin	2.1 mg	
Niacin	13 mg	
Pantothenic Acid	4.0 mg	
Biotin	60 µg	
Folate*	340 µg	
Vitamin B6	1.8 mg	
Vitamin B12	2.7 µg	
Vitamin C	60 mg	
Vitamin D	15 µg	20 µg
Vitamin E	16 mg	
Vitamin K	27 mg	

\*Dietary Folate equivalents

Package Size: 100 g (high qty) 50 g (med qty)

Shelf Life: 24 months from date of manufacture

<sup>1</sup>Nutrition Profiles from product specification.





**PRODUCT DESCRIPTION**

Ready-to-Use Therapeutic Food (RUTF) is a specialized lipid-based nutrition product intended to treat uncomplicated cases of severe acute malnutrition (SAM) in children over 6 months of age with continued breastfeeding. RUTF is generally made from oilseeds, tree nuts, pulses, cereals, sugar, dairy protein, and vegetable oils, with an added vitamin/mineral premix. RUTF is packaged in individual, 92 gram, single-use pouches (3x4.5 in.) and requires no preparation.

**PROGRAMMING USES**

RUTF is designed to meet the complete nutrient needs of children who have an appetite and uncomplicated SAM with continued breastfeeding in inpatient/outpatient, and community-based programs for the treatment of SAM<sup>2</sup>. The number of pouches given per day is based on the child's weight and administered for 6-8 weeks based on guidelines<sup>2</sup>. RUTF can also treat adults with SAM including adults who are HIV+. *RUTF is not a breast milk substitute.*

**PRODUCT SPECIFICATION**

<https://www.usaid.gov/documents/1866/food-peace-ready-use-nutritional-food-specification>



**PROFILE OF NUTRIENTS<sup>1</sup>**

**PER 92 GRAMS RUTF**

	Min	Max
Energy (kcal)	478	506
Protein (g)	11.8	14.9
Fat (g)	23.92	33.12
Carbohydrate (g)		
Calcium	276 mg	552 mg
Copper	1.29 mg	1.66 mg
Iodine	64.4 µg	128.8 µg
Iron	9.2 mg	12.88 mg
Magnesium	73.6 mg	128.8 mg
Phosphorus	276 mg	552 mg
Potassium	1012 mg	1288 mg
Selenium	18.4 µg	36.8 µg
Sodium	0 mg	266.8 mg
Zinc	10.12 mg	12.88 mg
Vitamin A	736 µg	1012 µg
Thiamin	0.46 mg	
Riboflavin	1.47 mg	
Niacin	4.6 mg	
Pantothenic Acid	2.76 mg	
Biotin	55.2 µg	
Folate*	184 µg	
Vitamin B6	0.55 mg	
Vitamin B12	1.47 µg	
Vitamin C	46 mg	
Vitamin D	13.8 µg	18.4 µg
Vitamin E	18.4 mg	
Vitamin K	13.8 mg	27.6 mg

\*Dietary Folate equivalents

Package Size: 92 g pouch

Shelf Life: 24 months from date of manufacture

<sup>1</sup>Nutrition Profiles calculated from product specification

<sup>2</sup>United Nations joint statement, Community-Based Management of Severe Acute Malnutrition: [http://www.who.int/nutrition/topics/Statement\\_community\\_based\\_man\\_sev\\_acute\\_mal\\_eng.pdf](http://www.who.int/nutrition/topics/Statement_community_based_man_sev_acute_mal_eng.pdf)



**PRODUCT DESCRIPTION**

Sorghum is a source of complex carbohydrates, iron, and B Vitamins. Sorghum is an important cereal crop in Africa, Central America, and Asia. Sorghum is available in U.S. Grade No. 2 or better, 14% or less moisture. Sorghum provides approximately 78% calories from complex carbohydrates, 13% from protein, and 9% from fat.

**PROGRAMMING USES**

Sorghum can be used for emergency and development food assistance programs. Sorghum is typically included in general household rations with a pulse and Fortified Vegetable Oil.

**PREPARATION & APPLICATIONS**

To prepare, soak 1 part Sorghum in 2 parts water overnight to optimize cooking and conserve fuel. To cook, bring to a boil and let simmer for 40-45 minutes. Sorghum can be ground and eaten as a porridge, and used as flour to make breads, tortillas, and other baked goods.

**PRODUCT SPECIFICATION**

[https://www.fsa.usda.gov/Internet/FSA\\_File/kcbg11.pdf](https://www.fsa.usda.gov/Internet/FSA_File/kcbg11.pdf)

**PROFILE OF KEY NUTRIENTS<sup>1</sup>  
PER 100 GRAMS  
SORGHUM**

Energy (kcal)	329
Protein (g)	10.62
Fat (g)	3.46
Carbohydrate (g)	72.1
Iron	3.36 mg
Thiamin	0.33 mg
Niacin	3.69 mg
Vitamin B6	0.44 mg
Package Size: 50 kg or bulk	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



## PRODUCT DESCRIPTION

Soy Protein Concentrate (SPC) and Soy Protein Isolate (SPI) are sources of plant-based protein used to increase the protein content of other products. SPC and SPI are dry ingredients made from wholly defatted soy meal through a water extraction process. The resulting concentrate and isolate contain 63% and 88% protein, respectively.

## PROGRAMMING USES

SPI and SPC are ingredients used in foods appropriate for people with high protein needs for growth such as children under 2 years of age and breastfeeding women, in times of extreme food insecurity, or due to chronic diseases.

## PREPARATION & APPLICATIONS

SPC and SPI are commercially used as ingredients in food products including nutritional supplements, meat products, nutritional beverages, soups, sauces, protein bars and biscuits, baked goods, bread, and cereals. SPC and SPI can improve the texture of foods and do not affect flavor. They can be fortified with a variety of vitamins and minerals and used as functional ingredients in a range of soy-fortified food aid products.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/vasp4.pdf](https://www.fsa.usda.gov/Internet/FSA_File/vasp4.pdf)

### PROFILE OF KEY NUTRIENTS<sup>1</sup> PER 100 GRAMS SOY PROTEIN INGREDIENTS

	Concentrate (63%)	Isolate (88%)
Energy (kcal)	328	335
Protein (g)	63.6	88.3
Fat (g)	0.46	3.39
Carbohydrate (g)	25.4	0
Calcium	363 mg	178 mg
Iron	10.78 mg	14.5 mg
Magnesium	315 mg	39 mg
Zinc	4.4 mg	4.03 mg
Potassium	2202 mg	81 mg
Thiamin	0.32 mg	0.18 mg
Folate*	340 µg	176 µg

\*Dietary Folate equivalents

Typical Package Size: 50 lbs.

Shelf Life: 12 months from packaging



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# SOYBEANS

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Soybeans are a source of plant-based protein, fat, calcium, iron, and zinc. Soybeans are a staple legume in many parts of the World, especially Asia. They are available in U.S. Grade No. 2 or better, 14% or less moisture. Soybeans provide about 27% of calories from complex carbohydrates, 33% from protein, and 40% from fat.

## PROGRAMMING USES

Soybeans may be used in emergency and development food assistance programs and are typically ground into meal. Soybeans can also be cooked or processed for food applications.

## PREPARATION & APPLICATIONS

To prepare whole, soak 1 part Soybeans in 2 parts water for 6-8 hours overnight. Boil for 5 minutes, and let stand covered for 1 hour. Soybeans are usually processed into oils, meal, miso, tofu, tempeh, soy milk, and soy flour-based products.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/kcbg11.pdf](https://www.fsa.usda.gov/Internet/FSA_File/kcbg11.pdf)

## PROFILE OF KEY NUTRIENTS<sup>1</sup> PER 100 GRAMS SOYBEANS

Energy (kcal)	446
Protein (g)	36.5
Fat (g)	19.94
Carbohydrate (g)	30.2
Calcium	277 mg
Iron	15.7 mg
Magnesium	280 mg
Potassium	1797 mg
Zinc	4.89 mg
Thiamin	0.87 mg
Folate*	375 µg
*Dietary Folate equivalents	
Package Size: 50 kg or bulk	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# SOY-FORTIFIED BULGUR

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Soy-Fortified Bulgur (SFB) is a source of complex carbohydrates. SFB is a milled cereal/legume blend composed of 85% de-branned, partially cooked (parboiled) wheat, 15% defatted, toasted/expelled soy grits, and fortified with a vitamin/mineral premix. The addition of soy flour improves the protein content without altering the taste. Soy-Fortified Bulgur uses and preparation vary globally based on cultural preferences. SFB provides about 78% of calories from complex carbohydrates, 20% from protein, and 2% from fat.

## PROGRAMMING USES

Soy-Fortified Bulgur is used for emergency and development food assistance programs. SFB may be used in a general household or school ration along with a pulse and Fortified Vegetable Oil.

## PREPARATION & APPLICATIONS

Mix well before preparation as the soy protein and milled bulgur often separate during storage. To prepare, add 1 part Soy-Fortified Bulgur to 2 parts water. Bring clean water to a boil and cook for 15 minutes. SFB should retain its shape, becoming tender and palatable. It can be eaten as porridge, used as a meat extender, or an ingredient in baked goods, pilafs, and soups.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/bwsf15.pdf](https://www.fsa.usda.gov/Internet/FSA_File/bwsf15.pdf)

### PROFILE OF KEY NUTRIENTS<sup>1</sup> PER 100 GRAMS SOY-FORTIFIED BULGUR

Energy (kcal)	341
Protein (g)	17.8
Fat (g)	1.5
Carbohydrate (g)	69.9
Iron (EDTA)	4 mg
Iron (total)	8.15 mg
Magnesium	185.3 mg
Zinc	4.8 mg
Thiamin	0.7 mg
Riboflavin	0.54 mg
Niacin	8.73 mg
Folate*	222.4 µg
Vitamin B6	0.78 mg
Vitamin B12	11 µg
*Dietary Folate equivalents	
Package Size:	50 kg
Shelf Life:	1 year



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# SOY-FORTIFIED CORNMEAL

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Soy-Fortified Cornmeal (SFCM) is a source of complex carbohydrates. SFCM is a milled cereal/legume blend composed of 85% de-germed unenriched cornmeal and 15% de-hulled, defatted soy flour fortified with a vitamin/mineral premix. The addition of soy flour improves the protein content without altering the taste. Soy Fortified Cornmeal provides about 80% of calories from complex carbohydrates, 15% from protein, and 5% from fat.

## PROGRAMMING USES

SFCM is used in emergency and development food assistance programs. SFCM may be used as part of a general household or school ration along with a pulse, and Fortified Vegetable Oil. SFCM is suitable for pregnant and breastfeeding women, and children 6 months and older.

## PREPARATION & APPLICATIONS

To prepare as a porridge, add 1 part SFCM to 4 parts boiling water plus 1 part clean cold water. Cook for 15 minutes. SFCM can be prepared as a porridge, used as a coating for frying, as a meat extender, or made into pancakes, bread, tortillas, and other baked goods.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/sfcm4.pdf](https://www.fsa.usda.gov/Internet/FSA_File/sfcm4.pdf)



<b>PROFILE OF KEY NUTRIENTS<sup>1</sup></b>	
<b>PER 100 GRAMS</b>	
<b>SOY-FORTIFIED CORNMEAL</b>	
Energy (kcal)	364
Protein (g)	13.8
Fat (g)	1.67
Carbohydrate (g)	72.6
Iron (EDTA)	4 mg
Iron (total)	6.32 mg
Zinc	3.33 mg
Thiamin	0.62 mg
Riboflavin	0.48 mg
Niacin	5.24 mg
Folate*	225.25 µg
Vitamin B6	0.64 mg
Vitamin B12	11 µg
<i>*Dietary Folate equivalents</i>	
Package Size: 25 kg	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# SUPER CEREAL PLUS

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Super Cereal Plus is a specialized blended cereal composed of 58% white/yellow corn, 20% de-hulled soybeans, 8% dried skim milk powder, 9% sugar, 3% refined soybean oil, and 2% vitamin/mineral premix. Super Cereal Plus is designed to deliver animal protein in a fortified blended product to supplement the local diet.

## PROGRAMMING USES

Super Cereal Plus is suitable for development and emergency food assistance programs to prevent and treat moderate acute malnutrition (MAM) and stunting in children 6-23 months, and can be extended to children 6-59 months of age, with continued breastfeeding. *Super Cereal Plus is not a breast milk substitute.*

## PREPARATION & APPLICATIONS

To prepare, add 50 grams of Super Cereal Plus to 250 grams (8.5 fluid ounces) of clean water, and bring to a boil. Simmer 5-10 minutes, depending on preferred consistency.

## PRODUCT SPECIFICATION

<https://www.usaid.gov/documents/1866/food-peace-supercereal-plus-specification-0>



## PROFILE OF NUTRIENTS<sup>1</sup>

### PER 100 GRAMS SUPER CEREAL PLUS

Energy (kcal)	410
Protein (g)	16
Fat (g)	9
Calcium	452 mg
Iodine	40 µg
Iron (EDTA)	2.5 mg
Iron (total)	11.3 mg
Phosphorus	232 mg
Potassium	140 mg
Zinc	5 mg
Vitamin A	1039.8 µg
Thiamin	0.2 mg
Riboflavin	1.4 mg
Niacin	8 mg
Pantothenic Acid	1.6 mg
Biotin	8.2 µg
Folate*	110 µg
Vitamin B6	1 mg
Vitamin B12	2 µg
Vitamin C	90 mg
Vitamin D	11 µg
Vitamin E	8.3 mg
Vitamin K	30 µg

\*Dietary Folate equivalents

Package Size: 1.5 kg

Shelf Life: 18 months from date of manufacture

<sup>1</sup>Nutrition Profiles calculated from product specification



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# TEXTURED SOY PROTEIN

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Textured Soy Protein (TSP) is a source of plant-based protein which can be used as an ingredient to increase the protein content of many foods. TSP is a processed product manufactured from soymeal flakes, soy flour, or soy protein concentrate. TSP provides approximately 30% of calories from complex carbohydrates, 70% from protein, and 10% from fat.

## PROGRAMMING USES

TSP is suitable for distribution in development feeding programs. TSP can be used as a protein source in general household rations. TSP can also be used in cases of food insecurity with elevated nutritional needs for vulnerable groups.

## PREPARATION & APPLICATIONS

To rehydrate, soak 1 part TSP in 1 part clean water and cook until heated through. TSP can also be used as an ingredient to extend ground meat for patties and sausage, in vegetarian foods, in stews and in rice based dishes.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/vasp4.pdf](https://www.fsa.usda.gov/Internet/FSA_File/vasp4.pdf)

### PROFILE OF KEY NUTRIENTS<sup>1</sup> PER 100 GRAMS TEXTURED SOY PROTEIN

Energy (kcal)	270
Protein (g)	52
Fat (g)	4
Carbohydrate (g)	30
Calcium	320 mg
Iron	10 mg
Magnesium	300 mg
Zinc	5 mg
Potassium	2400 mg
Thiamin	0.62 mg
Package Size: 50 lbs.	
Shelf Life: 1 year from packaging	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrient table was provided by the U.S. Soybean Export Council: [www.ussec.org](http://www.ussec.org)





**PRODUCT DESCRIPTION**

Wheat is a source of complex carbohydrates. Wheat is a whole grain available in six classes based on hardness, kernel color, and planting time. The classes available for food assistance include; Hard Red Spring (Northern Spring and Dark Northern Spring), Hard Red Winter, Hard White, Soft Red Winter, or Soft White. Wheat is available in U.S. Grade No. 2 or better with 13.5% or less moisture. Wheat provides about 80% calories from complex carbohydrates, 12% from protein, and 7% from fat.

**PROGRAMMING USES**

Wheat is used in emergency and development food assistance programs. Wheat may be included in a general household or school ration, along with a pulse and Fortified Vegetable Oil. Wheat is normally processed for commercial applications.

**PREPARATION & APPLICATIONS**

Wheat is normally milled and processed into flours. After milling, wheat is used as an ingredient in noodles/pasta, couscous, breads, tortillas, and other baked goods.

**PRODUCT SPECIFICATION**

[https://www.fsa.usda.gov/Internet/FSA\\_File/kcbg11.pdf](https://www.fsa.usda.gov/Internet/FSA_File/kcbg11.pdf)

**PROFILE OF KEY NUTRIENTS<sup>1</sup>**  
**PER 100 GRAMS**  
**WHEAT**

Energy (kcal)	327 - 342
Protein (g)	10.3 - 15.4
Fat (g)	1.5 - 2.5
Carbohydrate (g)	68.0-75.9
Iron	3.2 - 5.4 mg
Zinc	2.6- 4.2 mg
Niacin	4.4 - 6.7 mg
Vitamin B6	0.27 - 0.42 mg
<b>Package Size:</b> 50 kg or bulk	
<b>Shelf Life:</b> 1 year	



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



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# WHEAT FLOUR

Food Aid Product Description Sheet  
Effective Date: February 2018

## PRODUCT DESCRIPTION

Wheat Flour is a source of carbohydrates and is fortified with a vitamin/mineral premix. Wheat Flour is made from 100% milled wheat, available in two types: All-Purpose and Bread Flour. All-Purpose Wheat Flour has a lower gluten content and is more versatile than Bread Flour. Wheat Flour provides about 85% of calories from complex carbohydrates, 11% from protein, and 2% from fat.

## PROGRAMMING USES

Wheat Flour is suitable for emergency and development food assistance programs. Wheat Flour is typically included in a general household ration, along with a pulse, and Fortified Vegetable Oil.

## PREPARATION & APPLICATIONS

All-Purpose Wheat Flour can be used in a variety of products including noodles/pasta, bread, couscous, tortillas, and porridges. Bread Flour is best used for baked goods such as bread.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/wfbf7.pdf](https://www.fsa.usda.gov/Internet/FSA_File/wfbf7.pdf)

PROFILE OF KEY NUTRIENTS <sup>1</sup>		
PER 100 GRAMS		
WHEAT FLOUR		
	All-Purpose	Bread
Energy (kcal)	364	361
Protein (g)	10.33	11.98
Fat (g)	0.98	1.66
Carbohydrate (g)	76.3	72.5
Iron (EDTA)	4 mg	4 mg
Iron (total)	5.17 mg	4.9 mg
Zinc	3.1 mg	3.25 mg
Thiamin	0.52 mg	1.2 mg
Riboflavin	0.44 mg	1.0 mg
Niacin	5.25 mg	5 mg
Folate*	180 µg	187 µg
Vitamin B6	0.44 mg	0.44 mg
Vitamin B12	11 µg	11 µg
*Dietary Folate equivalents		
Package Size: 50 kg bag		
Shelf Life: 12 months unopened, 6-8 months after opening		



<sup>1</sup>Key nutrients listed include micronutrients (vitamins and minerals) above 20% Daily Value (DV) adult 2,000 kcal intake. Nutrition Profiles calculated from product specification and USDA National Nutrient Database: <https://ndb.nal.usda.gov/ndb/>



## PRODUCT DESCRIPTION

Whey Protein Concentrate (WPC) is a dry dairy ingredient used for protein fortification. WPC34 and WPC80 are nutritionally similar in fat content but differ in lactose and protein concentrations. WPC34 contains 34-36% protein and 48-52% lactose, while WPC80 contains 80-82% protein and 4-8% lactose. WPC34 provides similar concentration of lactose, protein and minerals as non-fat dry milk and can be used in comparable applications.

## PROGRAMMING USES

WPC is a suitable dairy protein ingredient for food product development applications such as fortified blended foods and Ready-to-Use-Nutritional Foods. WPC is a dairy ingredient that can be used to increase the protein content and quality of processed food products including locally made Ready-to-Use-Therapeutic, supplementary, and complementary foods.

## PREPARATION & APPLICATIONS

WPC is used in food production to improve texture, enhance flavor and color, emulsify and stabilize dry mixes. It extends shelf-life, and improves the quality of processed dairy and meats products, as well as bakery products, snack foods, beverages, and cereal products.

## PRODUCT SPECIFICATION

[https://www.fsa.usda.gov/Internet/FSA\\_File/ddi2.pdf](https://www.fsa.usda.gov/Internet/FSA_File/ddi2.pdf)

<b>PROFILE OF KEY NUTRIENTS<sup>1</sup></b>		
<b>PER 100 GRAMS</b>		
<b>WHEY PROTEIN CONCENTRATE</b>		
	WPC 34	WPC 80
Energy (kcal)	369	412
Protein (g)	34.4	80
Fat (g)	3.93	6.6
Carbohydrate (g)	50.8	5.31
Calcium	569 mg	423 mg
Iron	0.89 mg	1.2 mg
Magnesium	104 mg	50 mg
Potassium	1680 mg	517 mg
Thiamin	0.36 mg	0 mg
Package Size: Bulk		
Shelf Life: 1 year		



<sup>1</sup>Nutrition Profiles taken from: [http://usdec.files.cms-plus.com/PDFs/2008ReferenceManuals/Whey\\_Lactose\\_Reference\\_Manual\\_Complete2\\_Optimized.pdf](http://usdec.files.cms-plus.com/PDFs/2008ReferenceManuals/Whey_Lactose_Reference_Manual_Complete2_Optimized.pdf)