

F-100 Formulation

F-100 and F-75 (also known as Formula 100 and Formula 75) are therapeutic milk products designed to treat severe malnutrition. In 1994 Action Against Hunger pioneered the use of milk formula F-100 for the treatment of severe acute malnutrition, which is now used by all major humanitarian aid organizations to treat acute malnutrition. As a result, the global mortality rate of severely malnourished children under the age of five has been reduced from 25% to 5%.

F-75 is considered the "starter" formula, and F-100 the "catch-up" formula. The designations mean that the product contains 75 and 100 kcals per 100 ml, respectively. Both are very high in energy, fat, and protein, and provide a large amount of nutrients.

Ingredients for 1 Liter of F-100:

- **Brown or whiter sugar 100 ml (75 gm)**
- **Full-cream (whole) cow's milk 850 ml**
- **Vegetable oil 20 ml (20 g)**

Other needed supplies:

- **Mixing bowl one liter**
- **Measuring cup**
- **Spoon for mixing**
- **Drinking cups**
- **Towel for cleaning spills**