MAMA's Super Drink

Message to Mother:

If our children are not eating well, losing weight and not growing, we always want to ask for advice. Sometimes our friends and family may advise us to feed a sick, malnourished child too much too fast.

But when we bring a very malnourished and sick child to the hospital, we may be surprised to be instructed to give our child a small measured portion of a nutritious drink every few hours on a schedule around the clock.

The schedule will start with a sweet dilute liquid that is low in salt. We want to follow the schedule and follow the doctor’s instructions. If they are very sick, don't give your child other food until they start to recover. Our motherly instinct may tell us to share our food with our child, but it could do harm if they start to eat too much too fast, especially if our food is salty.

One of your most important jobs while you are caring for you sick malnourished child in the nutrition ward is to keep your child close to your body to stay warm, and give them a lot of loving encouragement to drink the number of ounces that the chart instructs for their size and overall condition. Don’t force the child to drink quickly. You don’t want the child to inhale the drink into their lungs. If they are crying or struggling, be gentle and patient. Don’t do things like pinching their nose and pouring the drink into their mouth.

Also, watch your child carefully. If you see them breathing faster, or swelling up, the doctor may have to cut back the feeding amount to give their little body time to adjust.

The balance of nutrition in the liquid is very important.

After the first few days, when your child is stable and starting to improve, the doctor will gradually switch to a more concentrated formula.

When it is possible, it is good for children to have extra vitamins and minerals to make up what they are lacking. Follow the instructions of your doctor and nurse if you are in the hospital.

There is a nutritious peanut bar that is called MAMA’s SuperBar It is very good for children to given them extra protein and other nutrients that they need for good health. The bar can be eaten, or for sick or young children it that can be used to make the first and second drinks.

This is how the drinks are made in the hospital, and you can make them in the community when you want to improve the nutrition of children or adults. It is important to measure carefully. For both of the drinks, you will need a clean one-liter container with a lid. First you will mash the bar, then slowly add the water while stirring to dissolve the bar in the water. Then you put the lid on tight and shake until the bar is dissolved. Keep the lid on to shake before you pour each portion. It is best to drink all of the liter within two hours, especially if the weather is warm and you don’t have a refrigerator. Anyone can enjoy the drink, if the sick child has had their portions first.

**Formula for Stabilization (~F75):** This is the first drink that you give to the child who is seriously malnourished.

Water, to make one liter

1/4 cup of sugar, (194calories).

1 MAMA SuperBar- 544 calories / liter

(Plus 1.7cc of MAMA's Macro Mineral Blend if you have it.)

Total of 738 calories in 1 liter.

Protein 16.6g/liter

Feeding with this kind of formula, or F75 if available should start immediately every 2 hours, and continue day and night. As the child improves over the first 2-7 days, the Formula can be gradually substituted with F100, or the following formula:

**Formula for Catch Up (~F100): This is the drink to continue after child is stabilized, and is recovering from malnutrition.**

2 MAMA SuperBars 1088 calories

Water to make one liter

Protein 33.2g/liter

Refer to the charts to give the appropriate amounts for weight, and be sure to cut to 2/3 in a child with severe oedema Gradually, as the child is becoming stabilized, usually after 2-7 days, give 1/2 of the ~F75 Stabilizing Formula, and 1/ 2 of ~F100 Catch Up formula. As recovery continues, gradually transition to the ~F100 Formula for Catch Up

If you see signs of the re-feeding syndrome (rapid heart rate, shortness of breath), cut the rate in half, and then gradually work back up to the full amount. over the next few days.

If the person is tolerating the drink increase by about 10 ml at each feeding, and stop increasing if the person doesn't take the entire feed. PB 23April2021