

BAMISA PORRIDGE - PRODUCT FILE

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The processed-cereal baby food "BAMiSA" is a **fluid-concentrated porridge** of high protéino-energy value and low viscosity. It is prepared with 30 % of dry matter. It is rich in proteins (in particular lysine rich) and rich in fats.

After cooking, the addition of a local amylase (malt or other one) in the thick porridge allows to degrade starches (amyloses and amylopectines) partially to obtain a fluid or liquid consistency. This process of liquefaction avoids the catastrophic dilutions.

The processed-cereal baby food "BAMiSA" enters our category of **LAP-120** (Local Amylased Porridges reaching **120** Kcal/100ml), porridges which consistency and composition are compatible with the immature oral and digestive capacities of the young children.

COMPOSITION of BAMiSA porridge

- Ingredients: a cereal, pearl millet or corn, and two fat legumes, soya and peanut, sugar and iodized salt. The amylase is supplied by malt.
- Expected composition from 100 ml.

Proteins	≥ 4,5 g	Iron	3 mg	Phosphorus	78 mg
Lipids	≥ 3,3 g	Zinc	1,8 mg	Magnesium	33 mg
Carbohydrates	19 g ± 1 g	Calcium	30 mg	Copper	17 mg
- Calorie value for 100 ml : ≥ 120 Kcal
- Calorie value of a bowl of porridge (200 ml) : 255 Kcal.
- Volume of a 500 Kcal caloric intake : 200 ml x 2.

USERS of BAMiSA porridge

The young children

- All the children from six months, as a supplement to breast-feeding.
- From four months, as a supplement if irreversible deficit of maternal milk and to the orphan children as a supplement to infant milk.
- On bowl of Bamisa porridge a day contributes to prevent the malnutrition. The Bamisa porridge will be given until the child is able to satisfy all his nutritional needs with the traditional family food or until her mother can prepare herself fluid-concentrated porridges.

The malnourished children

- A usual "caloric intake" of 500 Kcal is given to children exposed to malnutrition or suffering from MAM in addition to their daily meal. A "500 Kcaloric intake" corresponds to 2 bowls of BAMiSA porridge. One or two 500 Kcal intakes can be given after treatment of the phase I of severe acute malnutrition (SAM), associated with a complement in vitamins and minerals.

The older children and adults

- School age children, pregnant or breast-feeding women, old persons.
- Sick and undernourished adults having difficulties to swallow (chronic diseases, seropositivity, surgery).

If the consumer prefers a thick porridge, don't add an amylase.

BAMISA PORRIDGE - RECIPE

The " 1 + 2 + 3 " recipe is based on three principles :

1° The Control of the proportions water / flour :

Mixture of " **1 volume of flour for 2 volumes of water** ",
That is "60 g of flour and 200 ml of water" for a bowl of porridge.

2° A brief cooking

Boiling during 2 or 3 minutes is enough, the cereal and the legumes being precooked by their preliminary roasting.

3° The amylasique liquefaction of the thick porridge

" 3 pinches " of malt, mixed gradually in the hot porridge, lead to its liquefaction.
The maternal milk or traces of maternal saliva also cause a quick liquefaction.

The " 1 + 2 + 3 " recipe

**1 volume of flour + 2 volumes of water
+ 3 pinches of malt.**

1° In a bowl, mix
1 glass of flour and
1 glass of water.

2° In a saucepan, put boiling
1 other glass of water.

3° In boiling water,
pour the mixed flour .

4° Warm by mixing.
The porridge becomes thick.

5° Cook a few minutes
over a low heat, by mixing.

6° Take away from the fire and
especially do not add water.

7° To liquefy without diluting
add and mix 3 pinches of malt
in the hot porridge.
Thanks to the amylase of the malt,
liquefaction is fast.

Consume immediately ,
or make reboil a few moments.

8° It is advised to add :
some fruit juice, tomato, red palm oil...
or vitamins and minerals of prescription.

Text and drawings appearing on the back of the bags of BAMiSA® flour

**« Liquefy without diluting » and « 1 + 2 + 3 recipe »
are educational tools
which allow to improve the young children nutrition**