

Nutrition Tips & Tricks

Go to the community health center!

SIGNS OF MALNUTRITION



not eating



always tired



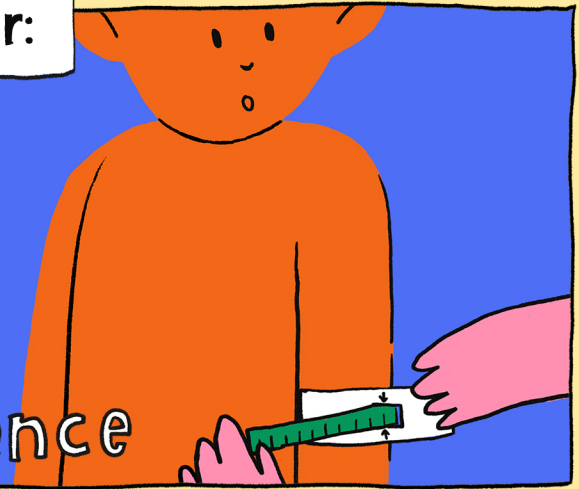
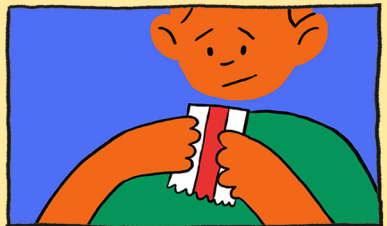
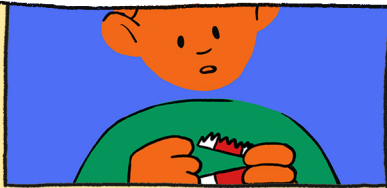
not growing



RUTF/RUSF is a medicinal food to treat acute malnutrition. It supports rapid weight gain

MUAC stands for:

Mid
Upper
Arm
Circumference

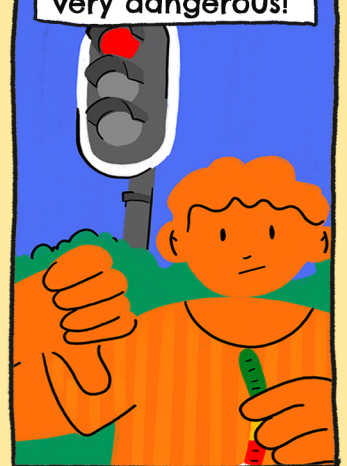


green is good!

yellow is moderate acute malnutrition

red is severe and very dangerous!

WHAT THE
MUAC
TEST
COLORS
MEAN:



MUAC test dos and don'ts

1. **DON'T** make the band too tight or too loose
2. **DON'T** bend the arm when measuring
3. **DO** use the left arm
4. **DO** measure the midpoint of the upper arm



EARLY
DETECTION
SAVES
LIVES!

