

Nutrition information of foodstuffs and ingredients

Millet - The protein content of millet varies from 5 to 20 percent, with an average of 10 to 12 percent. Millet is generally superior to wheat, corn, and rice in terms of protein content. It is also a good source of the minerals phosphorous and magnesium, as well as B vitamins such as thiamine, riboflavin, niacin, and B6.

Groundnuts - are rich in energy (567 calories per 100 g) and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health. The nuts are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. 100 g of peanuts provide about 85% of RDI of niacin, which contribute to brain health and blood flow to brain. The nuts are rich source of minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

Soya beans - The many health benefits of soybeans comes from the wealth of nutrients, vitamins, organic compounds, and other nutrients, including a significant amount of dietary fibre and a very large amount of protein. In terms of vitamins, soybeans contains vitamin K, riboflavin, folate, vitamin B6, thiamin, and vitamin C. As for minerals, soybeans contain significant amounts of iron, manganese, phosphorous, copper, potassium, magnesium, zinc, selenium, and calcium. It is also a good source of organic compounds and antioxidants, further boosting the healthy impact of soybeans.

Baobab fruit powder contains a variety of vitamins and minerals. Gram per gram it contains six times as much vitamin C as oranges, twice as much calcium as milk and even more iron than red meat. It is also rich in potassium and has plenty B vitamins, magnesium, phosphorous, and antioxidants. What's more, the fruit pulp is rich in soluble fibre and it has more fibre than other fruits such as apples and mangoes.

Dates - The natural sugar found in dates is an excellent substitute for the ordinary sugar. This fruit is easily digestible and reduces the feeling of hunger. Taken in consider the nutrients dates contain, these fruits are a sort of a multivitamin pill, good for both children and adults. Dates are efficient in treating numerous diseases, including anaemia, cholesterol, cancer and many other. Its a good source of energy, sugar and fibre. Essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc are found in dates.

Sugarcane syrup - It is also loaded with vitamins and minerals such as calcium, potassium, magnesium, manganese, and iron; along with a complete profile of essential amino-acids that help burn fat and build muscle. Some of these include pipercolic acid, methionine, tryptophan, α-alanine, and arginine; along with basic amino-acids like histidine, lysine, arginine, and tryptophan. Cane juice is alkaline to the body, and because most diseases cannot live in an alkaline environment, in it's raw form, sugar cane syrup can be very healing to the body. It has even been found to lower cholesterol--both LDL and triglycerides.



NURTUREALL FOODS
Nutrition Matters

**'FOOD IS MEDICINE AND
MEDICINE IS FOOD'**

-Hippocrates – the father of modern medicine

NURTURE-ALL FOODS ARE PRODUCED FROM:

3 BASIC FOODSTUFFS

&

3 FORTIFYING INGREDIENTS








PRODUCTS:

- **SOYKUNU**
- **SOYKUNU PLUS**
- **SOYALAC**
- **SOYBISCUITS**
- **FURA DA NONO**
- **BURABUSKO**

High Protein/Calorie supplementary foods, made with local raw materials to address issues of Malnutrition in the community– especially pregnant women, lactating mothers and children. Tasty products - No refined sugar or artificial sweetener added.

ALL FOODS ARE MADE FROM NATURALLY GROWN AND NON-GMO RAW MATERIALS.

	<p>SOYKUNU –made with just the 3 basic ingredients. Can be taken by everyone for improved nutritional status. It has been found to be beneficial for people with high blood pressure and diabetes.</p>	<p>Cost: 100 gm = N110/sachet 100 X 50 sachets = N5,500/carton</p> <p>Custom made -</p> <p>20 kg bags = N22,000</p> <p>1 tonne (1,000 kg)</p> <p>20 kg X 50 bags = N1,100,000</p>		<p>SOYBISCUITS—made with the 3 basic ingredients. Sugar cane syrup (mazankwaila) is used to sweeten. Packed with nutrients and can be eaten by all. One pack of Soybiscuit contains 500 calories.</p>	<p>Cost: 85 gm = N70/pack 85 gm X 50 packs = N4,250/carton</p>
	<p>SOYKUNU PLUS – made with 3 basic ingredients. Baobab fruit (kwalaba) is added to fortify. Ideal for pregnant women and lactating mothers. This product makes one feel ‘full’ when consumed because of its high fibre content.</p>	<p>Cost: 100 gm = N130/sachet 100 gm X 50 sachets = N6,500 /carton</p> <p>Custom made - 20 kg bag = N26,000</p> <p>1 tonne (1,000 kg)</p> <p>20 kg X 50 bags = N1,300,000</p>		<p>FURA DA NONO – made with one of the main ingredients, millet which is high in calories and and milk (Nono) which is very high in protein. FURA da Nono is a traditional afternoon meal for all.</p>	<p>Cost: 100 gm = N110/sachet 100 gm X 50 sachets = N5,500/carton</p>
	<p>SOYALAC –made from the 3 main ingredients. Dates (dried) added to sweeten and to provide useful minerals and vitamins. Ideal for children age 6 months – 5 years.</p>	<p>Cost: 100 gm = N140/sachet 100 gm X 50 sachets = N7,000/carton</p> <p>Custom made - 20 kg bag = N28,000</p> <p>1 tonne (1,000 kg)</p> <p>20 kg X 50 bags = N1,400,000</p>		<p>BURABUSKO –Also a traditional meal made with mainly millet and very common dish in the the northeast areas of Nigeria. It is already steamed ready to eat after soaking in water for 5 minutes and mixing with spices and pure groundnut oil.</p>	<p>Cost: 100 gm = N100/sachet 100 gm X 50 sachets = N5,000/carton</p>

To order, please contact:

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