



## MannaPackTM- Rice

Our MannaPack- Rice food formula utilizes the latest in food technology to meets the needs of the most severely malnourished children around the world. Each meal includes the following nutrients:

### **Vitamin B12**

What it does – metabolizes protein and fat; helps in formation of antibodies to fight infection and the formation of red blood cells. Deficiencies result in – anemia, smooth tongue, fatigue, and nerve degeneration that can lead to paralysis.

### **Vitamin C**

What it does – helps in wound healing; maintains bones and teeth; strengthens blood vessels; improves immunity and helps the body absorb iron.

Deficiencies result in – scurvy, bleeding gums, tooth loss, and even death; anemia, arteriosclerosis (clogged blood vessels), depression, increased infections, muscle degeneration, rough skin, weakened bones, and poor wound healing.

### **Zinc**

What it does – is part of many proteins and present in the hormone insulin; helps in the production of proteins, boosts immunity; helps transport Vitamin A in the body; helps in wound healing, taste and normal fetal development.

Deficiencies result in – poor wound healing.

### **Vitamin D**

What it does – bone and tooth formation; helps body absorb and use calcium and phosphorous that aids in bone formation.

Deficiencies result in – soft bones, abnormal growth, joint pain, and poorly formed teeth.

### **Fats**

What it does – source of energy and stores energy; forms the major component of cell walls; nourishes skin and hair; insulates the body from heat and cold; and cushions the main organs of the body.

Deficiencies result in – weakness, rough skin, brittle hair and intolerance to heat and cold.

From its beginnings, Feed My Starving Children (FMSC) has worked to develop a food mixture that would be easy and safe to transport, simple to make with only boiling water, and culturally acceptable worldwide.

Packaged in small pouches—each of which provides six highly nutritious meals—this easy-to-prepare food blend has won rave reviews all over the world. While the formula was designed to save the lives of severely malnourished and starving children, the ingredients also improve the health, growth and physical well-being of children who are no longer in immediate danger of starvation. A team of food scientists continues to monitor the FMSC formula to ensure that it meets nutritional needs for the world's hungry children.

With the input of scientists from major food companies in the Twin Cities area—including Cargill and General Mills — FMSC developed Manna Pack TM-Rice, a formula consisting of:

1. Rice, the most widely accepted grain around the world.
2. Extruded soy nuggets, providing maximum protein at lowest cost.
3. Vitamins, minerals and a vegetarian chicken flavouring to give growing children the critical nutritional elements they need.
4. Dehydrated vegetables for flavour and nutrition.

A single bag of food—which provides meals for six children—costs around USD\$1.15 to produce.

**Magnesium**

What it does – helps in bone formation, protein use by the body, enzyme action, muscle activity, and nerve function.

Deficiencies result in – weakness, confusion, decreased function of the pancreas, growth failure, and muscle spasms.

**Iron**

What it does – helps in the formation of hemoglobin (enables red blood cells to carry oxygen) and helps the body use energy from food.

Deficiencies result in – anemia, weakness, increased risk of infections, and inability to concentrate.

**Vitamin A**

What it does – helps in vision, growth and repair of the body; improves immunity; and helps decrease the risk of cancer.

Deficiencies result in – night blindness, rough skin, increased risk of infection, impaired bone and body growth, abnormal tooth and jaw alignment, eye problems that can lead to blindness.

**Copper**

What it does – helps with iron absorption and is part of several enzymes.

Deficiencies result in – anemia and bone changes.

**Vitamin B6**

What it does – helps in the release of energy from food; promotes healthy skin, nerves, and the digestive system.

Deficiencies result in – nervous disorders, skin rashes, muscle weakness, anemia, seizures, and kidney stones.

**Niacin**

What it does – maintains nerve cells; helps in red blood cell production; and helps in the production of genetic material.

Deficiencies result in – skin rash on the body where exposed to the sun, loss of appetite, dizziness, weakness, irritability, fatigue, confusion, and indigestion.

**Calcium**

What it does – strengthens bones and teeth; helps muscles work; and helps blood clot, nerves to function and blood pressure function.

Deficiencies result in – stunted growth, tooth decay and bone loss in adults.

**Biotin**

What it does – helps in energy metabolism, fat production, and storage of a form of sugar (glycogen) that is stored in the liver.

Deficiencies result in – loss of appetite, nausea, depression, muscle pain, weakness, fatigue, and skin rash.

**Soy – Form of Protein**

What it does – growth and repair of the body; helps transport nutrients throughout the body; helps body fight infection, regulates fluid in the body; is a source of protein.

Deficiencies result in –

Kwashiorkor: severe growth retardation, loss of hair color, wounds do not heal, anemia, weakness, increased risk of infection, and can result in death.

Marasmus: similar to kwashiorkor systems and muscle wasting, weakened heart, and impaired brain development.

**Rice – Carbohydrates**

What it does – provides the body with energy to perform all its functions; preferred source of energy for the brain and nervous system.

Deficiencies result in – weakness, fatigue, confusion, low blood sugar (hypoglycemia).