

# Kids Against Hunger®

## Meal Ingredients and Benefits

**Rice • Soy (fortified with 10 vitamins) • Vegetables • Vitamins and Minerals**

The meal ingredients are formulated to provide a rich source of easily digestible protein, carbohydrates, and vitamins needed by an undernourished child's body and mind. The food is also acceptable to the broad diversity of ethnic tastes and religious differences around the world. The food offers all 9 of the essential amino acids required for complete nutrition, something that can't be said about other typical food relief sources such as rice or beans alone. It is also very simple to prepare, requiring only 6 cups of boiling water to make a complete meal.

<b>VITAMIN A</b>	<i>Good for:</i> Eyesight, growth, appetite and taste <i>Signs of deficiency:</i> Night-blindness
<b>VITAMIN B6</b>	<i>Good for:</i> Preventing skin conditions, nerve problems, helps the body absorb protein and carbohydrate <i>Signs of deficiency:</i> Skin inflammation
<b>VITAMIN B12</b>	<i>Good for:</i> Making red blood and the formation of the nerves <i>Signs of deficiency:</i> Tiredness, breathing difficulties, dizziness, abnormalities in nerve tissue function
<b>VITAMIN C</b>	<i>Good for:</i> Immune defense system, protection from viruses and bacteria, healing wounds, reducing cholesterol, cell lifespan, preventing scurvy <i>Signs of deficiency:</i> Tiredness, bleeding gums, slow-healing wounds
<b>VITAMIN D</b>	<i>Good for:</i> Strong bones and teeth <i>Signs of deficiency:</i> Unhealthy teeth, osteomalacia (causes weakening of bones), rickets in children.
<b>VITAMIN E</b>	<i>Good for:</i> Fighting toxins - vitamin E is a powerful antioxidant <i>Signs of deficiency:</i> Weak muscles and fertility problems
<b>FOLIC ACID/FOLATE</b>	<i>Good for:</i> Production of red blood cells. It is essential in the first three months of pregnancy to prevent birth defects such as spina bifida, cleft palate or cleft lip. <i>Signs of deficiency:</i> Tiredness due to anaemia, red tongue
<b>CALCIUM</b>	<i>Good for:</i> Strong bones and teeth, nerve function, muscle contraction, blood clotting <i>Signs of deficiency:</i> Poor teeth and brittle bones
<b>IRON</b>	<i>Good for:</i> Red blood cells and muscle function, white blood cells and the immune system <i>Signs of deficiency:</i> Tiredness, irritability, difficulties concentrating
<b>MAGNESIUM</b>	<i>Good for:</i> Converting energy from food, cell repair, building strong bones, teeth and muscles, regulating body temperature <i>Signs of deficiency:</i> Muscle spasms, and has been associated with heart disease, diabetes, high blood pressure and weak bones
<b>ZINC</b>	<i>Good for:</i> Immune system, the breakdown of protein, fat and carbohydrate <i>Signs of deficiency:</i> Lesions on skin, eyes and in throat, loss of taste and smell, hair loss, diarrhea, slow healing of wounds, growth problems in children

(Source: NetDoctor, [http://www.netdoctor.co.uk/health\\_advice/facts/vitamins\\_which.htm](http://www.netdoctor.co.uk/health_advice/facts/vitamins_which.htm))