

## Why use Moringa Powder?

- Using the leaves as part of a diet is visibly effective in treating malnutrition and promoting improved physical health and well being.
  - Many children in developing countries are under-nourished which results in sickness and slow growth. Successful treatment of malnourished children with the moringa leaf powder is well documented.
  - Many adults lack the nutrition in their daily diet and often have low energy, sore legs and arms, and other chronic sicknesses. Moringa can help improve the health of these adults.
  - Pregnant and lactating women in developing countries often lack proper nutrition to care for a growing fetus and small baby, so moringa is a great help to these women.

## How to use the Moringa Powder

- Give malnourished children 1 rounded Tablespoon of powder 3 times a day. (25 grams/day)
- Give pregnant or lactating women 1 rounded Tablespoon of powder 6 times a day. (50 grams/day)
- To improve general poor health give 1 rounded Tablespoon of powder 2-3 times a day.
- To maintain health give 1 rounded Tablespoon of powder 1-2 times a day.

### Ways to eat the powder:

- Make a tea: Put a rounded Tablespoon of powder in a glass and fill the glass with warm water. Add a small amount of sugar or honey or lime to taste. Stir and drink the tea and powder together. It is better for the water not to be too hot as high heat will kill some of the nutrients.
- Put a rounded Tablespoon of powder in your mouth and drink water to help swallow the powder.
- Mix a rounded Tablespoon of powder with your food.

| Nutrient  | %RDA in 25g Moringa Powder for children | %RDA in 50g Moringa Powder for Pregnant women |
|-----------|---|---|
| Protein   | 42%                                     | 21%   |
| Calcium   | 125%                                    | 84%   |
| Magnesium | 61%                                     | 54%   |
| Potassium | 41%                                     | 22%   |
| Iron      | 71%                                     | 94%   |
| Vitamin A | 310%                                    | 162%  |
| Vitamin C | 22%                                     | 9%  |



CAMA Services

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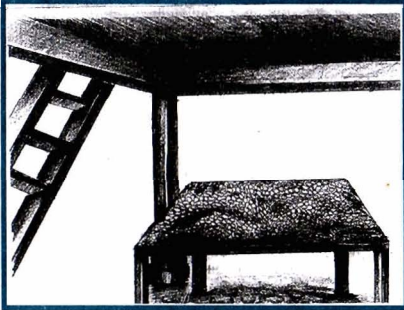
1. Pick the branches from the tree while the leaves are still green. You may pick older bigger leaves that are on the sides of the tree as well. But do not use any yellow or brown leaves.



2. Dip a few leaves at a time in clean water to wash the leaves. Then shake as much water off as you can by holding the end of the stems in the palm of your hand and swinging the leaves back and forth.



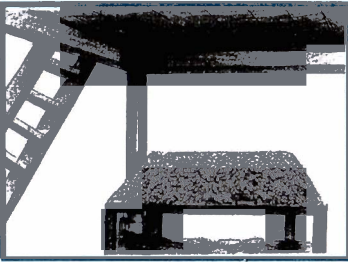
3. Lay the leaves out flat in the shade for 10-15 minutes to dry the water off.



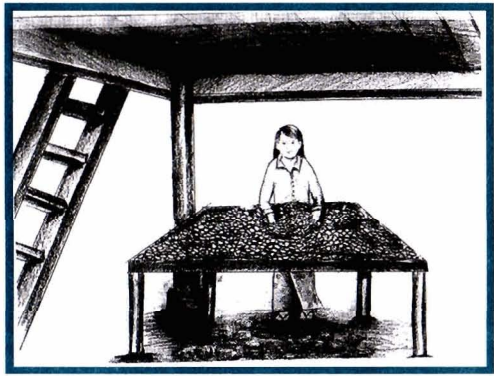
4. After 10-15 minutes, pull the leaves off the stems.



5. Place the leaves on a screen, mat or kroma and spread them out in the shade to dry. You must lay them in the shade because the sun will kill some of the vitamins.

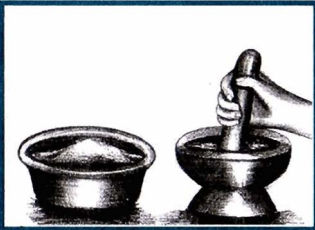


6. Every day stir or mix the leaves to help air flow through the leaves to prevent leaves sticking together and growing mold.

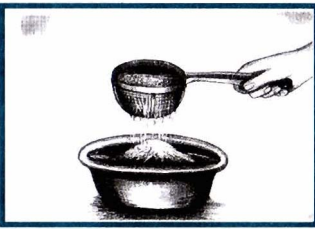


7. After 3-7 days (depending on the season) the leaves will be dry and brittle.

8. Take a few leaves at a time and pound them in a mortar.



9. Then sift.



10. The result will be your moringa powder.



11. Store the powder in an air tight container and keep it in a dark cool place. Wrap the container with a dark cloth to keep light out.



12. The powder is good up to one year.

