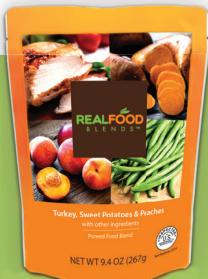




Bringing Real Food and Nutritional Variety to People with Feeding Tubes

Real Food Blends offers 6 shelf stable real food meals for people with feeding tubes that can be used as a primary source of nutrition or in conjunction with commercial formula or a home blended diet. Each meal features 5-7 whole food ingredients that follow the "Choose Your Plate" guidelines and offer 1 serving each of protein, fruits, vegetables, whole grains, and fat.

Visit RealFoodBlends.com/RDHub to request samples and for our free CEU presentations.



Turkey, Sweet Potatoes & Peaches

Sweet Potatoes, Peaches, Cooked Turkey, Water, Olive Oil, Green Beans



Chicken, Carrots & Brown Rice

Orange Juice, Cooked Chicken, Carrots, Brown Rice, Grapeseed Oil, Water, Ginger, Roasted Sunflower Seeds



Beef, Potatoes & Spinach

Pineapple Juice, Ground Beef, Potatoes, Spinach, Grapeseed Oil



Salmon, Oats & Squash

Pomegranate Juice, Water, Squash Puree, Salmon, Gluten-Free Rolled Oats, Flaxseed Oil



Quinoa, Kale & Hemp

Grape Juice, Water, Kale, Hemp Powder, Extra Virgin Olive Oil, Quinoa, Cinnamon



Eggs, Apples & Oats

Apples, Whole Eggs, Water, Zucchini, Gluten-Free Rolled Oats, Flaxseed Oil

Each 9.4 ounce meal equals 8 fluid ounces (237 ml)

The Basics

- 320-340 calories per 8-ounce meal (237 ml, 1.3-1.4 Cal/ml)
- Suitable for those with nut, soy, dairy, or gluten intolerances
- No preservatives or added sugar
- Covered under many insurance plans under HCPCS B4149

Nutritional Data

		Turkey, Sweet Potatoes & Peaches 9.43 oz./267g (237 mL single portion)	Eggs, Apples & Oats 9.43 oz. / 267g (237 mL single portion)	Chicken, Carrots & Brown Rice 9.43 oz. / 267g (237 mL single portion)	Quinoa, Kale & Hemp 9.43 oz. / 267g (237 mL single portion)	Salmon, Oats & Squash 9.43 oz. / 267g (237 mL single portion)	Beef, Potatoes & Spinach 9.43 oz. / 267g (237 mL single portion)
Calories		320	320	340	340	330	330
Protein	g	14	8	14	12	12	11
Carbohydrates	g	23	26	28	32	25	30
Fiber	g	4	3	3	6	3	2
Total Fat	g	19	20	20	19	20	18
Saturated Fat	g	3	3	2.5	2.5	3	3
Trans Fat	g	0	0	0	0	0	0
Cholesterol	mg	55	190	45	0	25	30
Sodium	mg (mEq)	80 (3.48)	80 (3.48)	90 (3.91)	20 (0.87)	30 (1.30)	60 (2.61)
Potassium	mg (mEq)	664 (17.03)	239 (6.13)	514 (13.18)	401 (10.28)	300 (7.69)	607 (15.56)

*Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification. See package label for ingredient details and additional nutrition information.

Clinical Support for Real Food for Enteral Patients

There is a growing body of evidence-based research that shows that enteral patients can benefit from blenderized diets.

- Improvements in gagging and retching
- Reduction in vomiting
- Less diarrhea
- Greater volume tolerance
- Relief from constipation
- Improved reflux symptoms
- Increase in oral intake

Research also shows many enteral patients support using real food and already rely on food for at least some of their nutrition needs.

Using Real Food Blends

- Add dairy or an age appropriate multivitamin to meet calcium/vitamin D needs
- Add ¼ teaspoon of iodized salt per day depending on your patient's individual sodium needs
- Include additional fluid for hydration
- Ready to use for bolus feeding for 14 French tubes or above
- Add an additional 2-4 ounces of liquid (water, milk, juice, oil, etc.) for use with feeding pumps and gravity bags
- Hang time is 2 hours (meals can be refrigerated for up to 24 hours after opening)¹

For more information, patient stories, and other resources
visit our website at RealFoodBlends.com or call 1-888-484-9495.

¹ASPEN recommends a hang time of 4 hours for blended foods. As our meals are only 100% real food, without synthetic ingredients to increase hang time, we conservatively recommend a 2 hour hang time.