

REALFOOD
B L E N D S™
MEALS FOR TUBE-FED PEOPLE

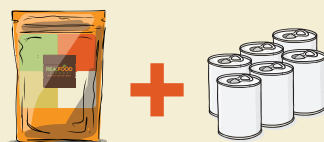
Transitioning to Real Food Blends



Sample Transitioning Schedule

Day 1

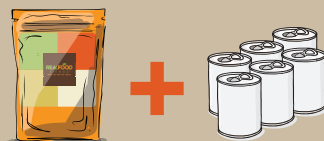
Replace 25% of calories with Real Food Blends meals and continue with 75% of calories from formula.



Example: Substitute 1 RFB pouch for 1-2 cans/servings of formula

Day 2

If tolerated, repeat the regimen used in Day 1, using the same Real Food Blends variety.



Example: Substitute 1 RFB pouch for 1-2 cans/servings of formula

Day 3

Replace 50% of calories with Real Food Blends meals and continue with 50% of calories from formula.



Example: Add 1 new variety and substitute 2 RFB pouches for 2-4 cans/servings of formula.

Day 4

If tolerated, repeat the regimen used in Day 3, using the same Real Food Blends varieties.



Example: Add 1 new variety and substitute 2 RFB pouches for 2-4 cans/servings of formula.

Day 5

Replace 75% of calories with Real Food Blends meals and continue with 25% of calories from formula.



Example: Add 1 new variety and substitute 3 RFB pouches for 3-6 cans/servings of formula.

Day 6

If tolerated, repeat the regimen used in Day 5, using the same Real Food Blends varieties.



Example: Add 1 new variety and substitute 3 RFB pouches for 3-6 cans/servings of formula.

Day 7+

Replace 100% of calories with Real Food Blends meals. After Day 7 you may begin rotating all RFB varieties into your diet.



Example: Add 1 new variety and substitute 4 RFB pouches for 4-8 cans/servings of formula.

The information below is not medical advice. Always work with your medical team before making any changes to your enteral nutrition, especially if you have never consumed real food before or have reason to suspect allergies.

Bring Back Meal Time

Enjoy Breakfast, Lunch and Dinner

We like to encourage working toward a normal mealtime schedule of breakfast, lunch, and dinner (with maybe a snack or two), versus continuous or overnight feeds. If you have been on continuous feeds, it may take some time to get toward this schedule, but often this can be done once the body adjusts to having real food again.



The Slow-Push Bolus Syringe



If you are used to a liquid formula, you may be surprised by the thickness of our meals. We find that using the slow-push method of bolus feeding with a syringe is usually preferable to pump or gravity feeding, and helps maintain the meal consistency. (The thickness of our meals tends to help with reflux issues and a feeding of satisfaction that you just don't get from a pure liquid!) When first transitioning, feel free to thin the meals with additional liquid or formula for use in a pump or gravity bag and you can work toward bolus feeding later.

Nutritional Variety Without Limits

After completing your transition schedule, ideally you would introduce the other two RFB varieties into your diet and continue to rotate the meals. For even more variety, consider some simple additions like whole milk or pourable Kefir for added calcium.



ADDITIONAL TIPS

Add water to meet hydration needs – same as oral eaters do! Discuss with your medical team about how much water is needed. In general, urine should be pale yellow and stools easy to pass.

RFB meals contain no added sodium. If you're not on a sodium restricted diet, adding anywhere from ¼ to 1 teaspoon of salt per day would meet your daily sodium requirements (depending on your age and weight). Always consult with your medical team on exact needs.

RFB meals do not contain synthetic vitamins or minerals. You may want to consider adding an age-appropriate multivitamin along with a calcium supplement to make sure all your daily RDIs are met.

Knead the meal before opening the package to improve consistency, especially if the meal has been exposed to colder temperatures. Warming the meals can help improve the consistency, too.

Real Food Blends meals can be used in conjunction with formula, a home blended diet, or on their own--whatever works best for you!

One (1) pouch equals 240 ml/8 fl oz and contains 320-340 calories.

QUESTIONS? COMMENTS? SAMPLES?

Contact us at info@RealFoodBlends.com **or** (888) 484-9495 with any questions or to request samples!