

Technical Information:	Real Food Blends™ Item 49749: Beef, Potatoes & Spinach Enteral Feeding Liquid Meal
Description	Real Food Blends™ Beef, Potatoes & Spinach is a pre-packaged pureed food meal that is fed via feeding tube. Each 9.4-ounce pouch yields an 8-fluid ounce serving (237ml) delivering 11 grams protein, 18 grams fat and 30 grams of carbohydrate in 330 calories.
Ingredients	Pineapple Juice, Ground Beef, Potatoes, Spinach, Grapeseed Oil
Caloric Distribution	13% calories from protein 37% calories from carbohydrate 50% calories from fat
Protein Source	Ground Beef
Carbohydrate Source	Pineapple Juice, Potato, Spinach
Fat Source	Grapeseed Oil, Ground Beef
Water Content	77%
Fiber / Source	2 g per serving / Potatoes, Spinach, Pineapple Juice
Allergens	No <ul style="list-style-type: none"> Manufactured in a facility that processes: egg, fish, gluten, milk, shellfish, soy, sulphites, tree nuts, and wheat
Gluten Free	Not tested. Does not contain gluten ingredients.
Lactose Content	0 g per serving
Phenylalanine	415 mg per serving
Contraindications	<ul style="list-style-type: none"> Product is made from usual and customary foods. An individual would not be expected to have a reaction unless they were sensitive, or allergic, to an ingredient. Drug/nutrient interactions should be evaluated by the physician and/or pharmacist.
Kosher Certified	No
Halal Certified	No
User Instruction	<i>Use as directed by your Health Care Professional</i> <ul style="list-style-type: none"> Bolus - Packaged ready to use. May consume orally. Gravity or pump administration - Add 2-4 ounces of liquid as needed to reduce viscosity. Refrigerate any unused portion and use within 24 hours. Flush tube with water after each feeding.
Nutritional Applications	<i>May help address feeding intolerance for those exhibiting the following symptoms:</i> <ul style="list-style-type: none"> Gagging/Retching Vomiting Constipation Failure to thrive Diarrhea Bloating/Distension
Free from	Soy, corn, dairy, peanuts, and artificial color/texture
Shelf Life	3 years from date of manufacture, unopened, at room temperature

As with any real food product, variations in caloric and nutrient levels should be expected due to growing conditions. If a specific medical condition requires precise nutrient levels please discuss with your medical team before using Real Food Blends meals.



NUTRITION INFORMATION¹

	Measure	9.4 oz / 267 g (237 mL single serving)	Per 1000 mL
Calories		330	1,392
Nutrients			
Protein	g	11	46
Carbohydrate	g	30	127
Fiber	g	2	8.4
Sugars	g	14	59
Added Sugars	g	0	0
Total Fat	g	18	76
Saturated Fat	g	3	12.7
Monounsaturated Fat	g	4.1	17.2
Polyunsaturated Fat	g	10.0	42.4
Trans Fat	g	0	0
Cholesterol	mg	30	127
Vitamins			
Vitamin A (RAE)	mcg	129	546
Vitamin C	mg	20	86
Vitamin D	mcg	0	0
Vitamin E (α tocopherol)	mg	5	20
Thiamin (B ₁)	mg	0.13	0.56
Riboflavin (B ₂)	mg	0.13	0.54
Vitamin B ₆	mg	0.33	1.38
Vitamin B ₁₂	mcg	0.96	4.04
Niacin (B ₃)	mg	3.01	12.70
Pantothenic Acid (B ₅)	mg	0.49	2.07
Folate (DFE)	mcg	49	205
Choline	mg	37	157
Vitamin K	mcg	118	497
Minerals			
Sodium	mg (mEq)	60 (2.61)	253 (11.00)
Potassium	mg (mEq)	607 (15.56)	2,561 (65.67)
Calcium	mg (mEq)	55 (2.75)	232 (11.60)
Phosphorus	mg (mEq)	141 (9.10)	594 (38.32)
Magnesium	mg (mEq)	41 (3.37)	173 (14.24)
Iodine	mcg		
Copper	mg	0.19	0.81
Zinc	mg	2.39	10.08
Iron	mg	2	8.44
Manganese	mg	1.16	4.87
Selenium	mcg	9	38
Free Water	mL	182	770

¹Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification.



ORDERING INFORMATION

Real Food Blends™ Meal	Item #	Each UPC	Case UPC	First Data NDC Format*	MediSpan NDC Format*	Truven Health Red Book NDC Format*
Chicken, Carrots & Brown Rice 12 x 9.4 oz. Pouches / Case	49746	0 82045 49746 5	7 3066944966 6	Unit: 82045-0497-46 Case: 30669-0449-66	---- 30669-44966	82045-049746 ----
Salmon, Oats & Squash 12 x 9.4 oz. Pouches / Case	49747	0 82045 49747 2	7 3066944967 3	Unit: 82045-0497-47 Case: 30669-0449-67	---- 30669-44967	82045-049747 ----
Quinoa, Kale & Hemp 12 x 9.4 oz. Pouches / Case	49748	0 82045 49748 9	7 3066944968 0	Unit: 82045-0497-48 Case: 30669-0449-68	---- 30669-44968	82045-049748 ----
Beef, Potatoes & Spinach 12 x 9.4 oz. Pouches / Case	49749	0 82045 49749 6	7 3066944969 7	Unit: 82045-0497-49 Case: 30669-0449-69	---- 30669-44969	82045-049749 ----
Eggs, Apples & Oats 12 x 9.4 oz. Pouches / Case	49750	0 82045 49750 2	7 1641778184 4	Unit: 82045-0497-50 Case: 16417-0781-84	---- 16417-78184	82045-049750 ----
Turkey, Sweet Potatoes & Peaches 12 x 9.4 oz. Pouches / Case	78185	7 16417 78185 1	7 1641778186 8	Unit: 16417-0781-85 Case: 16417-0781-86	---- 16417-78186	16417-78185 ----

*NDC Format numbers are for reference to identify the labeler, product, and trade package size for providers.

For insurance billing purposes, all meals are listed under the Healthcare Common Procedure Coding System (HCPCS) B4149.

For healthcare professionals only. Each Real Food Blends product is made from 5-8 whole food ingredients.

Due to normal nutritional variation in agricultural ingredients, actual nutrient content of our products may differ.

The nutrition information presented here for nutrients not on the product label is based on USDA Nutrient Database Standard Reference for the ingredients in the product and is not based on product testing. For individuals dependent on a feeding tube, regular nutritional monitoring is recommended to ensure the diet is adequate and provides all essential nutrients.