

## NUTRITION INFORMATION<sup>1</sup>

Beef, Potatoes & Spinach	Measure	9.4 oz / 267 g (237 mL single serving)	Per 1000 mL
<b>Calories</b>		<b>330</b>	<b>1,392</b>
<b>Nutrients</b>			
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
<b>Vitamins</b>			
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 <sub>1</sub> )	mg	0.13	0.56
Riboflavin (B <sub>2</sub> )	mg	0.13	0.54
Vitamin B <sub>6</sub>	mg	0.33	1.38
Vitamin B <sub>12</sub>	mcg	0.96	4.04
Niacin (B <sub>3</sub> )	mg	3.01	12.70
Pantothenic Acid (B <sub>5</sub> )	mg	0.49	2.07
Folate (DFE)	mcg	49	205
Choline	mg	37	157
Vitamin K	mcg	118	497
<b>Minerals</b>			
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

<sup>1</sup>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.



## ORDERING INFORMATION

Real Food Blends® Meals	Item #	Unit UPC	Case UPC	NDC* Format Code
<b>Chicken, Carrots &amp; Brown Rice</b> 12 x 9.4 oz. Pouches / Case	176988	0 82045 49746 5	7 3066944966 6	30669-0449-66
<b>Salmon, Oats &amp; Squash</b> 12 x 9.4 oz. Pouches / Case	176987	0 82045 49747 2	7 3066944967 3	30669-0449-67
<b>Quinoa, Kale &amp; Hemp</b> 12 x 9.4 oz. Pouches / Case	176992	0 82045 49748 9	7 3066944968 0	30669-0449-68
<b>Beef, Potatoes &amp; Spinach</b> 12 x 9.4 oz. Pouches / Case	176993	0 82045 49749 6	7 3066944969 7	30669-0449-69
<b>Eggs, Apples &amp; Oats</b> 12 x 9.4 oz. Pouches / Case	176989	0 82045 49750 2	7 1641778184 4	16417-0781-84
<b>Turkey, Sweet Potatoes &amp; Peaches</b> 12 x 9.4 oz. Pouches / Case	176990	7 16417 78185 1	7 1641778186 8	16417-0781-86

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

\*Nutricia North America does not represent these codes to be National Drug Codes (NDCs). NDC-format codes are product codes adjusted according to standard industry practice to meet the format requirements of pharmacy and health insurance systems.