



Real Food Blends® Eggs, Apples & Oats

The only 100% real food meals with no synthetic ingredients that are ready-to-feed for people with feeding tubes.

Main Features:

- 100% real food
- 9.4 oz pouch yields approximately 250 mL per serving
- Provides 1.3 Cal/mL and 8 g of protein per pouch
- Contains 7 real food ingredients
- Vitamins and minerals from only real food
- No dairy, nut, or soy ingredients
- No added sugar* or salt**
- No added color, flavor, or synthetic ingredients
- Most closely mimics homemade blenderized tube feeding†

*Not a low-calorie food **Not a sodium-free food

†Compared to other blenderized enteral formulas

Note: Real Food Blends can be used as a primary source of nutrition or in conjunction with tube feeding formula.

Nutritional Applications:

- Ideal for patients wanting easy access to a true blended diet.
- A growing body of evidence indicates that blenderized tube feeding may improve common symptoms of formula intolerance:
 - Gagging/Retching¹
 - Nausea & Vomiting²
 - Bowel Function³
 - Reflux⁴

Ordering/Reimbursement Information:

Product	HCPSC Code	Reimbursement Code	Product Packaging	Calories Per Pouch
176989	B4149	16417-0781-84	12 x 9.4 oz	320

For reimbursement information, please call our Nutricia Navigator Team at (800) 365-7354.

1. Penttiuk et al. JPEN 2011;35:375-79. 2. Gallagher et al. JPEN. 2018;43:1046-60. 3. Schmidt et al. Clinical Nutrition (Edinburgh, Scotland) 2019;38:332-40. 4. Kernizan et al. JPGN. 2020;71:124-28.

Nutrition Information:

Nutrients†	Per serving (267g)	Per 1000 mL	Minerals	Per serving (267g)	Per 1000 mL
Calories	320	1280	Calcium, mg	40	160
Protein, g	8	32	Phosphorus, mg	134	534
Total Fat, g	20	80	Magnesium, mg	26	105
Saturated Fat, g	4.5	18	Iron, mg	2	8
Monounsaturated Fat, g	10	40	Zinc, mg	0.77	3.1
Polysaturated Fat, g	3.4	14	Manganese, mg	0.39	1.6
Trans Fat, g	0	0	Copper, mg	0.12	0.49
Cholesterol, mg	175	700	Selenium, mcg	11	45
Total Carbohydrate, g	28	112	Sodium, mg	70	280
Fiber, g	3	12	Potassium, mg	300	1200
Total Sugars, g	18	72	Free Water, mL	213	850
Added Sugar, g	0	0			
Vitamins			†For healthcare professionals only. Real Food Blends® is made from 5-8 real food ingredients. Due to normal nutritional variation in agricultural ingredients, actual nutrient content of our products may differ. For individuals dependent on a feeding tube, regular nutritional monitoring is recommended to ensure the diet is adequate and provides all essential nutrients.		
Vitamin A, RAE mcg	63	252	Contact Nutricia North America: (800) 365-7354 or NutritionServices@Nutricia.com Monday-Friday, 8:30am - 5:00pm ET		
Vitamin D3, mcg	0	0			
Vitamin E, α-tocopherol, mg	5.8	23			
Vitamin K, mcg	11	44			
Thiamin, mg	0.04	0.15			
Riboflavin, mg	0.33	1.3			
Vitamin B6, mg	0.21	0.84			
Vitamin B12, mcg	0.38	1.5			
Niacin, mg	0.28	1.1			
Folate (DFE), mcg	30	119			
Pantothenic Acid, mg	0.29	1.2			
Vitamin C, mg	1.0	4.0			
Choline, mg	169	677			

Ingredients:

Apples, Apple Juice, Whole Eggs, Zucchini, Extra Virgin Olive Oil, Gluten-Free Rolled Oats, Water.

Contains: Egg.

Administration:

Can be used as bolus, pump or gravity feeding with a 12 Fr G-tube or larger.

Can be administered via pump or gravity with additional liquid.

Recommended hang time of 2 hours.

Real Food Blends products are 100% real food made with 5 to 8 simple ingredients, with no added synthetic vitamins or minerals. Real Food Blends meals are not nutritionally complete. Use a variety of Real Food Blends meals to customize nutrition plans to help address the dietary needs of each patient. (Important:) If Real Food Blends meals are used as a primary source of nutrition, a multivitamin and mineral supplement is required along with an additional calcium and sodium source. Recommended for use as directed by a healthcare professional.

Storage Recommendations:

Once opened, Real Food Blends should be used within 2 hours, or stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.