



## Real Food Blends® Quinoa, Kale & Hemp

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 1.4 Cal/mL and 10 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<sup>†</sup>

\*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/Retching<sup>1</sup>
  - Nausea & Vomiting<sup>2</sup>
  - Bowel Function<sup>3</sup>
  - Reflux<sup>4</sup>

### Ordering/Reimbursement Information:

Product	HCPSC Code	Reimbursement Code	Product Packaging	Calories Per Pouch
176992	B4149	30669-0449-68	12 x 9.4 oz	340

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 <sup>‡</sup>	Per serving (267g)	Per 1000 mL
Calories	340	1360
Protein, g	10	40
Total Fat, g	20	80
Saturated Fat, g	4.0	16
Monounsaturated Fat, g	10	40
Polyunsaturated Fat, g	4.2	17
Trans Fat, g	0	0
Cholesterol, mg	0	0
Total Carbohydrate, g	33	132
Fiber, g	6	24
Total Sugars, g	20	80
Added Sugar, g	0	0
<b>Vitamins</b>		
Vitamin A, RAE mcg	14	56
Vitamin D3, mcg	0	0
Vitamin E, α-tocopherol, mg	3.9	15
Vitamin K, mcg	45	182
Thiamin, mg	0.04	0.15
Riboflavin, mg	0.17	0.7
Vitamin B6, mg	0.11	0.45
Vitamin B12, mcg	0	0
Niacin, mg	1.3	5.4
Folate (DFE), mcg	45	179
Pantothenic Acid, mg	0.29	1.2
Vitamin C, mg	0.5	2.0
Choline, mg	36	142

Minerals	Per serving (267g)	Per 1000 mL
Calcium, mg	60	240
Phosphorus, mg	336	1346
Magnesium, mg	150	599
Iron, mg	4	16
Zinc, mg	2.2	8.9
Manganese, mg	3.0	12
Copper, mg	0.49	1.94
Selenium, mcg	1.9	7.7
Sodium, mg	15	60
Potassium, mg	500	2000
Free Water, mL	206	824

<sup>‡</sup>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.

Contact Nutricia North America:  
(800) 365-7354 or  
NutritionServices@Nutricia.com  
Monday-Friday, 8:30am – 5:00pm ET

### Ingredients:

Water, Dates, Extra Virgin Olive Oil, Apples, Hemp Protein Powder, Quinoa, Kale.

### 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.