

Female Age 1-3

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	990 kcal	Vitamin A (RAE)	658 mcg	300 mcg	219%
Total Fat	58 g	Vitamin C	54 mg	15 mg	357%
Saturated Fat	8.5 g	Vitamin D	4 mcg	15 mcg	27%
Trans Fat	0 g	Vitamin E	10 mg	6 mg	165%
Cholesterol	173 mg	Vitamin K	193 mcg	30 mcg	643%
Carbohydrate	82 g	Thiamin	0.5 mg	0.5 mg	94%
Dietary Fiber	10.5 g	Riboflavin	0.5 mg	0.5 mg	108%
Sugars	39 g	Niacin	10.1 mg	6.0 mg	168%
Added sugar	0 g	Vitamin B6	0.9 mg	0.5 mg	178%
Protein	36 g	Folate (DFE)	126 mcg	150 mcg	84%
Free water	539 mL	Vitamin B12	1.4 mcg	0.9 mcg	161%
3 pouches Real Food Blends		Pantothenic acid	2.4 mg	2 mg	118%
		Choline	170 mg	200 mg	85%
		Minerals			
		Calcium	179 mg	700 mg	26%
		Copper	0.72 mg	0.34 mg	210%
		Iron	7 mg	7 mg	100%
		Magnesium	204 mg	80 mg	254%
		Manganese	2.6 mg	1.2 mg	216%
		Phosphorus	632 mg	460 mg	137%
		Selenium	40 mcg	20 mg	198%
		Zinc	5 mg	3 mg	165%
		Potassium	1363 mg	2000 mg	68%
		Sodium	180 mg	800 mg	23%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1156 kcal	Vitamin A (RAE)	956 mcg	300 mcg	319%
Total Fat	58 g	Vitamin C	54 mg	15 mg	357%
Saturated Fat	8.8 g	Vitamin D	10 mcg	15 mcg	66%
Trans Fat	0 g	Vitamin E	10 mg	6 mg	166%
Cholesterol	182 mg	Vitamin K	193 mcg	30 mcg	643%
Carbohydrate	106 g	Thiamin	0.7 mg	0.5 mg	138%
Dietary Fiber	10.5 g	Riboflavin	1.4 mg	0.5 mg	286%
Sugars	63 g	Niacin	10.5 mg	6.0 mg	175%
Added sugar	0 g	Vitamin B6	1.1 mg	0.5 mg	214%
Protein	52 g	Folate (DFE)	150 mcg	150 mcg	100%
Free water	983 mL	Vitamin B12	3.9 mcg	0.9 mcg	432%
3 pouches Real Food Blends + 2 cups skim milk + 1/4 tsp salt		Pantothenic acid	2.4 mg	2 mg	118%
		Choline	201 mg	200 mg	101%
		Minerals			
		Calcium	775 mg	700 mg	111%
		Copper	0.78 mg	0.34 mg	229%
		Iron	7 mg	7 mg	102%
		Magnesium	257 mg	80 mg	321%
		Manganese	2.6 mg	1.2 mg	216%
		Phosphorus	1124 mg	460 mg	244%
		Selenium	55 mcg	20 mg	273%
		Zinc	7 mg	3 mg	233%
		Potassium	2125 mg	2000 mg	106%
		Sodium	967 mg	800 mg	121%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1049 kcal	Vitamin A (RAE)	658 mcg	300 mcg	219%
Total Fat	62 g	Vitamin C	54 mg	15 mg	357%
Saturated Fat	8.8 g	Vitamin D	8 mcg	15 mcg	53%
Trans Fat	0 g	Vitamin E	35 mg	6 mg	580%
Cholesterol	173 mg	Vitamin K	193 mcg	30 mcg	643%
Carbohydrate	87 g	Thiamin	0.5 mg	0.5 mg	94%
Dietary Fiber	11.3 g	Riboflavin	0.6 mg	0.5 mg	116%
Sugars	42 g	Niacin	10.3 mg	6.0 mg	172%
Added sugar	0 g	Vitamin B6	0.9 mg	0.5 mg	178%
Protein	37 g	Folate (DFE)	130 mcg	150 mcg	87%
Free water	919 mL	Vitamin B12	1.4 mcg	0.9 mcg	161%
3 pouches Real Food Blends + 1.5 cups unsweetened and fortified almond milk + 1/2 tsp lite salt		Pantothenic acid	2.4 mg	2 mg	119%
		Choline	175 mg	200 mg	88%
		Minerals			
		Calcium	902 mg	700 mg	129%
		Copper	0.79 mg	0.34 mg	233%
		Iron	8 mg	7 mg	116%
		Magnesium	227 mg	80 mg	284%
		Manganese	2.8 mg	1.2 mg	229%
		Phosphorus	667 mg	460 mg	145%
		Selenium	40 mcg	20 mg	199%
		Zinc	5 mg	3 mg	173%
		Potassium	2327 mg	2000 mg	116%
		Sodium	1044 mg	800 mg	130%

Real Food Blends meals meet or exceed the DRI for many essential vitamins and minerals from real food! These examples are simply suggestions, and Real Food Blends meals can be easily customized to patient needs and preferences. Feel free to add alternative food or supplement sources of calcium, sodium, and other micronutrients as needed.

Sources of vitamin D:

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

Additional ("free") water will be needed to meet hydration needs.

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Female Age 4-8

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1320 kcal	Vitamin A (RAE)	877 mcg	400 mcg	219%
Total Fat	77.3 g	Vitamin C	71 mg	25 mg	285%
Saturated Fat	11.3 g	Vitamin D	5 mcg	15 mcg	36%
Trans Fat	0 g	Vitamin E	13 mg	7 mg	188%
Cholesterol	230 mg	Vitamin K	257 mcg	55 mcg	468%
Carbohydrate	109 g	Thiamin	0.6 mg	0.6 mg	104%
Dietary Fiber	14 g	Riboflavin	0.7 mg	0.6 mg	120%
Sugars	51 g	Niacin	13.4 mg	8.0 mg	168%
Added sugar	0 g	Vitamin B6	1.2 mg	0.6 mg	198%
Protein	47 g	Folate (DFE)	168 mcg	200 mcg	84%
Free water	719 mL	Vitamin B12	1.9 mcg	1.2 mcg	161%
4 pouches Real Food Blends		Pantothenic acid	3.1 mg	3 mg	104%
		Choline	227 mg	250 mg	91%
		Minerals			
		Calcium	238 mg	1000 mg	24%
		Copper	0.95 mg	0.44 mg	217%
		Iron	9 mg	10 mg	93%
		Magnesium	271 mg	130 mg	209%
		Manganese	3.5 mg	1.5 mg	231%
		Phosphorus	843 mg	500 mg	169%
		Selenium	53 mcg	30 mg	176%
		Zinc	7 mg	5 mg	132%
		Potassium	1817 mg	2300 mg	79%
		Sodium	240 mg	1000 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1486 kcal	Vitamin A (RAE)	1175 mcg	400 mcg	294%
Total Fat	78 g	Vitamin C	71 mg	25 mg	285%
Saturated Fat	11.6 g	Vitamin D	11 mcg	15 mcg	75%
Trans Fat	0 g	Vitamin E	13 mg	7 mg	189%
Cholesterol	240 mg	Vitamin K	257 mcg	55 mcg	468%
Carbohydrate	134 g	Thiamin	0.8 mg	0.6 mg	141%
Dietary Fiber	14.0 g	Riboflavin	1.6 mg	0.6 mg	268%
Sugars	76 g	Niacin	13.9 mg	8.0 mg	173%
Added sugar	0 g	Vitamin B6	1.4 mg	0.6 mg	228%
Protein	64 g	Folate (DFE)	192 mcg	200 mcg	96%
Free water	1162.666667 mL	Vitamin B12	4.4 mcg	1.2 mcg	364%
4 pouches Real Food Blends + 2 cups skim milk + 1/4 tsp salt		Pantothenic acid	3.1 mg	3 mg	104%
		Choline	258 mg	250 mg	103%
		Minerals			
		Calcium	834 mg	1000 mg	83%
		Copper	1.02 mg	0.44 mg	231%
		Iron	9 mg	10 mg	95%
		Magnesium	325 mg	130 mg	250%
		Manganese	3.5 mg	1.5 mg	231%
		Phosphorus	1335 mg	500 mg	267%
		Selenium	68 mcg	30 mg	226%
		Zinc	9 mg	5 mg	173%
		Potassium	2579 mg	2300 mg	112%
		Sodium	1027 mg	1000 mg	103%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1399 kcal	Vitamin A (RAE)	877 mcg	400 mcg	219%
Total Fat	82 g	Vitamin C	71 mg	25 mg	285%
Saturated Fat	11.8 g	Vitamin D	11 mcg	15 mcg	70%
Trans Fat	0 g	Vitamin E	46 mg	7 mg	663%
Cholesterol	230 mg	Vitamin K	257 mcg	55 mcg	468%
Carbohydrate	116 g	Thiamin	0.6 mg	0.6 mg	104%
Dietary Fiber	15 g	Riboflavin	0.8 mg	0.6 mg	129%
Sugars	56 g	Niacin	13.8 mg	8.0 mg	172%
Added sugar	0 g	Vitamin B6	1.2 mg	0.6 mg	198%
Protein	49 g	Folate (DFE)	173 mcg	200 mcg	87%
Free water	1225 mL	Vitamin B12	1.9 mcg	1.2 mcg	161%
4 pouches Real Food Blends + 2 cups unsweetened and fortified almond milk + 1/4 tsp salt		Pantothenic acid	3.2 mg	3 mg	106%
		Choline	233 mg	250 mg	93%
		Minerals			
		Calcium	1202 mg	1000 mg	120%
		Copper	1.06 mg	0.44 mg	240%
		Iron	11 mg	10 mg	108%
		Magnesium	303 mg	130 mg	233%
		Manganese	3.7 mg	1.5 mg	245%
		Phosphorus	890 mg	500 mg	178%
		Selenium	53 mcg	30 mg	177%
		Zinc	7 mg	5 mg	138%
		Potassium	2169 mg	2300 mg	94%
		Sodium	1201 mg	1000 mg	120%

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Sources of vitamin D:

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

Additional ("free") water will be needed to meet hydration needs.

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Female Age 9-13

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1815 kcal	Vitamin A (RAE)	1206 mcg	600 mcg	201%
Total Fat	106 g	Vitamin C	98 mg	45 mg	218%
Saturated Fat	15.6 g	Vitamin D	7 mcg	15 mcg	49%
Trans Fat	0 g	Vitamin E	18 mg	11 mg	165%
Cholesterol	316 mg	Vitamin K	354 mcg	60 mcg	590%
Carbohydrate	150 g	Thiamin	0.9 mg	0.9 mg	96%
Dietary Fiber	19.3 g	Riboflavin	1.0 mg	0.9 mg	110%
Sugars	71 g	Niacin	18.4 mg	12.0 mg	154%
Added sugar	0 g	Vitamin B6	1.6 mg	1.0 mg	163%
Protein	65 g	Folate (DFE)	231 mcg	300 mcg	77%
Free water	988 mL	Vitamin B12	2.6 mcg	1.8 mcg	147%
5.5 pouches Real Food Blends		Pantothenic acid	4.3 mg	4 mg	108%
		Choline	312 mg	375 mg	83%
		Minerals			
		Calcium	327 mg	1300 mg	25%
		Copper	1.31 mg	0.70 mg	187%
		Iron	13 mg	8 mg	160%
		Magnesium	373 mg	240 mg	155%
		Manganese	4.8 mg	1.6 mg	297%
		Phosphorus	1159 mg	1250 mg	93%
		Selenium	72 mcg	40 mg	181%
		Zinc	9 mg	8 mg	113%
		Potassium	2498 mg	2300 mg	109%
		Sodium	330 mg	1200 mg	28%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2064 kcal	Vitamin A (RAE)	1653 mcg	600 mcg	276%
Total Fat	107 g	Vitamin C	98 mg	45 mg	218%
Saturated Fat	16.0 g	Vitamin D	16 mcg	15 mcg	107%
Trans Fat	0 g	Vitamin E	18 mg	11 mg	165%
Cholesterol	331 mg	Vitamin K	354 mcg	60 mcg	590%
Carbohydrate	187 g	Thiamin	1.2 mg	0.9 mg	132%
Dietary Fiber	19.3 g	Riboflavin	2.3 mg	0.9 mg	258%
Sugars	108 g	Niacin	19.1 mg	12.0 mg	159%
Added sugar	0 g	Vitamin B6	1.9 mg	1.0 mg	190%
Protein	90 g	Folate (DFE)	268 mcg	300 mcg	89%
Free water	1654.166667 mL	Vitamin B12	6.3 mcg	1.8 mcg	351%
5.5 pouches Real Food Blends + 3 cups skim milk + 1/4 tsp salt		Pantothenic acid	4.3 mg	4 mg	108%
		Choline	358 mg	375 mg	95%
		Minerals			
		Calcium	1222 mg	1300 mg	94%
		Copper	1.41 mg	0.70 mg	201%
		Iron	13 mg	8 mg	163%
		Magnesium	453 mg	240 mg	189%
		Manganese	4.8 mg	1.6 mg	297%
		Phosphorus	1897 mg	1250 mg	152%
		Selenium	95 mcg	40 mg	238%
		Zinc	12 mg	8 mg	152%
		Potassium	3641 mg	2300 mg	158%
		Sodium	1219 mg	1200 mg	102%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1933 kcal	Vitamin A (RAE)	1206 mcg	600 mcg	201%
Total Fat	114 g	Vitamin C	98 mg	45 mg	218%
Saturated Fat	16.2 g	Vitamin D	15 mcg	15 mcg	101%
Trans Fat	0 g	Vitamin E	68 mg	11 mg	617%
Cholesterol	316 mg	Vitamin K	354 mcg	60 mcg	590%
Carbohydrate	161 g	Thiamin	0.9 mg	0.9 mg	96%
Dietary Fiber	20.8 g	Riboflavin	1.1 mg	0.9 mg	119%
Sugars	77 g	Niacin	19.0 mg	12.0 mg	158%
Added sugar	0 g	Vitamin B6	1.6 mg	1.0 mg	163%
Protein	68 g	Folate (DFE)	239 mcg	300 mcg	80%
Free water	1747 mL	Vitamin B12	2.6 mcg	1.8 mcg	147%
5.5 pouches Real Food Blends + 3 cups unsweetened and fortified almond milk + 1/4 tsp salt		Pantothenic acid	4.4 mg	4 mg	110%
		Choline	321 mg	375 mg	86%
		Minerals			
		Calcium	1774 mg	1300 mg	136%
		Copper	1.47 mg	0.70 mg	210%
		Iron	15 mg	8 mg	188%
		Magnesium	420 mg	240 mg	175%
		Manganese	5.1 mg	1.6 mg	317%
		Phosphorus	1229 mg	1250 mg	98%
		Selenium	73 mcg	40 mg	183%
		Zinc	10 mg	8 mg	119%
		Potassium	3026 mg	2300 mg	132%
		Sodium	1480 mg	1200 mg	123%

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Sources of vitamin D:

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

Additional ("free") water will be needed to meet hydration needs.

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Female Age 14-18

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1980 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	116 g	Vitamin C	107 mg	65 mg	165%
Saturated Fat	17 g	Vitamin D	8 mcg	15 mcg	53%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	345 mg	Vitamin K	386 mcg	75 mcg	515%
Carbohydrate	164 g	Thiamin	0.9 mg	1.0 mg	94%
Dietary Fiber	21 g	Riboflavin	1.1 mg	1.0 mg	108%
Sugars	77 g	Niacin	20.1 mg	14.0 mg	144%
Added sugar	0 g	Vitamin B6	1.8 mg	1.2 mg	148%
Protein	71 g	Folate (DFE)	252 mcg	400 mcg	63%
Free water	1078 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	340 mg	400 mg	85%
		Minerals			
		Calcium	357 mg	1300 mg	27%
		Copper	1.43 mg	0.89 mg	161%
		Iron	14 mg	15 mg	93%
		Magnesium	407 mg	360 mg	113%
		Manganese	5.2 mg	1.6 mg	324%
		Phosphorus	1264 mg	1250 mg	101%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	9 mg	110%
		Potassium	2725 mg	2300 mg	118%
		Sodium	360 mg	1500 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2229 kcal	Vitamin A (RAE)	1763 mcg	700 mcg	252%
Total Fat	117 g	Vitamin C	107 mg	65 mg	165%
Saturated Fat	17.4 g	Vitamin D	17 mcg	15 mcg	112%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	360 mg	Vitamin K	386 mcg	75 mcg	515%
Carbohydrate	200 g	Thiamin	1.3 mg	1.0 mg	127%
Dietary Fiber	21.0 g	Riboflavin	2.4 mg	1.0 mg	241%
Sugars	114 g	Niacin	20.8 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.1 mg	1.2 mg	171%
Protein	96 g	Folate (DFE)	289 mcg	400 mcg	72%
Free water	1744 mL	Vitamin B12	6.6 mcg	2.4 mcg	273%
6 pouches Real Food Blends + 3 cups skim milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	387 mg	400 mg	97%
		Minerals			
		Calcium	1252 mg	1300 mg	96%
		Copper	1.53 mg	0.89 mg	172%
		Iron	14 mg	15 mg	95%
		Magnesium	487 mg	360 mg	135%
		Manganese	5.2 mg	1.6 mg	325%
		Phosphorus	2002 mg	1250 mg	160%
		Selenium	102 mcg	55 mg	185%
		Zinc	13 mg	9 mg	144%
		Potassium	3868 mg	2300 mg	168%
		Sodium	1831 mg	1500 mg	122%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2059 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	121 g	Vitamin C	107 mg	65 mg	165%
Saturated Fat	17.4 g	Vitamin D	13 mcg	15 mcg	88%
Trans Fat	0 g	Vitamin E	53 mg	15 mg	353%
Cholesterol	345 mg	Vitamin K	386 mcg	75 mcg	515%
Carbohydrate	171 g	Thiamin	0.9 mg	1.0 mg	94%
Dietary Fiber	22 g	Riboflavin	1.1 mg	1.0 mg	113%
Sugars	81 g	Niacin	20.5 mg	14.0 mg	146%
Added sugar	0 g	Vitamin B6	1.8 mg	1.2 mg	148%
Protein	73 g	Folate (DFE)	257 mcg	400 mcg	64%
Free water	1584 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends + 2 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	4.8 mg	5 mg	95%
		Choline	346 mg	400 mg	87%
		Minerals			
		Calcium	1322 mg	1300 mg	102%
		Copper	1.54 mg	0.89 mg	172%
		Iron	15 mg	15 mg	103%
		Magnesium	438 mg	360 mg	122%
		Manganese	5.4 mg	1.6 mg	338%
		Phosphorus	1311 mg	1250 mg	105%
		Selenium	80 mcg	55 mg	145%
		Zinc	10 mg	9 mg	113%
		Potassium	3077 mg	2300 mg	134%
		Sodium	1903 mg	1500 mg	127%

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Sources of vitamin D:

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

Additional ("free") water will be needed to meet hydration needs.

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Female Age 19-30

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1980 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	116 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17 g	Vitamin D	8 mcg	15 mcg	53%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	164 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21 g	Riboflavin	1.1 mg	1.1 mg	98%
Sugars	77 g	Niacin	20.1 mg	14.0 mg	144%
Added sugar	0 g	Vitamin B6	1.8 mg	1.3 mg	137%
Protein	71 g	Folate (DFE)	252 mcg	400 mcg	63%
Free water	1078 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	340 mg	425 mg	80%
		Minerals			
		Calcium	357 mg	1000 mg	36%
		Copper	1.43 mg	0.90 mg	159%
		Iron	14 mg	18 mg	78%
		Magnesium	407 mg	310 mg	131%
		Manganese	5.2 mg	1.8 mg	288%
		Phosphorus	1264 mg	700 mg	181%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	124%
		Potassium	2725 mg	2600 mg	105%
		Sodium	360 mg	1500 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2188 kcal	Vitamin A (RAE)	1689 mcg	700 mcg	241%
Total Fat	116 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.3 g	Vitamin D	15 mcg	15 mcg	102%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	357 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	194 g	Thiamin	1.2 mg	1.1 mg	110%
Dietary Fiber	21.0 g	Riboflavin	2.2 mg	1.1 mg	199%
Sugars	108 g	Niacin	20.7 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.0 mg	1.3 mg	154%
Protein	92 g	Folate (DFE)	283 mcg	400 mcg	71%
Free water	1633 mL	Vitamin B12	5.9 mcg	2.4 mcg	248%
6 pouches Real Food Blends + 2.5 cups skim milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	379 mg	425 mg	89%
		Minerals			
		Calcium	1103 mg	1000 mg	110%
		Copper	1.51 mg	0.90 mg	168%
		Iron	14 mg	18 mg	79%
		Magnesium	474 mg	310 mg	153%
		Manganese	5.2 mg	1.8 mg	289%
		Phosphorus	1879 mg	700 mg	268%
		Selenium	98 mcg	55 mg	178%
		Zinc	12 mg	8 mg	156%
		Potassium	3678 mg	2600 mg	141%
		Sodium	1780 mg	1500 mg	119%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2039 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	120 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.3 g	Vitamin D	12 mcg	15 mcg	80%
Trans Fat	0 g	Vitamin E	45 mg	15 mg	298%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	169 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21.8 g	Riboflavin	1.1 mg	1.1 mg	102%
Sugars	80 g	Niacin	20.4 mg	14.0 mg	146%
Added sugar	0 g	Vitamin B6	1.8 mg	1.3 mg	137%
Protein	73 g	Folate (DFE)	256 mcg	400 mcg	64%
Free water	1458 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends + 1.5 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	95%
		Choline	345 mg	425 mg	81%
		Minerals			
		Calcium	1081 mg	1000 mg	108%
		Copper	1.51 mg	0.90 mg	168%
		Iron	15 mg	18 mg	84%
		Magnesium	431 mg	310 mg	139%
		Manganese	5.4 mg	1.8 mg	297%
		Phosphorus	1299 mg	700 mg	186%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	127%
		Potassium	2989 mg	2600 mg	115%
		Sodium	1809 mg	1500 mg	121%

Real Food Blends meals meet or exceed the DRI for many essential vitamins and minerals from real food! These examples are simply suggestions, and Real Food Blends meals can be easily customized to patient needs and preferences. Feel free to add alternative food or supplement sources of calcium, sodium, and other micronutrients as needed.

Sources of vitamin D:

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

Additional ("free") water will be needed to meet hydration needs.

Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification, and represents an average of all Real Food Blends meals. As with any real food product, variations in caloric and nutrient levels should be expected due to growing conditions. **This is not intended as medical advice.** Always discuss any changes to your enteral diet with your medical team.

Female Age 31-50

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1980 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	116 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17 g	Vitamin D	8 mcg	15 mcg	53%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	164 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21 g	Riboflavin	1.1 mg	1.1 mg	98%
Sugars	77 g	Niacin	20.1 mg	14.0 mg	144%
Added sugar	0 g	Vitamin B6	1.8 mg	1.3 mg	137%
Protein	71 g	Folate (DFE)	252 mcg	400 mcg	63%
Free water	1078 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	340 mg	425 mg	80%
		Minerals			
		Calcium	357 mg	1000 mg	36%
		Copper	1.43 mg	0.90 mg	159%
		Iron	14 mg	18 mg	78%
		Magnesium	407 mg	320 mg	127%
		Manganese	5.2 mg	1.8 mg	288%
		Phosphorus	1264 mg	700 mg	181%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	124%
		Potassium	2725 mg	2600 mg	105%
		Sodium	360 mg	1500 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2188 kcal	Vitamin A (RAE)	1689 mcg	700 mcg	241%
Total Fat	116 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.3 g	Vitamin D	15 mcg	15 mcg	102%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	357 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	194 g	Thiamin	1.2 mg	1.1 mg	110%
Dietary Fiber	21.0 g	Riboflavin	2.2 mg	1.1 mg	199%
Sugars	108 g	Niacin	20.7 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.0 mg	1.3 mg	154%
Protein	92 g	Folate (DFE)	283 mcg	400 mcg	71%
Free water	1633 mL	Vitamin B12	5.9 mcg	2.4 mcg	248%
6 pouches Real Food Blends + 2.5 cups skim milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	379 mg	425 mg	89%
		Minerals			
		Calcium	1103 mg	1000 mg	110%
		Copper	1.51 mg	0.90 mg	168%
		Iron	14 mg	18 mg	79%
		Magnesium	474 mg	320 mg	148%
		Manganese	5.2 mg	1.8 mg	289%
		Phosphorus	1879 mg	700 mg	268%
		Selenium	98 mcg	55 mg	178%
		Zinc	12 mg	8 mg	156%
		Potassium	3678 mg	2600 mg	141%
		Sodium	1780 mg	1500 mg	119%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2039 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	120 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.3 g	Vitamin D	12 mcg	15 mcg	80%
Trans Fat	0 g	Vitamin E	45 mg	15 mg	298%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	169 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21.8 g	Riboflavin	1.1 mg	1.1 mg	102%
Sugars	80 g	Niacin	20.4 mg	14.0 mg	146%
Added sugar	0 g	Vitamin B6	1.8 mg	1.3 mg	137%
Protein	73 g	Folate (DFE)	256 mcg	400 mcg	64%
Free water	1458 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends + 1.5 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	95%
		Choline	345 mg	425 mg	81%
		Minerals			
		Calcium	1081 mg	1000 mg	108%
		Copper	1.51 mg	0.90 mg	168%
		Iron	15 mg	18 mg	84%
		Magnesium	431 mg	320 mg	135%
		Manganese	5.4 mg	1.8 mg	297%
		Phosphorus	1299 mg	700 mg	186%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	127%
		Potassium	2989 mg	2600 mg	115%
		Sodium	1809 mg	1500 mg	121%

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Sources of vitamin D:

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

Additional ("free") water will be needed to meet hydration needs.

Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification, and represents an average of all Real Food Blends meals. As with any real food product, variations in caloric and nutrient levels should be expected due to growing conditions. **This is not intended as medical advice.** Always discuss any changes to your enteral diet with your medical team.

Female Age 51-70

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1980 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	116 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17 g	Vitamin D	8 mcg	15 mcg	53%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	164 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21 g	Riboflavin	1.1 mg	1.1 mg	98%
Sugars	77 g	Niacin	20.1 mg	14.0 mg	144%
Added sugar	0 g	Vitamin B6	1.8 mg	1.5 mg	119%
Protein	71 g	Folate (DFE)	252 mcg	400 mcg	63%
Free water	1078 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	340 mg	425 mg	80%
		Minerals			
		Calcium	357 mg	1200 mg	30%
		Copper	1.43 mg	0.90 mg	159%
		Iron	14 mg	8 mg	175%
		Magnesium	407 mg	320 mg	127%
		Manganese	5.2 mg	1.8 mg	288%
		Phosphorus	1264 mg	700 mg	181%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	124%
		Potassium	2725 mg	2600 mg	105%
		Sodium	360 mg	1500 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2229 kcal	Vitamin A (RAE)	1763 mcg	700 mcg	252%
Total Fat	117 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.4 g	Vitamin D	17 mcg	15 mcg	112%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	360 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	200 g	Thiamin	1.3 mg	1.1 mg	115%
Dietary Fiber	21.0 g	Riboflavin	2.4 mg	1.1 mg	219%
Sugars	114 g	Niacin	20.8 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.1 mg	1.5 mg	137%
Protein	96 g	Folate (DFE)	289 mcg	400 mcg	72%
Free water	1744 mL	Vitamin B12	6.6 mcg	2.4 mcg	273%
6 pouches Real Food Blends + 3 cups skim milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	387 mg	425 mg	91%
		Minerals			
		Calcium	1252 mg	1200 mg	104%
		Copper	1.53 mg	0.90 mg	170%
		Iron	14 mg	8 mg	178%
		Magnesium	487 mg	320 mg	152%
		Manganese	5.2 mg	1.8 mg	289%
		Phosphorus	2002 mg	700 mg	286%
		Selenium	102 mcg	55 mg	185%
		Zinc	13 mg	8 mg	162%
		Potassium	3868 mg	2600 mg	149%
		Sodium	1831 mg	1500 mg	122%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2059 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	121 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.4 g	Vitamin D	13 mcg	15 mcg	88%
Trans Fat	0 g	Vitamin E	53 mg	15 mg	353%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	171 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	22 g	Riboflavin	1.1 mg	1.1 mg	103%
Sugars	81 g	Niacin	20.5 mg	14.0 mg	146%
Added sugar	0 g	Vitamin B6	1.8 mg	1.5 mg	119%
Protein	73 g	Folate (DFE)	257 mcg	400 mcg	64%
Free water	1584 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends + 2 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	4.8 mg	5 mg	95%
		Choline	346 mg	425 mg	81%
		Minerals			
		Calcium	1322 mg	1200 mg	110%
		Copper	1.54 mg	0.90 mg	171%
		Iron	15 mg	8 mg	193%
		Magnesium	438 mg	320 mg	137%
		Manganese	5.4 mg	1.8 mg	300%
		Phosphorus	1311 mg	700 mg	187%
		Selenium	80 mcg	55 mg	145%
		Zinc	10 mg	8 mg	128%
		Potassium	3077 mg	2600 mg	118%
		Sodium	1903 mg	1500 mg	127%

Real Food Blends meals meet or exceed the DRI for many essential vitamins and minerals from real food! These examples are simply suggestions, and Real Food Blends meals can be easily customized to patient needs and preferences. Feel free to add alternative food or supplement sources of calcium, sodium, and other micronutrients as needed.

Sources of vitamin D:

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

Additional ("free") water will be needed to meet hydration needs.

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Female Age 71 and up

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1980 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	116 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17 g	Vitamin D	8 mcg	20 mcg	40%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	164 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21 g	Riboflavin	1.1 mg	1.1 mg	98%
Sugars	77 g	Niacin	20.1 mg	14.0 mg	144%
Added sugar	0 g	Vitamin B6	1.8 mg	1.5 mg	119%
Protein	71 g	Folate (DFE)	252 mcg	400 mcg	63%
Free water	1078 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	340 mg	425 mg	80%
		Minerals			
		Calcium	357 mg	1200 mg	30%
		Copper	1.43 mg	0.90 mg	159%
		Iron	14 mg	8 mg	175%
		Magnesium	407 mg	320 mg	127%
		Manganese	5.2 mg	1.8 mg	288%
		Phosphorus	1264 mg	700 mg	181%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	124%
		Potassium	2725 mg	2600 mg	105%
		Sodium	360 mg	1500 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2229 kcal	Vitamin A (RAE)	1763 mcg	700 mcg	252%
Total Fat	117 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.4 g	Vitamin D	17 mcg	15 mcg	112%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	360 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	200 g	Thiamin	1.3 mg	1.1 mg	115%
Dietary Fiber	21.0 g	Riboflavin	2.4 mg	1.1 mg	219%
Sugars	114 g	Niacin	20.8 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.1 mg	1.5 mg	137%
Protein	96 g	Folate (DFE)	289 mcg	400 mcg	72%
Free water	1744 mL	Vitamin B12	6.6 mcg	2.4 mcg	273%
6 pouches Real Food Blends + 3 cups skim milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	387 mg	425 mg	91%
		Minerals			
		Calcium	1252 mg	1200 mg	104%
		Copper	1.53 mg	0.90 mg	170%
		Iron	14 mg	8 mg	178%
		Magnesium	487 mg	320 mg	152%
		Manganese	5.2 mg	1.8 mg	289%
		Phosphorus	2002 mg	700 mg	286%
		Selenium	102 mcg	55 mg	185%
		Zinc	13 mg	8 mg	162%
		Potassium	3868 mg	2600 mg	149%
		Sodium	1831 mg	1500 mg	122%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2098 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	124 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.6 g	Vitamin D	16 mcg	15 mcg	106%
Trans Fat	0 g	Vitamin E	70 mg	15 mg	464%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	174 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	22.6 g	Riboflavin	1.2 mg	1.1 mg	105%
Sugars	83 g	Niacin	20.6 mg	14.0 mg	147%
Added sugar	0 g	Vitamin B6	1.8 mg	1.5 mg	119%
Protein	74 g	Folate (DFE)	260 mcg	400 mcg	65%
Free water	1837 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends + 3 cups unsweetened and fortified almond milk + 1/4 tsp salt		Pantothenic acid	4.8 mg	5 mg	96%
		Choline	349 mg	425 mg	82%
		Minerals			
		Calcium	1803 mg	1200 mg	150%
		Copper	1.59 mg	0.90 mg	176%
		Iron	16 mg	8 mg	203%
		Magnesium	454 mg	320 mg	142%
		Manganese	5.5 mg	1.8 mg	306%
		Phosphorus	1335 mg	700 mg	191%
		Selenium	80 mcg	55 mg	145%
		Zinc	10 mg	8 mg	130%
		Potassium	3253 mg	2600 mg	125%
		Sodium	1510 mg	1500 mg	101%

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Sources of vitamin D:

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 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU
 Milk, all varieties, 1 cup = 3 mcg / 120 IU
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

Sources of calcium:

Yogurt, plain, 8 oz = 416 mg
 Milk, 2%, 8 oz = 293 mg
 Soy milk, calcium fortified, 8 oz = 299 mg
 Kefir, 8 oz = 300 mg (varies by brand)

Sources of sodium:

1/4 tsp salt = 575 mg
 1/2 tsp salt = 1150 mg
 5 oz chicken broth = 550 mg
 1 cup milk = 100 mg

Free Water:

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