

## Male 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%
		<b>Minerals</b>			
		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%
		<b>Minerals</b>			
		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%
		<b>Minerals</b>			
		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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## Male 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%
		<b>Minerals</b>			
		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%
		<b>Minerals</b>			
		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%
		<b>Minerals</b>			
		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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## Male 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%
		<b>Minerals</b>			
		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	1.9 mg	250%
		Phosphorus	1159 mg	1250 mg	93%
		Selenium	72 mcg	40 mg	181%
		Zinc	9 mg	8 mg	113%
		Potassium	2498 mg	2500 mg	100%
		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%
		<b>Minerals</b>			
		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	1.9 mg	250%
		Phosphorus	1897 mg	1250 mg	152%
		Selenium	95 mcg	40 mg	238%
		Zinc	12 mg	8 mg	152%
		Potassium	3641 mg	2500 mg	146%
		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%
		<b>Minerals</b>			
		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	1.9 mg	267%
		Phosphorus	1229 mg	1250 mg	98%
		Selenium	73 mcg	40 mg	183%
		Zinc	10 mg	8 mg	119%
		Potassium	3026 mg	2500 mg	121%
		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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## Male Age 14-18

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2640 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	155 g	Vitamin C	143 mg	75 mg	190%
Saturated Fat	22.7 g	Vitamin D	11 mcg	15 mcg	71%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	460 mg	Vitamin K	515 mcg	75 mcg	686%
Carbohydrate	219 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	28 g	Riboflavin	1.4 mg	1.3 mg	111%
Sugars	103 g	Niacin	26.8 mg	16.0 mg	168%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	95 g	Folate (DFE)	336 mcg	400 mcg	84%
Free water	1437 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	453 mg	550 mg	82%
		<b>Minerals</b>			
		Calcium	476 mg	1300 mg	37%
		Copper	1.91 mg	0.89 mg	214%
		Iron	19 mg	11 mg	170%
		Magnesium	543 mg	410 mg	132%
		Manganese	6.9 mg	2.2 mg	315%
		Phosphorus	1685 mg	1250 mg	135%
		Selenium	105 mcg	55 mg	192%
		Zinc	13 mg	11 mg	120%
		Potassium	3633 mg	3000 mg	121%
		Sodium	480 mg	1500 mg	32%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2889 kcal	Vitamin A (RAE)	2202 mcg	900 mcg	245%
Total Fat	155 g	Vitamin C	143 mg	75 mg	190%
Saturated Fat	23.1 g	Vitamin D	19 mcg	15 mcg	130%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	475 mg	Vitamin K	515 mcg	75 mcg	686%
Carbohydrate	255 g	Thiamin	1.6 mg	1.2 mg	132%
Dietary Fiber	28.0 g	Riboflavin	2.8 mg	1.3 mg	213%
Sugars	140 g	Niacin	27.5 mg	16.0 mg	172%
Added sugar	0 g	Vitamin B6	2.6 mg	1.3 mg	203%
Protein	119 g	Folate (DFE)	373 mcg	400 mcg	93%
Free water	2103.333333 mL	Vitamin B12	7.5 mcg	2.4 mcg	313%
8 pouches Real Food Blends  + 3 cups skim milk  + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	500 mg	550 mg	91%
		<b>Minerals</b>			
		Calcium	1371 mg	1300 mg	105%
		Copper	2.00 mg	0.89 mg	225%
		Iron	19 mg	11 mg	172%
		Magnesium	623 mg	410 mg	152%
		Manganese	6.9 mg	2.2 mg	315%
		Phosphorus	2423 mg	1250 mg	194%
		Selenium	128 mcg	55 mg	233%
		Zinc	16 mg	11 mg	148%
		Potassium	4777 mg	3000 mg	159%
		Sodium	1951 mg	1500 mg	130%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2719 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	160 g	Vitamin C	143 mg	75 mg	190%
Saturated Fat	23.1 g	Vitamin D	16 mcg	15 mcg	106%
Trans Fat	0 g	Vitamin E	60 mg	15 mg	397%
Cholesterol	460 mg	Vitamin K	515 mcg	75 mcg	686%
Carbohydrate	226 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	29 g	Riboflavin	1.5 mg	1.3 mg	115%
Sugars	107 g	Niacin	27.2 mg	16.0 mg	170%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	97 g	Folate (DFE)	341 mcg	400 mcg	85%
Free water	1943 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends  + 2 cups unsweetened and fortified almond milk  + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	126%
		Choline	463 mg	550 mg	84%
		<b>Minerals</b>			
		Calcium	1441 mg	1300 mg	111%
		Copper	2.01 mg	0.89 mg	226%
		Iron	20 mg	11 mg	183%
		Magnesium	574 mg	410 mg	140%
		Manganese	7.1 mg	2.2 mg	324%
		Phosphorus	1733 mg	1250 mg	139%
		Selenium	106 mcg	55 mg	192%
		Zinc	14 mg	11 mg	123%
		Potassium	3986 mg	3000 mg	133%
		Sodium	2023 mg	1500 mg	135%

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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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## Male Age 19-30

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2640 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	155 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	22.7 g	Vitamin D	11 mcg	15 mcg	71%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	460 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	219 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	28 g	Riboflavin	1.4 mg	1.3 mg	111%
Sugars	103 g	Niacin	26.8 mg	16.0 mg	168%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	95 g	Folate (DFE)	336 mcg	400 mcg	84%
Free water	1437 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	453 mg	550 mg	82%
		<b>Minerals</b>			
		Calcium	476 mg	1000 mg	48%
		Copper	1.91 mg	0.90 mg	212%
		Iron	19 mg	8 mg	233%
		Magnesium	543 mg	400 mg	136%
		Manganese	6.9 mg	2.3 mg	301%
		Phosphorus	1685 mg	700 mg	241%
		Selenium	105 mcg	55 mg	192%
		Zinc	13 mg	11 mg	120%
		Potassium	3633 mg	3400 mg	107%
		Sodium	480 mg	1500 mg	32%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2806 kcal	Vitamin A (RAE)	2053 mcg	900 mcg	228%
Total Fat	155 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	22.9 g	Vitamin D	17 mcg	15 mcg	110%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	470 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	243 g	Thiamin	1.5 mg	1.2 mg	123%
Dietary Fiber	28.0 g	Riboflavin	2.3 mg	1.3 mg	179%
Sugars	127 g	Niacin	27.3 mg	16.0 mg	170%
Added sugar	0 g	Vitamin B6	2.6 mg	1.3 mg	196%
Protein	111 g	Folate (DFE)	360 mcg	400 mcg	90%
Free water	1881.333333 mL	Vitamin B12	6.3 mcg	2.4 mcg	262%
8 pouches Real Food Blends  + 2 cups skim milk  + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	485 mg	550 mg	88%
		<b>Minerals</b>			
		Calcium	1073 mg	1000 mg	107%
		Copper	1.97 mg	0.90 mg	219%
		Iron	19 mg	8 mg	235%
		Magnesium	596 mg	400 mg	149%
		Manganese	6.9 mg	2.3 mg	301%
		Phosphorus	2177 mg	700 mg	311%
		Selenium	120 mcg	55 mg	219%
		Zinc	15 mg	11 mg	138%
		Potassium	4396 mg	3400 mg	129%
		Sodium	1849 mg	1500 mg	123%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2699 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	158 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	23.0 g	Vitamin D	15 mcg	15 mcg	97%
Trans Fat	0 g	Vitamin E	51 mg	15 mg	342%
Cholesterol	460 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	224 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	28.8 g	Riboflavin	1.5 mg	1.3 mg	114%
Sugars	106 g	Niacin	27.1 mg	16.0 mg	169%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	96 g	Folate (DFE)	340 mcg	400 mcg	85%
Free water	1817 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends  + 1.5 cups unsweetened and fortified almond milk  + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	126%
		Choline	458 mg	550 mg	83%
		<b>Minerals</b>			
		Calcium	1200 mg	1000 mg	120%
		Copper	1.99 mg	0.90 mg	221%
		Iron	20 mg	8 mg	247%
		Magnesium	566 mg	400 mg	142%
		Manganese	7.1 mg	2.3 mg	308%
		Phosphorus	1721 mg	700 mg	246%
		Selenium	106 mcg	55 mg	192%
		Zinc	13 mg	11 mg	122%
		Potassium	3898 mg	3400 mg	115%
		Sodium	1929 mg	1500 mg	129%

**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.

## Male Age 31-50

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2640 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	155 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	22.7 g	Vitamin D	11 mcg	15 mcg	71%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	460 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	219 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	28 g	Riboflavin	1.4 mg	1.3 mg	111%
Sugars	103 g	Niacin	26.8 mg	16.0 mg	168%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	95 g	Folate (DFE)	336 mcg	400 mcg	84%
Free water	1437 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	453 mg	550 mg	82%
		<b>Minerals</b>			
		Calcium	476 mg	1000 mg	48%
		Copper	1.91 mg	0.90 mg	212%
		Iron	19 mg	8 mg	233%
		Magnesium	543 mg	420 mg	129%
		Manganese	6.9 mg	2.3 mg	301%
		Phosphorus	1685 mg	700 mg	241%
		Selenium	105 mcg	55 mg	192%
		Zinc	13 mg	11 mg	120%
		Potassium	3633 mg	3400 mg	107%
		Sodium	480 mg	1500 mg	32%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2806 kcal	Vitamin A (RAE)	2053 mcg	900 mcg	228%
Total Fat	155 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	22.9 g	Vitamin D	17 mcg	15 mcg	110%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	470 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	243 g	Thiamin	1.5 mg	1.2 mg	123%
Dietary Fiber	28.0 g	Riboflavin	2.3 mg	1.3 mg	179%
Sugars	127 g	Niacin	27.3 mg	16.0 mg	170%
Added sugar	0 g	Vitamin B6	2.6 mg	1.3 mg	196%
Protein	111 g	Folate (DFE)	360 mcg	400 mcg	90%
Free water	1881.333333 mL	Vitamin B12	6.3 mcg	2.4 mcg	262%
8 pouches Real Food Blends  + 2 cups skim milk  + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	485 mg	550 mg	88%
		<b>Minerals</b>			
		Calcium	1073 mg	1000 mg	107%
		Copper	1.97 mg	0.90 mg	219%
		Iron	19 mg	8 mg	235%
		Magnesium	596 mg	420 mg	142%
		Manganese	6.9 mg	2.3 mg	301%
		Phosphorus	2177 mg	700 mg	311%
		Selenium	120 mcg	55 mg	219%
		Zinc	15 mg	11 mg	138%
		Potassium	4396 mg	3400 mg	129%
		Sodium	1849 mg	1500 mg	123%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2699 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	158 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	23.0 g	Vitamin D	15 mcg	15 mcg	97%
Trans Fat	0 g	Vitamin E	51 mg	15 mg	342%
Cholesterol	460 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	224 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	28.8 g	Riboflavin	1.5 mg	1.3 mg	114%
Sugars	106 g	Niacin	27.1 mg	16.0 mg	169%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	96 g	Folate (DFE)	340 mcg	400 mcg	85%
Free water	1817 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends  + 1.5 cups unsweetened and fortified almond milk  + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	126%
		Choline	458 mg	550 mg	83%
		<b>Minerals</b>			
		Calcium	1200 mg	1000 mg	120%
		Copper	1.99 mg	0.90 mg	221%
		Iron	20 mg	8 mg	247%
		Magnesium	566 mg	420 mg	135%
		Manganese	7.1 mg	2.3 mg	308%
		Phosphorus	1721 mg	700 mg	246%
		Selenium	106 mcg	55 mg	192%
		Zinc	13 mg	11 mg	122%
		Potassium	3898 mg	3400 mg	115%
		Sodium	1929 mg	1500 mg	129%

**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.



## Male Age 51-70

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2310 kcal	Vitamin A (RAE)	1535 mcg	900 mcg	171%
Total Fat	135 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	19.8 g	Vitamin D	9 mcg	15 mcg	62%
Trans Fat	0 g	Vitamin E	23 mg	15 mg	154%
Cholesterol	403 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	191 g	Thiamin	1.1 mg	1.2 mg	91%
Dietary Fiber	24.5 g	Riboflavin	1.3 mg	1.3 mg	97%
Sugars	90 g	Niacin	23.5 mg	16.0 mg	147%
Added sugar	0 g	Vitamin B6	2.1 mg	1.7 mg	122%
Protein	83 g	Folate (DFE)	294 mcg	400 mcg	74%
Free water	1258 mL	Vitamin B12	3.4 mcg	2.4 mcg	140%
7 pouches Real Food Blends		Pantothenic acid	5.5 mg	5 mg	110%
		Choline	397 mg	550 mg	72%
		<b>Minerals</b>			
		Calcium	417 mg	1000 mg	42%
		Copper	1.67 mg	0.90 mg	185%
		Iron	16 mg	8 mg	204%
		Magnesium	475 mg	420 mg	113%
		Manganese	6.1 mg	2.3 mg	263%
		Phosphorus	1475 mg	700 mg	211%
		Selenium	92 mcg	55 mg	168%
		Zinc	12 mg	11 mg	105%
		Potassium	3179 mg	3400 mg	94%
		Sodium	420 mg	1500 mg	28%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2476 kcal	Vitamin A (RAE)	1833 mcg	900 mcg	204%
Total Fat	136 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	20.1 g	Vitamin D	15 mcg	15 mcg	101%
Trans Fat	0 g	Vitamin E	23 mg	15 mg	154%
Cholesterol	412 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	216 g	Thiamin	1.3 mg	1.2 mg	110%
Dietary Fiber	24.5 g	Riboflavin	2.1 mg	1.3 mg	165%
Sugars	115 g	Niacin	23.9 mg	16.0 mg	149%
Added sugar	0 g	Vitamin B6	2.3 mg	1.7 mg	133%
Protein	99 g	Folate (DFE)	318 mcg	400 mcg	80%
Free water	1701.666667 mL	Vitamin B12	5.8 mcg	2.4 mcg	242%
7 pouches Real Food Blends  + 2 cups skim milk  + 1/2 tsp salt		Pantothenic acid	5.5 mg	5 mg	110%
		Choline	428 mg	550 mg	78%
		<b>Minerals</b>			
		Calcium	1013 mg	1000 mg	101%
		Copper	1.73 mg	0.90 mg	193%
		Iron	16 mg	8 mg	206%
		Magnesium	528 mg	420 mg	126%
		Manganese	6.1 mg	2.3 mg	263%
		Phosphorus	1967 mg	700 mg	281%
		Selenium	107 mcg	55 mg	195%
		Zinc	14 mg	11 mg	123%
		Potassium	3941 mg	3400 mg	116%
		Sodium	1789 mg	1500 mg	119%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2389 kcal	Vitamin A (RAE)	1535 mcg	900 mcg	171%
Total Fat	140 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	20.3 g	Vitamin D	15 mcg	15 mcg	97%
Trans Fat	0 g	Vitamin E	56 mg	15 mg	375%
Cholesterol	403 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	198 g	Thiamin	1.1 mg	1.2 mg	91%
Dietary Fiber	25.5 g	Riboflavin	1.3 mg	1.3 mg	101%
Sugars	94 g	Niacin	23.8 mg	16.0 mg	149%
Added sugar	0 g	Vitamin B6	2.1 mg	1.7 mg	122%
Protein	85 g	Folate (DFE)	299 mcg	400 mcg	75%
Free water	1764 mL	Vitamin B12	3.4 mcg	2.4 mcg	140%
7 pouches Real Food Blends  + 2 cups unsweetened and fortified almond milk  + 1/2 tsp salt		Pantothenic acid	5.5 mg	5 mg	111%
		Choline	403 mg	550 mg	73%
		<b>Minerals</b>			
		Calcium	1381 mg	1000 mg	138%
		Copper	1.77 mg	0.90 mg	197%
		Iron	18 mg	8 mg	223%
		Magnesium	506 mg	420 mg	121%
		Manganese	6.3 mg	2.3 mg	273%
		Phosphorus	1522 mg	700 mg	217%
		Selenium	93 mcg	55 mg	169%
		Zinc	12 mg	11 mg	108%
		Potassium	3531 mg	3400 mg	104%
		Sodium	1963 mg	1500 mg	131%

**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.

## Male Age 71 and up

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2310 kcal	Vitamin A (RAE)	1535 mcg	900 mcg	171%
Total Fat	135 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	19.8 g	Vitamin D	9 mcg	20 mcg	47%
Trans Fat	0 g	Vitamin E	23 mg	15 mg	154%
Cholesterol	403 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	191 g	Thiamin	1.1 mg	1.2 mg	91%
Dietary Fiber	24.5 g	Riboflavin	1.3 mg	1.3 mg	97%
Sugars	90 g	Niacin	23.5 mg	16.0 mg	147%
Added sugar	0 g	Vitamin B6	2.1 mg	1.7 mg	122%
Protein	83 g	Folate (DFE)	294 mcg	400 mcg	74%
Free water	1258 mL	Vitamin B12	3.4 mcg	2.4 mcg	140%
7 pouches Real Food Blends		Pantothenic acid	5.5 mg	5 mg	110%
		Choline	397 mg	550 mg	72%
		<b>Minerals</b>			
		Calcium	417 mg	1200 mg	35%
		Copper	1.67 mg	0.90 mg	185%
		Iron	16 mg	8 mg	204%
		Magnesium	475 mg	420 mg	113%
		Manganese	6.1 mg	2.3 mg	263%
		Phosphorus	1475 mg	700 mg	211%
		Selenium	92 mcg	55 mg	168%
		Zinc	12 mg	11 mg	105%
		Potassium	3179 mg	3400 mg	94%
		Sodium	420 mg	1500 mg	28%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2476 kcal	Vitamin A (RAE)	1833 mcg	900 mcg	204%
Total Fat	136 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	20.1 g	Vitamin D	15 mcg	20 mcg	76%
Trans Fat	0 g	Vitamin E	23 mg	15 mg	154%
Cholesterol	412 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	216 g	Thiamin	1.3 mg	1.2 mg	110%
Dietary Fiber	24.5 g	Riboflavin	2.1 mg	1.3 mg	165%
Sugars	115 g	Niacin	23.9 mg	16.0 mg	149%
Added sugar	0 g	Vitamin B6	2.3 mg	1.7 mg	133%
Protein	99 g	Folate (DFE)	318 mcg	400 mcg	80%
Free water	1701.666667 mL	Vitamin B12	5.8 mcg	2.4 mcg	242%
7 pouches Real Food Blends  + 2 cups skim milk  + 1/2 tsp salt		Pantothenic acid	5.5 mg	5 mg	110%
		Choline	428 mg	550 mg	78%
		<b>Minerals</b>			
		Calcium	1013 mg	1200 mg	84%
		Copper	1.73 mg	0.90 mg	193%
		Iron	16 mg	8 mg	206%
		Magnesium	528 mg	420 mg	126%
		Manganese	6.1 mg	2.3 mg	263%
		Phosphorus	1967 mg	700 mg	281%
		Selenium	107 mcg	55 mg	195%
		Zinc	14 mg	11 mg	123%
		Potassium	3941 mg	3400 mg	116%
		Sodium	1789 mg	1500 mg	119%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2389 kcal	Vitamin A (RAE)	1535 mcg	900 mcg	171%
Total Fat	140 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	20.3 g	Vitamin D	15 mcg	20 mcg	73%
Trans Fat	0 g	Vitamin E	56 mg	15 mg	375%
Cholesterol	403 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	198 g	Thiamin	1.1 mg	1.2 mg	91%
Dietary Fiber	25.5 g	Riboflavin	1.3 mg	1.3 mg	101%
Sugars	94 g	Niacin	23.8 mg	16.0 mg	149%
Added sugar	0 g	Vitamin B6	2.1 mg	1.7 mg	122%
Protein	85 g	Folate (DFE)	299 mcg	400 mcg	75%
Free water	1764 mL	Vitamin B12	3.4 mcg	2.4 mcg	140%
7 pouches Real Food Blends  + 2 cups unsweetened and fortified almond milk  + 1/2 tsp salt		Pantothenic acid	5.5 mg	5 mg	111%
		Choline	403 mg	550 mg	73%
		<b>Minerals</b>			
		Calcium	1381 mg	1200 mg	115%
		Copper	1.77 mg	0.90 mg	197%
		Iron	18 mg	8 mg	223%
		Magnesium	506 mg	420 mg	121%
		Manganese	6.3 mg	2.3 mg	273%
		Phosphorus	1522 mg	700 mg	217%
		Selenium	93 mcg	55 mg	169%
		Zinc	12 mg	11 mg	108%
		Potassium	3531 mg	3400 mg	104%
		Sodium	1963 mg	1500 mg	131%

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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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