



# Transition Guide

An easy start to Real Food Blends®





## Welcome to Real Food Blends

We hope you'll enjoy your Real Food Blends meals and more. Our products contain consciously chosen, real food ingredients, blended for people with feeding tubes.

By using this guide as a baseline for starting Real Food Blends, we hope to make the transition as easy and simple as possible.

## Our Story

Inspired by their young tube-fed son, AJ, Julie and Tony Bombacino believed that we all deserve real food. They wanted to create a company that provided easy access to 100% real food meals and nutritional variety to tube-fed people and their families, at home or on the go.



## An Easy Transition

If this is your first time using real food, you'll see that the consistency of Real Food Blends is thicker than your traditional tube feeding formula. This is intentional, as having a thicker consistency may help improve signs of GI intolerance.

On the right is an example schedule of slowly transitioning to Real Food Blends.

Always consult with your medical team before making any changes to your diet.





## Real Food Blends Can Be Administered via the Following Methods:

BOLUS



PUMP



GRAVITY BAG



For all 6 updated Real Food Blends meals, 2 Real Food Blends Select meals and Mini snack: Use a 12 Fr G-tube or larger

Real Food Blends is made with whole food ingredients.  
If consistency with gravity or pump feeding is a concern, dilute with fluid.

Consult your medical team before making any changes to your tube feeding plan.

## Administration Videos

Our easy-to-follow educational videos will guide you step-by-step through different tube feeding administration methods.

Scan the QR codes below to view the videos on our Real Food Blends YouTube channel.



BOLUS



PUMP



BOLEE® BAG



[youtube.com/realfoodblends](https://youtube.com/realfoodblends)

Note: Our pump video currently indicates the use of 14 French G-Tube or larger for our Real Food Blend meals. You can now use a 12 French G-Tube or larger with our 6 updated Real Food Blend meals, 2 Real Food Blends Select meals and Mini snack.

## Nutritional Variety from 100% Real Food

Bring variety back to mealtime and nurture your body, your way. Real Food Blends puts the power to choose back into your hands, with 8 meals and 1 snack that can be used:

- ✓ As a primary source of nutrition
- ✓ With commercial formula
- ✓ With a home blended diet

No dairy,  
nut, or soy  
ingredients

No added  
color, flavor,  
or synthetic  
ingredients

No added  
sugar\* or  
salt\*\*

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

If you use Real Food Blends as primary source of nutrition, talk to your healthcare team about taking a multivitamin & mineral supplement, as well as an additional calcium and sodium source. Your healthcare team can help determine the amount of supplementation you need.

## Savor What's Real

Real Food Blends meals and snack are the closest to homemade blenderized tube feeding†



### Nutrition from real:

- ✓ Protein sources
- ✓ Vegetables
- ✓ Grains
- ✓ Fruits
- ✓ Fat sources

**5-8**  
simple ingredients  
in each pouch



†Compared to other blenderized enteral formulas.

## Nutrition You Can Stomach

A growing body of evidence indicates that Blenderized Tube Feeding may improve common symptoms of formula intolerance, such as:



Nausea and vomiting<sup>1,2</sup>



Gagging/retching<sup>3,4</sup>



Reflux associated with tube feeding<sup>5,6</sup>



Bowel Irregularity<sup>1,7</sup>



Blenderized Tube Feeding may support improved oral intake<sup>5</sup>

1. Spurlock, et al. Nutr Clin Pract. 2022;37:615-624. 2. Hron, et al. J Pediatr. 2019;211:139-145. 3. Kernizan, et al. JPGN. 2020;71:124-128. 4. Batsis, et al. Nutr Clin Pract. 2020;35:282-288. 5. Pentiuik, et al. JPEN. 2011;35:375-379. 6. Gallagher, et al. JPEN. 2018;42:1046-1060. 7. Schmidt, et al. Clin Nutr. 2019;38:332-240.

## Easy Ways to Get Real Food Blends

Real Food Blends is covered by many insurance plans under HCPCS code B4149.



Get a prescription from your doctor



Contact your DME/home infusion company



DME/home infusion company verifies insurance and ships meals to you

Order directly through:



Realfoodblends.com



Amazon.com



Walmart.com

# Questions About Insurance Coverage?



Nutricia Navigator is a free assistance program. It provides personalized, confidential, 1:1 support to help you navigate the complexities of insurance coverage. Our experts are available to answer questions and provide exclusive support, including:

- ✓ Contact your insurance company to verify coverage
- ✓ Assist in appealing insurance denials
- ✓ Help you locate where to obtain Real Food Blends

## 3 EASY STEPS TO GET STARTED



Visit [Nutricia-NA.com/NutriciaNavigator](https://www.nutricia-na.com/nutricianavigator) to download the Navigator Information Form



Patient/caregiver to complete form with clinician



Email or fax completed form to [NutriciaNavigator@Nutricia.com](mailto:NutriciaNavigator@Nutricia.com) or 833-869-0554



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