

NUTRITION INFORMATION¹

Quinoa, Kale & Hemp	Measure	9.4 oz / 267 g (237 mL single serving)	Per 1000 mL
Calories		340	1,435
Nutrients			
Protein	g	12	51
Carbohydrate	g	32	135
Fiber	g	6	25.3
Sugars	g	17	72
Added Sugars	g	0	0
Total Fat	g	19	80
Saturated Fat	g	2.5	10.5
Monounsaturated Fat	g	12.3	51.9
Polyunsaturated Fat	g	2.5	10.5
Trans Fat	g	0	0
Cholesterol	mg	0	0
Vitamins			
Vitamin A (RAE)	mcg	72	304
Vitamin C	mg	9	38
Vitamin D	mcg	0	0
Vitamin E (α tocopherol)	mg	4	17
Thiamin (B ₁)	mg	0.29	1.22
Riboflavin (B ₂)	mg	0.16	0.68
Vitamin B ₆	mg	0.20	0.84
Vitamin B ₁₂	mcg	0	0
Niacin (B ₃)	mg	1.98	8.35
Pantothenic Acid (B ₅)	mg	0.20	0.84
Folate (DFE)	mcg	74	312
Choline	mg	10	42
Vitamin K	mcg	217	916
Minerals			
Sodium	mg (mEq)	20 (0.87)	84 (3.65)
Potassium	mg (mEq)	401 (10.28)	1,692 (43.38)
Calcium	mg (mEq)	125 (6.25)	527 (26.35)
Phosphorus	mg (mEq)	355 (22.90)	1,498 (96.65)
Magnesium	mg (mEq)	157 (12.92)	662 (54.49)
Iodine	mcg		
Copper	mg	0.40	1.69
Zinc	mg	2.21	9.32
Iron	mg	7	29.54
Manganese	mg	2	8
Selenium	mcg	2	8
Free Water	mL	178	751

¹For healthcare professionals only. Each Real Food Blends product is made from 5-8 whole food ingredients. Due to normal nutritional variation in agricultural ingredients, actual nutrient content of our products may differ. The nutrition information presented here for nutrients not on the product label is based on USDA Nutrient Database Standard Reference for the ingredients in the product and is not based on product testing. For individuals dependent on a feeding tube, regular nutritional monitoring is recommended to ensure the diet is adequate and provides all essential nutrients.



ORDERING INFORMATION

Real Food Blends® Meals	Item #	Unit UPC	Case UPC	NDC* Format Code
Chicken, Carrots & Brown Rice 12 x 9.4 oz. Pouches / Case	176988	0 82045 49746 5	7 3066944966 6	30669-0449-66
Salmon, Oats & Squash 12 x 9.4 oz. Pouches / Case	176987	0 82045 49747 2	7 3066944967 3	30669-0449-67
Quinoa, Kale & Hemp 12 x 9.4 oz. Pouches / Case	176992	0 82045 49748 9	7 3066944968 0	30669-0449-68
Beef, Potatoes & Spinach 12 x 9.4 oz. Pouches / Case	176993	0 82045 49749 6	7 3066944969 7	30669-0449-69
Eggs, Apples & Oats 12 x 9.4 oz. Pouches / Case	176989	0 82045 49750 2	7 1641778184 4	16417-0781-84
Turkey, Sweet Potatoes & Peaches 12 x 9.4 oz. Pouches / Case	176990	7 16417 78185 1	7 1641778186 8	16417-0781-86

For insurance billing purposes, all meals are listed under the Healthcare Common Procedure Coding System (HCPCS) B4149.

*Nutricia North America does not represent these codes to be National Drug Codes (NDCs). NDC-format codes are product codes adjusted according to standard industry practice to meet the format requirements of pharmacy and health insurance systems.