

# Real Food Blends® Select™ Chicken, Zucchini & Potatoes

The only calorically dense, high protein ready-to-feed meals for tube feeding made from 100% real food with no synthetic ingredients.

#### **Main Features:**

- Calorically dense with 1.6 Cal/mL
- High protein meal option with 16 g of protein per pouch
- 100% real food
- 9.4 oz pouch yields approximately 250 mL per serving
- Contains 8 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 <sup>†</sup>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:**

- Suitable for tube-fed individuals who may have elevated calorie and protein needs.
- 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	HCPCS	Reimbursement	Product	Calories
	Code	Code	Packaging	Per Pouch
202395	B4149	49735-0101-87	12 x 9.4 oz	410

For reimbursement information, please call our Nutricia Navigator Team at (800) 365-7354.

1. Pentiuk 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:**

Calories 410 1640   Protein, g 16 64   Fat, g 28 112   Saturated Fat, g 4.5 18   Monounsaturated Fat, g 11 44   Polyunsaturated Fat, g 11 44   Polyunsaturated Fat, g 11 44   Polyunsaturated Fat, g 0 0   Carbohydrate, g 23 92   Fiber, g 1 4   Sugars, g 12 48   Added Sugars, g 0 0   Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0   Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin Bi <sub>2</sub> mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	F Nutrients <sup>‡</sup>	Per serving (267g)	Per 1000 mL
$\begin{array}{c c} Fat,g & 28 & 112 \\ \hline Saturated Fat,g & 4.5 & 18 \\ \hline Monounsaturated Fat,g & 11 & 44 \\ \hline Polyunsaturated Fat,g & 11 & 44 \\ \hline Polyunsaturated Fat,g & 11 & 44 \\ \hline Polyunsaturated Fat,g & 10 & 0 \\ \hline Cholesterol,mg & 70 & 280 \\ \hline Carbohydrate,g & 23 & 92 \\ \hline Fiber,g & 1 & 4 \\ \hline Sugars,g & 12 & 48 \\ \hline Added Sugars,g & 0 & 0 \\ \hline Vitamin A, RAE, mcg & 58 & 230 \\ \hline Vitamin D, mcg & 0 & 0 \\ \hline Vitamin F, \alpha-tocopherol,mg & 3 & 11 \\ \hline Vitamin K, mcg & 8 & 32 \\ \hline Thiamin,mg & 0.04 & 0.15 \\ \hline Riboflavin, mg & 0.13 & 0.52 \\ \hline Vitamin B12, mcg & 0.23 & 0.9 \\ \hline Niacin,mg & 4 & 15 \\ \hline Folate (DFE),mcg & 14 & 57 \\ \hline Pantothenic Acid,mg & 0.46 & 1.8 \\ \hline Vitamin C, mg & 0 & 0 \\ \hline \end{array}$	Calories		1640
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	Protein, g	16	64
$\begin{array}{c c c c c c c c c c c c c c c c c c c $		28	112
$\begin{array}{c c c c c c c c c c c c c c c c c c c $	Saturated Fat, g	4.5	18
Trans Fat, g 0 0   Cholesterol, mg 70 280   Carbohydrate, g 23 92   Fiber, g 1 4   Sugars, g 12 48   Added Sugars, g 0 0   Vitamins Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0 0   Vitamin A, RAE, mcg 58 230   Vitamin A, RAE, mcg 58 230   Vitamin A, RAE, mcg 0 0   Vitamin A, RAE, mcg 0 0   Vitamin A, RAE, mcg 0 0   Vitamin B, mcg 0 0   Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin Bi2, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0	Monounsaturated Fat,	g 11	44
Cholesterol, mg 70 280   Carbohydrate, g 23 92   Fiber, g 1 4   Sugars, g 12 48   Added Sugars, g 0 0   Vitamins Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0 0   Vitamin A, RAE, mcg 58 230   Vitamin A, RAE, mcg 0 0 0   Vitamin A, RAE, mcg 58 230 0   Vitamin A, RAE, mcg 0 0 0 0   Vitamin A, RAE, mcg 0 0 0 0   Vitamin A, RAE, mcg 0 0 0 0   Vitamin F, mcg 0 3 11 0 15   Riboflavin, mg 0.13 0.52 0 13 0.52   Vitamin Bi2, mcg 0.23 0.9 0 15 Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8 0 0	Polyunsaturated Fat, g	4.6	18
Carbondrate, g 23 92   Fiber, g 1 4   Sugars, g 12 48   Added Sugars, g 0 0   Vitamins Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0 0   Vitamin A, RAE, mcg 58 230   Vitamin A, RAE, mcg 0 0 0   Vitamin A, RAE, mcg 58 230   Vitamin A, RAE, mcg 0 0 0   Vitamin A, RAE, mcg 0 0 0   Vitamin A, RAE, mcg 0 0 0   Vitamin K, mcg 8 32 11   Vitamin K, mcg 8 32 15   Riboflavin, mg 0.13 0.52 13 0.52   Vitamin Bi2, mcg 0.23 0.9 13 0.52   Niacin, mg 4 15 15 15 15 14 57   Pantothenic Acid, mg 0.46 1.8 18 18	Trans Fat, g	0	0
Fiber, g 1 4   Sugars, g 12 48   Added Sugars, g 0 0   Vitamins Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0 0   Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0 0   Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin Bc, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Cholesterol, mg	70	280
Sugars, g 12 48   Added Sugars, g 0 0   Vitamins Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0 0   Vitamin D, mcg 0 0 0   Vitamin F, α-tocopherol, mg 3 11 11   Vitamin K, mcg 8 32 32   Thiamin, mg 0.04 0.15 8   Riboflavin, mg 0.13 0.52 13   Vitamin B6, mg 0.17 0.68 14   Vitamin B12, mcg 0.23 0.9 9   Niacin, mg 4 15 5   Folate (DFE), mcg 14 57 7   Pantothenic Acid, mg 0.46 1.8 18   Vitamin C, mg 0 0 0	Carbohydrate, g	23	92
Added Sugars, g 0 0   Vitamins Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0 0   Vitamin D, mcg 0 0 0   Vitamin E, α-tocopherol, mg 3 11 11   Vitamin K, mcg 8 32 32   Thiamin, mg 0.04 0.15 0.52   Vitamin B6, mg 0.17 0.688 0.17   Vitamin B12, mcg 0.23 0.9 9   Niacin, mg 4 15 15   Folate (DFE), mcg 14 57 7   Pantothenic Acid, mg 0.46 1.8 Vitamin C, mg 0 0	Fiber, g	1	4
Vitamins Vitamins   Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0   Vitamin R, actopherol, mg 3 11   Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin Bi, mg 0.17 0.68   Vitamin Bi2, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Sugars, g	12	48
Vitamin A, RAE, mcg 58 230   Vitamin D, mcg 0 0   Vitamin E, α-tocopherol, mg 3 11   Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin B6, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Added Sugars, g	0	0
Vitamin D, mcg 0 0   Vitamin E, α-tocopherol, mg 3 11   Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin B6, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Vitamins		
Vitamin E, α-tocopherol, mg 3 11   Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin B6, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Vitamin A, RAE, mcg	58	230
Vitamin K, mcg 8 32   Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin B6, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Vitamin D, mcg	0	0
Thiamin, mg 0.04 0.15   Riboflavin, mg 0.13 0.52   Vitamin B6, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Vitamin E, <b>a</b> -tocopherol,	mg 3	11
Riboflavin, mg 0.13 0.52   Vitamin B6, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Vitamin K, mcg	8	32
Vitamin B6, mg 0.17 0.68   Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Thiamin, mg	0.04	0.15
Vitamin B12, mcg 0.23 0.9   Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Riboflavin, mg	0.13	0.52
Niacin, mg 4 15   Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Vitamin B6, mg	0.17	0.68
Folate (DFE), mcg 14 57   Pantothenic Acid, mg 0.46 1.8   Vitamin C, mg 0 0	Vitamin B12, mcg	0.23	0.9
Pantothenic Acid, mg0.461.8Vitamin C, mg00	Niacin, mg	4	15
Vitamin C, mg 0 0	Folate (DFE), mcg	14	57
	Pantothenic Acid, mg	0.46	1.8
Choline, mg 48 194	Vitamin C, mg	0	0
	Choline, mg	48	194

Minerals	Per serving (267g)	Per 1000 mL
Calcium, mg	20	80
Phosphorus, mg	165	658
Magnesium, mg	34	136
Iron, mg	1	4
Zinc, mg	0.80	3
Manganese, mg	0.43	2
Copper, mcg	0.07	0.28
Selenium, mcg	12	46
Sodium, mg	50	200
Potassium, mg	350	1400
Free Water, mL	200	800

<sup>1</sup>For healthcare professionals only. Real Food Blends<sup>®</sup> Select<sup>®</sup> is made from 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

Chicken, Apple Juice, Water, Zucchini, Potatoes, Extra Virgin Olive Oil, Brown Rice, Red Bell Peppers.

NOWAVAILABLE

### **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.

Use a variety of Real Food Blends meals to customize nutrition plans to help address the dietary needs of each patient.

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.





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