



## Real Food Blends® Beef, Potatoes & Spinach

The only 100% real food meals with no synthetic ingredients that are ready-to-feed for people with feeding tubes.

### Main Features:

- 100% real food
- 9.4 oz pouch yields approximately 250 mL per serving
- Provides 1.3 Cal/mL and 11 g of protein per pouch
- Contains 7 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†

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

†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:

- 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 Code	Reimbursement Code	Product Packaging	Calories Per Pouch
176993	B4149	30669-0449-69	12 x 9.4 oz	330

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

1. Pentiuik 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:

Nutrients <sup>‡</sup>	Per serving (267g)	Per 1000 mL	Minerals	Per serving (267g)	Per 1000 mL
Calories	330	1320	Calcium, mg	40	160
Protein, g	11	44	Phosphorus, mg	114	455
Total Fat, g	21	84	Magnesium, mg	30	121
Saturated Fat, g	5	20	Iron, mg	2	8
Monounsaturated Fat, g	9.0	36	Zinc, mg	1.7	6.7
Polyunsaturated Fat, g	2.4	9	Manganese, mg	0.75	3.0
Trans Fat, g	0	0	Copper, mg	0.11	0.45
Cholesterol, mg	50	200	Selenium, mcg	8.0	32
Total Carbohydrate, g	25	100	Sodium, mg	75	300
Fiber, g	2	8	Potassium, mg	500	2000
Total Sugars, g	15	60	Free Water, mL	222	890
Added Sugar, g	0	0			
<b>Vitamins</b>					
Vitamin A, RAE mcg	173	692			
Vitamin D3, mcg	0	0			
Vitamin E, α-tocopherol, mg	0.9	3.5			
Vitamin K, mcg	27	107			
Thiamin, mg	0.04	0.15			
Riboflavin, mg	0.19	0.8			
Vitamin B6, mg	0.12	0.46			
Vitamin B12, mcg	0.90	3.6			
Niacin, mg	3.2	13			
Folate (DFE), mcg	14	56			
Pantothenic Acid, mg	0.50	2.0			
Vitamin C, mg	1.0	4.0			
Choline, mg	38	151			

<sup>‡</sup>For healthcare professionals only. Real Food Blends® is made from 5-8 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

Pineapple Juice, Beef, Potatoes, Water, Carrots, Extra Virgin Olive Oil, Spinach.

### 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.