Get to know real food with



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.



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.

DAY 1-2



25% calories with Real Food Blends + 75% calories with your current feeding formula DAY 3-4



50% calories with Real Food Blends + 50% calories with your current feeding formula DAY 5-6

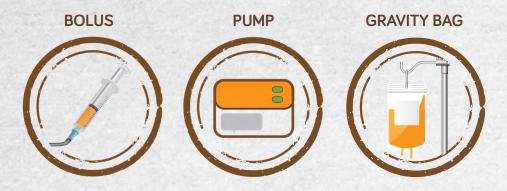


75% calories with Real Food Blends + 25% calories with your current feeding formula DAY 7+



Replace 100% of calories with Real Food Blends meals

Real Food Blends Can Be Administered via the Following Methods:



For the original 6 Real Food Blends meals: Use a 14 Fr G-tube or larger

For the 2 Real Food Blends Select™ meals & Mini snack: Use a 12 Fr G-tube or larger

Real Food Blends is made from whole food ingredients.

If consistency with gravity or pump feeding is a concern, dilute with fluid.

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

6

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⁺



5-8
simple ingredients
in each pouch

Nutrition from real:

✓ Protein sources

Vegetables

✓ Grains

Fruits

✓ Fat sources



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^{1,2}



Gagging/ retching^{3,4}



Reflux associated with tube feeding^{5,6}



Bowel Irregularity^{1,7}



Blenderized Tube Feeding may support improved oral intake⁵

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.

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 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 to download the Navigator Information Form



Patient/caregivier to complete form with clinician



Email or fax completed form to NutriciaNavigator@Nutricia.com or 833-869-0554



