

**Technical Information: Real Food Blends™**  
**Item 49749: Beef, Potatoes & Spinach**  
**Enteral Feeding Liquid Meal**

<b>Description</b>	Real Food Blends™ Beef, Potatoes & Spinach is a pre-packaged pureed food meal that is fed via feeding tube. Each 8 fluid ounce (267g) portion delivers 11 grams protein, 18 grams fat and 30 grams of carbohydrate in 330 calories.
<b>Ingredients</b>	Pineapple Juice, Ground Beef, Potatoes, Spinach, Grapeseed Oil
<b>Caloric Distribution</b>	13% calories from protein; 37% calories from carbohydrate; 50% calories from fat
<b>Protein Source</b>	Ground Beef
<b>Carbohydrate Source</b>	Pineapple Juice, Potato, Spinach
<b>Fat Source</b>	Ground Beef, Grapeseed oil
<b>Water Content</b>	76%
<b>Fiber / Source</b>	2g per serving / potatoes, spinach
<b>Allergens</b>	No Manufactured in a facility that processes: egg, fish, wheat, milk, shellfish, soy, sulphites, and tree nuts (almonds)
<b>Gluten Free</b>	Not tested
<b>Lactose Content</b>	0
<b>Phenylalanine</b>	358 mg/ serving
<b>Contraindications</b>	Product is made from usual and customary foods. An individual would not be expected to have a reaction unless they were sensitive, or allergic, to an ingredient. Drug/nutrient interactions should be evaluated by the physician and/or pharmacist.
<b>Kosher</b>	No
<b>Halal Certified</b>	No
<b>Use Instruction</b>	Bolus into feeding tube or may be consumed orally. Refrigerate any unused portion and use within 24 hours.  For feeding tube; bolus (by syringe) one serving of Real Food Blends™ in addition to, or in place of, a volume of usual formula as directed by your health care professional. Flush tube with water after feeding.
<b>Shelf Life</b>	3 years from date of manufacture, unopened, at room temperature

As with any real food product, variations in caloric and nutrient levels should be expected due to soil and weather conditions. If a specific medical condition requires precise nutrient levels, please discuss with your medical team before using Real Food Blends meals.

## NUTRITION INFORMATION\*\*

\*\*Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification.

		9.43 oz / 267 g (237 mL single portion)	Per 100 grams
Calories		330	124
Protein	g	11.17	4.18
Carbohydrate	g	30	11.2
Fiber	g	1.8	0.67
Sugars	g	14	5.24
Sodium	mg (mEq)	60 (2.6)	22.5 (0.97)
Total Fat	g	18.45	6.91
Saturated Fat	g	3.1	1.16
Monounsaturated Fat	g	4.04	1.51
Polyunsaturated Fat	g	9.87	3.7
Trans Fat	g	0.23	0.1
Cholesterol	mg	27.8	10.4
Potassium	mg (mEq)	607 (15.6)	227.3 (5.83)
Vitamin A	mcg	35	13
Vitamin C	mg	32	12
Thiamin	mg	0.1	0.04
Riboflavin	mg	0.13	0.05
Niacin	mg	2.52	0.94
Calcium	mg	55.24	20.69
Iron	mg	1.91	0.71
Vitamin D	mcg	1.28	0.48
Vitamin E	mg	4.7	1.76
Vitamin B <sub>6</sub>	mg	0.26	0.1
Folate	mcg	43.469	16.3
Vitamin B <sub>12</sub>	mcg	0.95	0.35
Phosphorus	mg (mEq)	96.67 (6.24)	36.2 (2.34)
Iodine	mcg		
Magnesium	mg (mEq)	35.24 (2.9)	13.2 (1.09)
Zinc	mg	2.28	0.85
Copper	mg	0.15	0.06
Pantothenic Acid	mg	0.39	0.15
Vitamin K	mcg	80.17	30
Manganese	mg	1.074	0.4
Selenium	mcg	8.49	3.18

## ORDERING INFORMATION

Real Food Blends™ Meal	Item#	Each UPC	Case UPC	First Data NDC Format*	MediSpan NDC Format*
Beef, Potatoes & Spinach 12 x 9.4 oz. Pouches / Case	49749	0 82045 49749 6	7 3066944969 7	Unit: 82045-0497-49 Case: 30669-0449-69	30669-44969
Orange Chicken 12 x 9.4 oz. Pouches / Case	49746	0 82045 49746 5	7 3066944966 6	Unit: 82045-0497-46 Case: 30669-0449-66	30669-44966
Quinoa Kale & Hemp 12 x 9.4 oz. Pouches / Case	49748	0 82045 49748 9	7 3066944968 0	Unit: 82045-0497-48 Case: 30669-0449-67	30669-44968
Salmon, Oats & Squash 12 x 9.4 oz. Pouches / Case	49747	0 82045 49747 2	7 3066944967 3	Unit: 82045-0497-47 Case: 30669-0449-68	30669-44967

\*NDC Formatted Number for reference. Contact your Truven Health service representative for RedBook ID.