

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

Description	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.
Ingredients	Pineapple Juice, Ground Beef, Potatoes, Spinach, Grapeseed Oil
Caloric Distribution	13% calories from protein; 37% calories from carbohydrate; 50% calories from fat
Protein Source	Ground Beef
Carbohydrate Source	Pineapple Juice, Potato, Spinach
Fat Source	Ground Beef, Grapeseed oil
Water Content	76%
Fiber / Source	2g per serving / potatoes, spinach
Allergens	No Manufactured in a facility that processes: egg, fish, wheat, milk, shellfish, soy, sulphites, and tree nuts (almonds)
Gluten Free	Not tested
Lactose Content	0
Phenylalanine	358 mg/ serving
Contraindications	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.
Kosher	No
Halal Certified	No
Use Instruction	<p>Bolus into feeding tube or may be consumed orally. Refrigerate any unused portion and use within 24 hours.</p> <p>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.</p>
Shelf Life	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 ₆	mg	0.26	0.1
Folate	mcg	43.469	16.3
Vitamin B ₁₂	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	Truven Health Red Book
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	82045-049746 ----
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	82045-049747 ----
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	82045-049748 ----
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	82045-049749 ----
Eggs, Apples & Oats 12 x 9.4 oz. Pouches / Case	49750	0 82045 49750 2	7 1641749750 4	Unit: 82045-0497-50 Case: 16417-0497-50	---- 16417-49750	82045-049750 ----

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

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Refer to package for current data.