

Technical Information: Real Food Blends™
Item 49746: Orange Chicken, Carrots, and Brown Rice
Enteral Feeding Liquid Meal

Description	Real Food Blends™ Orange Chicken, Carrots, and Brown Rice is a pre-packaged pureed food meal that is fed via feeding tube. Each 8 fluid ounce (267g) portion delivers 14 grams protein, 19 grams fat and 28 grams of carbohydrate in 340 calories.
Ingredients	Orange juice, cooked chicken, carrots, brown rice, grapeseed oil, water, ginger, roasted sunflower seeds
Caloric Distribution	17% calories from protein; 33% calories from carbohydrate; 50% calories from fat
Protein Source	Chicken
Carbohydrate Source	Orange juice, carrots, brown rice
Fat Source	Grapeseed oil, sunflower seeds
Water Content	75%
Fiber / Source	3g per serving /brown rice, carrots
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	475 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	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.
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		340	127.54
Protein	g	14	5.01
Carbohydrate	g	27.5	10.3
Fiber	g	2.48	0.93
Sugars	g	12.4	4.63
Sodium	mg (mEq)	82.4 (3.58)	30.86 (1.34)
Total Fat	g	19	7.12
Saturated Fat	g	2.5	.94
Monounsaturated Fat	g	4.29	1.61
Polyunsaturated Fat	g	9.47	3.55
Trans Fat	g	0.04	0.02
Cholesterol	mg	35	13.11
Potassium	mg (mEq)	671.2 (17.2)	251.37 (6.45)
Vitamin A	mcg	0.177	0.07
Vitamin C	mg	2.35	0.88
Thiamin	mg	0.136	0.05
Riboflavin	mg	0.15	0.056
Niacin	mg	4.17	1.56
Calcium	mg	35.2	13.2
Iron	mg	1.1	0.41
Vitamin D	mcg	0	0
Vitamin E	mg	3.72	1.4
Vitamin B ₆	mg	0.314	0.117
Folate	mcg	4.35	1.63
Vitamin B ₁₂	mcg	0.23	0.086
Phosphorus	mg (mEq)	152 (9.8)	56.92 (3.67)
Iodine	mcg		
Magnesium	mg (mEq)	31.2 (2.58)	11.69 (0.96)
Zinc	mg	1.18	0.44
Copper	mg	0.084	0.31
Biotin	mcg		
Pantothenic Acid	mg	0.76	0.284
Vitamin K	mcg	1.035	0.388
Chloride	mg (mEq)		
Manganese	mg	0.435	0.163
Selenium	mcg	9	3.37

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 80245 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.