

Technical Information: **Real Food Blends™**
Item 49750: **Eggs, Apples & Oats**
Enteral Feeding Liquid Meal

Description Real Food Blends™ Eggs, Apples & Oats is a pre-packaged pureed food meal that is fed via feeding tube. Real Food Blends™ are not a complete nutritional feeding but are intended to complement an enteral feeding formula by adding real foods to the diet. Each 8 fluid ounce (267g) portion delivers 10 grams protein, 20 grams fat and 29 grams of carbohydrate in 330 calories.

Ingredients Apples, Whole Eggs, Water, Zucchini, Rolled Oats, Flaxseed Oil

Caloric Distribution 11% calories from protein; 34% calories from carbohydrate; 55% calories from fat

Protein Source Egg

Carbohydrate Source Apple, Zucchini, Rolled Oats

Fat Source Egg, Flaxseed Oil

Water Content 77%

Fiber / Source 3.5g per serving / apple, zucchini, rolled oats

Allergens **Egg**
Manufactured in a facility that processes: fish, wheat, milk, shellfish, soy, sulphites, and tree nuts (almonds)

Gluten Free Not tested

Lactose Content 0

Phenylalanine 455 mg/ serving

Contraindications **Egg Allergy**
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

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 | 123.6 |
| Protein | g | 9.92 | 3.72 |
| Carbohydrate | g | 28.93 | 10.84 |
| Fiber | g | 3.49 | 1.31 |
| Sugars | g | 14.5 | 5.43 |
| Sodium | mg (mEq) | 92.25 (4) | 34.55 (1.5) |
| Total Fat | g | 20.12 | 7.54 |
| Saturated Fat | g | 3.19 | 1.19 |
| Monounsaturated Fat | g | 5.5 | 2.06 |
| Polyunsaturated Fat | g | 10 | 3.75 |
| Trans Fat | g | 0.07 | 0.03 |
| Cholesterol | mg | 219 | 82 |
| Potassium | mg (mEq) | 261.2 (6.7) | 98 (2.5) |
| Vitamin A | mcg | 200 | 75 |
| Vitamin C | mg | 2.8 | 1.05 |
| Thiamin | mg | 0.146 | 0.05 |
| Riboflavin | mg | 0.314 | 0.12 |
| Niacin | mg | 0.434 | 0.16 |
| Calcium | mg | 52.40 | 19.63 |
| Iron | mg | 2.16 | 0.81 |
| Vitamin D | mcg | 1.18 | 0.44 |
| Vitamin E | mg | 0.47 | 0.18 |
| Vitamin B ₆ | mg | 0.19 | 0.07 |
| Folate | mcg | 51.869 | 19.43 |
| Vitamin B ₁₂ | mcg | 0.711 | 0.27 |
| Phosphorus | mg (mEq) | 191.276 (12.34) | 71.64 (4.6) |
| Iodine | mcg | | |
| Magnesium | mg (mEq) | 34.503 (2.84) | 12.92 (1.06) |
| Zinc | mg | 1.285 | 0.48 |
| Copper | mg | 0.15 | 0.056 |
| Pantothenic Acid | mg | 1.063 | 0.4 |
| Vitamin K | mcg | 2.827 | 1.06 |
| Manganese | mg | 0.656 | 0.25 |
| Selenium | mcg | 21.74 | 8.14 |

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.