



**REALFOOD**  
B L E N D S™  
MEALS FOR TUBE-FED PEOPLE

DIETITIAN RESOURCES

# WELCOME TO REAL FOOD BLENDS.

We're so grateful for the overwhelming support Real Food Blends has received from dietitians (like you!) who are excited to finally be able to offer their enteral patients (kids and adults) the benefits of whole food nutrition and a wide variety of real food.

We created Real Food Blends in 2012 after our own tube-fed son failed commercial formulas, but thrived on a homemade blended diet. In this booklet, you'll find nutritional information for each of our five meals and daily meal plans, tips for using our meals, and clinical support for using real food through the feeding tube.

If you have questions or need samples for your patients, please reach out to us via email at [Info@RealFoodBlends.com](mailto:Info@RealFoodBlends.com) or by phone at (888) 484-9495.

Thanks!  
Julie and Tony



Julie & Tony Bombacino, Co-founders, Real Food Blends

## TABLE OF CONTENTS

About Real Food Blends.....	3
Nutritional Information.....	4
Clinical Research Supporting Blended Diets.....	6
Sample Meal Plans.....	7
Tips and Tricks.....	8

# ABOUT REAL FOOD BLENDS

Our 5 meals offer nutritional variety for people with feeding tubes and can be used in conjunction with commercial formulas, with a home blended diet, or alone.

- 5-7 whole food ingredients per meal
- 330-340 calories per 8oz meal
- 1 serving of fruits and vegetables
- Suitable for those with nut, soy, gluten, or dairy intolerances
- No corn syrup or preservatives
- Covered by many insurance plans under HCPCS B4149



Orange Chicken,  
Carrots &  
Brown Rice



Salmon, Oats &  
Squash



Beef, Potatoes &  
Spinach



Quinoa, Kale &  
Hemp



Eggs, Apples &  
Oats

## Candidates for Real Food Blends

- Patients with a working digestive system
- 14f or larger G-tube
- Age 1 or older (i.e. would be eating normal table foods at this age if not using a feeding tube)

In general, patients who had their feeding tube placed for a neurological condition, or have physical limitations preventing them from safely getting food into the stomach, tend to be good candidates for real food.

# NUTRITIONAL INFORMATION

## ORANGE CHICKEN, CARROTS & BROWN RICE

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(mEc)	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 (mEc)	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

**WATER: 75%**

## SALMON, OATS & SQUASH

CALORIES		330	123.91
PROTEIN	g	13	4.99
CARBOHYDRATE	g	26	9.74
FIBER	g	2.2	3.37
SUGARS	g	9	0.84
SODIUM	mg(mEc)	30 (1.32)	11.2 (0.5)
TOTAL FAT	g	19.65	7.44
SATURATED FAT	g	2.2	0.83
MONOUNSATURATED FAT	g	1.6	0.7
POLYUNSATURATED FAT	g	1.1	0.4
TRANS FAT	g	0	0
CHOLESTEROL	mg	28.84	10.81
POTASSIUM	mg (mEc)	236 (6.05)	88.3 (2.27)
VITAMIN A	mcg	4.48	1.68
VITAMIN C	mg	0.6	0.23
THIAMIN	mg	0.21	.08
RIBOFLAVIN	mg	0.13	.05
NIACIN	mg	4	1.5
CALCIUM	mg	48.33	18.1
IRON	mg	1.95	0.73

**WATER: 73%**

\*\*Nutritional information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification. The information provided in this booklet is not medical advice. Real Food Blends meals are not intended to diagnose, treat, cure, or prevent a health problem or disease.

9.43 oz / 267 g  
(237 mL single portion) Per 100 grams

**BEEF, POTATOES & SPINACH**

CALORIES		330	124
PROTEIN		11.17	4.18
CARBOHYDRATE	g	30	11.2
FIBER	g	1.8	0.67
SUGARS	g	14	5.24
SODIUM	mg(mEc)	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 (mEc)	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

**WATER: 76%**

**QUINOA, KALE & HEMP**

CALORIES		330	123.49
PROTEIN	g	11	4.11
CARBOHYDRATE	g	32	12.11
FIBER	g	4.2	1.65
SUGARS	g	16.45	6.15
SODIUM	mg(mEc)	20 (0.87)	7.5 (0.33)
TOTAL FAT	g	18.12	6.77
SATURATED FAT	g	2.48	0.93
MONOUNSATURATED FAT	g	11.19	4.19
POLYUNSATURATED FAT	g	2.72	1.017
TRANS FAT	g	0	0
CHOLESTEROL	mg	0	0
POTASSIUM	mg (mEc)	300 (7.69)	112 (2.87)
VITAMIN A	mcg	154.8	57.85
VITAMIN C	mg	2.5	0.94
THIAMIN	mg	0.074	0.03
RIBOFLAVIN	mg	0.097	0.04
NIACIN	mg	0.568	0.21
CALCIUM	mg	124.5	46.5
IRON	mg	4.77	1.78

**WATER: 75%**

**EGGS, APPLES & OATS**

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(mEc)	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 (mEc)	261 (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

**WATER: 77%**

# CLINICAL SUPPORT FOR REAL FOOD FOR ENTERAL PATIENTS

There is a growing body of evidence-based research that shows that enteral patients can benefit from blenderized diets.

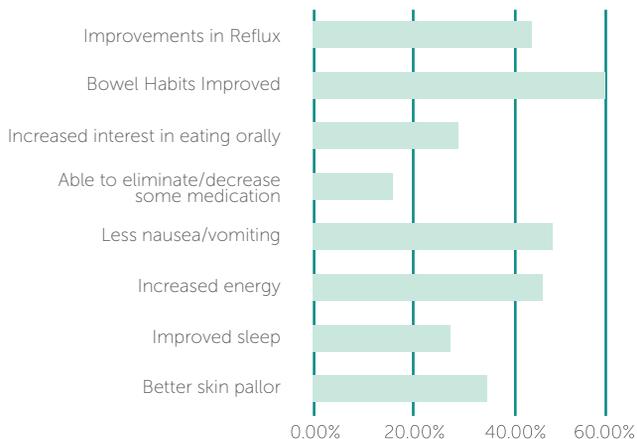
- Improvements in gagging and retching<sup>2</sup>
- Reduction in vomiting<sup>3,4</sup>
- Less diarrhea<sup>5</sup>
- Greater volume tolerance<sup>6</sup>
- Relief from constipation<sup>7</sup>
- Improved reflux symptoms

Research also shows that many enteral patients support using real food and already rely on real food for at least some of their nutritional needs.<sup>8</sup>

## COMMON SYMPTOMS OF FORMULA INTOLERANCE:

- Gagging/Retching
- Frequent burping
- Bloating
- Abdominal pain
- Diarrhea
- Vomiting
- Constipation

IMPROVEMENTS REPORTED BY CUSTOMERS AFTER SWITCHING TO REAL FOOD BLENDS



1. Penttiuk, Scott, et al. "Pureed by gastrostomy tube diet improves gagging and retching in children with fundoplication." *Journal of Parenteral and Enteral Nutrition* 35 (2011): 375-379. PubMed. Web. 10 Aug. 2017. 2. Mitsuya, Jennifer Bordoato, et al. "Tolerance of Pureed Diet by Gastrostomy Tube in Pediatric Patients." *NASPGHAN*, Oct. 23-35, 2014. Hilton Atlanta, Atlanta, Ga. 3. Hurt, Ryan, et al. "Blenderized Tube Feeding Use in Adult Home Enteral Nutrition Patients." *Nutrition in Clinical Practice* 30(6) (2015): 824-829. Sage Journals. Web. 10 Aug. 2017. 4. Gallagher, Kelsey. "The BLEND Study: A feasibility study looking at children transitioning onto blenderized tube feeds." *NASPGHAN*, Oct. 7-11, 2015. Washington Hilton, Washington, D.C. 5. Ibd. 6. Novak, Patricia, et al. "The Use of Blenderized Tube Feedings." *ICAN: Infant, Child, & Adolescent Nutrition* 1 (2009): 21-23. Sage Journals. Web. 10 Aug. 2017. 7. Ibd. 8. Epp, Lisa, et al. "Use of Blenderized Tube Feeding in Adult and Pediatric Home Enteral Nutrition Patients. *Nutrition in Clinical Practice* 32(2) (2017): 201-205. Sage Journals. Web. 10 Aug. 2017.

# SAMPLE MEAL PLANS FOR ADULTS & CHILDREN

## 1300 CALORIE DAY - 4-8 Y/O CHILD

Macronutrients	Value	Unit	Vitamins	Value	Unit	Goal	%DRI
Calories	1295	kcal	Vitamin A (RE)	288	RE	400	72%
Total Fat	79	g	Vitamin C	38	mg	25	150%
Saturated Fat	12	g	Vitamin D (ug)	1.6	mcg	600	0%
<i>Trans Fat</i>	0	g	Vitamin E (mg)	10	mg	7	141%
Cholesterol	323	mg	Thiamin	0.6	mg	0.6	100%
Sodium	309	mg	Riboflavin	0.8	mg	0.6	128%
Potassium	1535	mg	Niacin	11	mg	8	139%
Carbohydrate	105	g	Vitamin B6	0.9	mg	0.6	148%
Dietary Fiber	9	g	Folate (Total)	125	mcg	200	62%
Sugars	46	g	Vitamin B12	5.3	mcg	1.2	439%
<i>Added Sugar</i>	0	g	Vitamin K	84	mcg	55	153%
Protein	47	g					
			Minerals	Value	Unit	Goal	%DRI
			Calcium	288	mg	1000	23%
			Iron	10	mg	10	100%
			Phosphorus	628	mg	500	126%
			Magnesium	141	mg	130	109%
			Zinc	5.6	mg	5	112%
			Copper	504	mcg	440	115%
			Manganese	2.9	mg	1.5	
			Selenium	61	mcg	30	204%

This represents averages for one Real Food Blends Eggs, Apples & Oats plus any three additional RFB meals for a total of four meals/day.

## 2000 CALORIE DAY - ADULT

Macronutrients	Value	Unit	Vitamins	Value	Unit	Goal	%DRI
Calories	1943	kcal	Vitamin A (RE)	351	mg	900	39%
Total Fat	115	g	Vitamin C	42	mg	90	47%
Saturated Fat	17	g	Vitamin D (ug)	1.6	mcg	20	8%
<i>Trans Fat</i>	0	g	Vitamin E (mg)	11	mg	15	71%
Cholesterol	323	mg	Thiamin	0.7	mg	1.2	62%
Sodium	349	mg	Riboflavin	1.0	mg	1.3	74%
Potassium	2134	mg	Niacin	12	mg	16	76%
Carbohydrate	167	g	Vitamin B6	1.1	mg	1.7	65%
Dietary Fiber	18	g	Folate (Total)	189	mcg	400	47%
Sugars	79	g	Vitamin B12	5.9	mcg	2.4	220%
<i>Added Sugar</i>	0	g	Vitamin K	85	mcg	120	71%
Protein	69	g					
			Minerals	Value	Unit	Goal	%DRI
			Calcium	447	mg	1300	37%
			Iron	20	mg	18	109%
			Phosphorus	776	mg	1250	62%
			Magnesium	277	mg	420	66%
			Zinc	6.7	mg	11	60%
			Copper	741	mcg	900	82%
			Manganese	4.6	mg	2.3	202%
			Selenium	64	mcg	55	117%

This represents averages for one Real Food Blends Eggs, Apples & Oats plus any five additional RFB meals for a total of six meals/day.

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# TIPS AND TRICKS

## BOLUS FEEDING

- Additional liquid can be added if a thinner consistency is desired
- Cut the pouch at an angle to minimize drips
- Dip the syringe plunger in olive oil for smoother feeding
- Heating the meals can also thin the consistency

## FEEDING PUMPS AND GRAVITY FEEDS

- Add an additional 2-4 ounces of liquid (water, milk, juice, oil, etc.)
- Pour into pump/gravity bag AFTER adding liquid and mixing well
- Hang time is 2 hours (meals can be refrigerated for up to 48 hours after opening)

## TRANSITIONING FROM FORMULA

- Start slow, especially with younger children
- One option is to replace one can of formula daily with one RFB meal
- Be mindful of hydration needs. Extra free water is typically needed, just like for oral eaters.

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## QUESTIONS? COMMENTS? SAMPLES?

Contact us at [Info@RealFoodBlends.com](mailto:Info@RealFoodBlends.com) or (888) 484-9495 with any questions or to request samples!