

Technical Information: Real Food Blends™
Item 49748: **Quinoa Kale & Hemp**
Enteral Feeding Liquid Meal

Description	Real Food Blends™ Quinoa Kale & Hemp is a pre-packaged pureed food meal that is fed via feeding tube. Each 8 fluid ounce (267g) portion delivers 11 grams protein, 19 grams fat and 32 grams of carbohydrate in 330 calories.
Ingredients	Water, kale, grape juice concentrate, hemp powder, extra virgin olive oil, quinoa, cinnamon.
Caloric Distribution	13% calories from protein; 38.5% calories from carbohydrate; 48.5% calories from fat
Protein Source	Hemp powder, quinoa, kale
Carbohydrate Source	Grape juice concentrate, quinoa, hemp powder, kale
Fat Source	Olive oil
Water Content	75%
Fiber / Source	4g per serving / hemp, cinnamon, kale, quinoa
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	146 mg / serving
Contraindication	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 one of the ingredients. Drug/nutrient interactions should be evaluated by the physician and/or pharmacist.
Kosher	No
Halal Certified	No
Use Instruction	Bolus via 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 (8 fl oz single portion)	Per 100 grams
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 (mEq)	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 (mEq)	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
Vitamin D	mcg	0	0
Vitamin E	mg	20.55	7.7
Vitamin B6	mg	0.11	0.041
Folate	mcg	32	12
Vitamin B12	mcg	0	0
Phosphorus	mg (mEq)	74 (4.77)	27.7 (1.79)
Iodine	mcg		
Magnesium	mg (mEq)	68.1 (5.6)	25.2 (2.1)
Zinc	mg	0.525	0.2
Copper	mg	0.119	0.044
Biotin	mcg		
Pantothenic Acid	mg	0.13	0.05
Vitamin K	mcg	0.68	0.26
Choline	mcg		
Chloride	mg (mEq)		
Manganese	mg	0.86	0.32
Selenium	mcg	1.6	0.6

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.