

## Survey of Registered Dietitians' Use of Real Food Blends with Enteral Patients.

Real Food Blends, [realfoodblends.com](http://realfoodblends.com)

### ABSTRACT

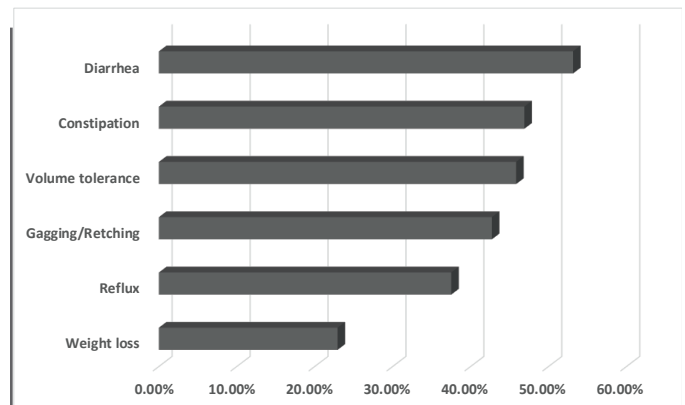
**Objective:** To assess the experience and outcome(s) of registered dietitians prescribing Real Food Blends to their enteral patients. **Design:** National, cross-sectional survey. **Participants:** Registered Dietitians who had prescribed Real Food Blends meals to at least a percentage of their enteral patients. **Measurements:** Percentage of enteral patients, Real Food Blends usage, symptom improvement, medication reduction, interest in oral eating improvement, registered dietitian recommendations. **Results:** 107 completed surveys from 3,195 sampled registered dietitians (100% of total surveyed) were analyzed. **Conclusion:** 90% of registered dietitians surveyed saw an improvement in formula intolerance symptoms including diarrhea, constipation, volume intolerance, gagging/retching, weight loss and reflux. 94% of registered dietitians are likely to prescribe Real Food Blends to their future enteral patients.

### INTRODUCTION

Real Food Blends conducted a national survey of registered dietitians to learn more about their experiences with Real Food Blends meals for their enteral patients. We asked about how often they prescribe Real Food Blends, the improvements they've seen in their patients since switching to Real Food Blends, and how often they recommend Real Food Blends to their enteral patients. A total of 107 registered dietitians responded who see enteral patients.

### RESULTS

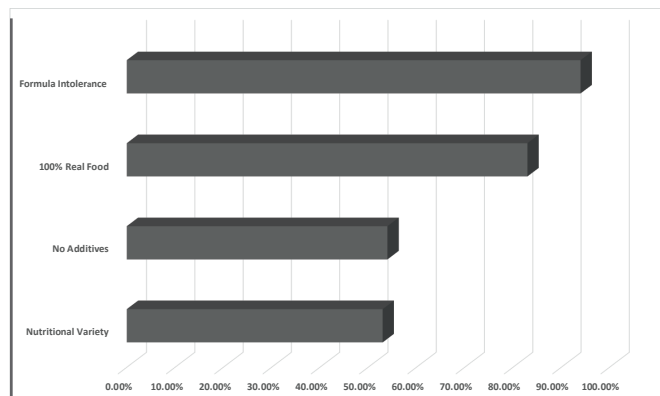
90% of registered dietitians surveyed saw improvements in their enteral patients with common formula intolerance symptoms once starting Real Food Blends, with many noting several different symptom improvements.



**Figure.** Most commonly reported formula intolerance symptom reductions after starting Real Food Blends

94% of respondents stated they would be likely to prescribe Real Food Blends to their enteral patients based on their experiences with the meals.

About 75% of respondents who used Real Food Blends with enteral patients who are able to eat safely noted increased interest in oral eating once switching to Real Food Blends.



**Figure.** Most common reasons registered dietitians are currently prescribing Real Food Blends.

40% of registered dietitians who had enteral patients on medications noted those medications being able to be reduced since switching to Real Food Blends.