

Blenderized Tube Feeding Routine

Below you can find your recommended plan for using Real Food Blends®. If you have questions, please consult your medical team.

This form is intended to be completed by a medical professional for your specific nutritional needs.

PATIENT INFORMATION

First:

Last:

Male Female Height: ___ft___in Weight: ___ lbs

Food Allergies:

MEDICAL PROFESSIONAL

Name:

Organization:

Phone:

Email:

REAL FOOD BLENDS INTAKE



Qty

meal(s)/day – **Use rotation of all 6 meal varieties** (~330 Calories, ~12 g Protein)



Qty

meal(s)/day – **Turkey, Sweet Potatoes & Peaches** (320 Calories, 14 g Protein)



Qty

meal(s)/day – **Chicken, Carrots & Brown Rice** (340 Calories, 14 g Protein)



Qty

meal(s)/day – **Beef, Potatoes & Spinach** (330 Calories, 11 g Protein)



Qty

meal(s)/day – **Salmon, Oats & Squash** (330 Calories, 12 g Protein)



Qty

meal(s)/day – **Quinoa, Kale & Hemp** (340 Calories, 12 g Protein)



Qty

meal(s)/day – **Eggs, Apples & Oats** (320 Calories, 8 g Protein)



Qty

snack(s)/day – **Prunes, Pears & Pumpkin** (100 Calories, 1 g Protein)

SODIUM RECOMMENDATION

Consider an additional _____ mg of Sodium daily.*

Real Food Blends is made from whole food ingredients, which are naturally low in sodium. Simply add salt, chicken broth, etc. to meet your patients' specific needs.

SODIUM RECOMMENDATIONS**

| | |
|----------|------------------|
| 1-3 yrs | <1200 mg / daily |
| 4-8 yrs | <1500 mg / daily |
| 9-13 yrs | <1800 mg / daily |
| 14+ yrs | <2300 mg / daily |

SOURCES OF SODIUM***

| |
|--------------------------------|
| 1/4 tsp iodized salt = 575 mg |
| 1/2 tsp iodized salt = 1150 mg |
| 5 fl oz chicken broth = 550 mg |
| 8 fl oz milk = 100 mg |

CALCIUM RECOMMENDATION

Consider an additional _____ mg of Calcium daily.*

Real Food Blends does not contain any cow milk or dairy ingredients due to cow milk allergy and lactose intolerance being relatively common. Dairy products or other foods that are good sources of calcium can be added to the meals to meet your patients' specific needs.

CALCIUM RECOMMENDATIONS**

| | |
|-----------|--|
| 1-3 yrs | 700 mg / daily |
| 4-8 yrs | 1000 mg / daily |
| 9-13 yrs | 1300 mg / daily |
| 14-18 yrs | 1300 mg / daily |
| 19-50 yrs | 1000 mg / daily |
| 51-70 yrs | 1000 mg / daily (men) 1200 mg / daily (women) |
| 71+ yrs | 1200 mg / daily |

SOURCES OF CALCIUM***

| |
|---|
| Almondmilk, unsweetened, 8 fl oz = 385 mg ^{††} |
| Yogurt, plain, nonfat, 8 oz = 488 mg [†] |
| Kefir, plain, lowfat, 8 oz = 317 mg [†] |
| Milk, lowfat (1%), 8 fl oz = 305 mg [†] |
| Soymilk, unsweetened, 8 fl oz = 301 mg [†] |

Yes No Patient should consider additional daily multivitamin supplementation.

Additional notes:

* Based on your current feeding prescription, age and medical condition(s). ** Guidelines have been updated under 2020-2025 publication of Dietary Guidelines for Americans. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov. *** Nutritional information is calculated based on USDA FoodData Central Database. † Specific nutritional information may vary by brand/variety.

†† Fortified with calcium.

Get to know *real* food with Real Food Blends®



The only ready-to-feed true blenderized diet option.



Simplifying the blenderized diet starts here:

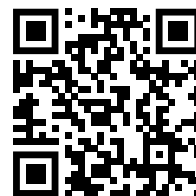
Watch our videos on how to administer Real Food Blends.



Bolus



Pump



Bolee® Bag

Where to get Real Food Blends ?



DME*/Home infusion provider



Realfoodblends.com

available at



Amazon.com



Walmart.com

Questions about insurance coverage?

Our Nutricia Navigator team can help!
nutricia-na.com/nutricianavigator
(800) 365-7354



NUTRICIA
NAVIGATOR

*Durable Medical Equipment



For more information, visit realfoodblends.com.
If you have any questions for our team, call 1-800-365-7354
or email at RFBcustomerservice@nutricia.com.



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