



*Bringing REAL FOOD  
& nutritional variety for people  
with FEEDING TUBES*

*An easy guide to start  
Real Food Blends®*





## Welcome

We hope you'll enjoy your **Real Food Blends®** meals and more. Our products contain consciously chosen real food ingredients, blended for people with feeding tubes.

By using this guide as a baseline for starting Real Food Blends, we hope to make the transition as easy and simple as possible.



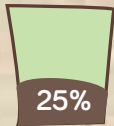



*At Real Food Blends, our mission is to bring true blenderized diet to as many people with feeding tubes as possible*

# An Easy Transition

If this is your first time using real food, you'll see that the consistency of Real Food Blends is thicker than your traditional tube feeding formula. This is intentional, as having a thicker consistency may allow for better GI tolerance.

Below you will find an example schedule of how you can make a slow transition to Real Food Blends.

We always suggest to ask your medical team before making any changes to your diet.

DAY 1-2	DAY 3-4	DAY 5-6	DAY 7+
			
25% calories with Real Food Blends + 75% calories with your current feeding formula	50% calories with Real Food Blends + 50% calories with your current feeding formula	75% calories with Real Food Blends + 25% calories with your current feeding formula	Replace 100% of calories with Real Food Blends Meals

## Convenience of a ready-to-feed true blenderized diet



Real Food Blends meals & snack can be used as bolus, pump or gravity feeding with 14Fr G-Tube or larger (if consistency with gravity or pump feeding is a concern, dilute with fluids). Real Food Blends is made from whole food and therefore the consistency might vary.

# Nutritional Variety From Real Food

Real Food Blends offers 6 shelf stable meals and 1 snack for people with feeding tubes that can be used:

- as a primary source of nutrition
- with commercial formula
- with a home blended diet



Mix & match our meals and snack for nutritional variety



No added salt,\* sugar\*\*, synthetic vitamins or minerals

Real Food Blends does not contain gluten, soy, dairy or nuts.

\* Not a sodium free food

\*\* Not a low calorie food



# The Benefits of a Blenderized Diet

Bringing back normalcy with a variety of real foods.

A growing body of evidence indicates that Blenderized Tube Feeding may improve common symptoms of formula intolerance, such as:



Nausea and vomiting<sup>1,2</sup>



Gagging/retching<sup>5,6</sup>



Reflux associated with tube feeding<sup>3,4</sup>



Bowel Irregularity<sup>17</sup>



Blenderized Tube Feeding may support improved oral intake<sup>5</sup>

## Simplicity of a true blenderized diet with Real Food Blends

Only Real Food Blends provides a variety of proteins, fruits, vegetables, whole grains & fats across six different meals and a snack.



5-8 real food ingredients per meal or snack

1. Spurlock A, et al. BTF Use in Patients with Head and Neck Cancer. *Nutr Clin Prac.* 2021; 1-10. 2. Hron B, et al. Health Outcomes and Quality of Life Indices of Children Receiving Blenderized Feeds via Enteral Tube. *J Pediatr.* 2019;1-7. 3. Kernizan D, et al. Outcomes and Safety of Blenderized Tube Feedings in Pediatric Patients: A Single Center's Experience. *JPGN.* 2020;71(4) e124-e128. 4. Batsi s I, et al. Efficacy and Tolerance of Blended Diets in Children Receiving Gastrostomy Feeds. *Nutr Clin Prac.* 2019; 00 (0), 1-7. 5. Pentiu S, et al. Pured by Gastrostomy Tube Diet Improves gagging and Retching in Children with Fundoplication. *JPEN.* 2011;35 (3), 375-379. 6. Gallagher K, et al. Blenderized Enteral Nutrition Diet Study: Feasibility, Clinical, and Microbiome Outcomes of Providing Blenderized Feeds Through a Gastric Tube in a Medically Complex Pediatric Population. *JPEN.* 2018; 00(0), 1-15. 7. Schmidt S, et al. The effect of a natural food based tube feeding in minimizing diarrhea in critically ill neurological patients. *Clin Nutr.* 2018; 38 (2019) 332-340.

# Real Food Blends is Covered By Many Insurance Plans

Benefit from our personalized one-on-one support to help you obtain product insurance coverage.

**Nutricia-NA.com/NutriciaNavigator**

**or call 800-365-7354**

Monday-Friday 9 am-6 pm ET



**You can get Real Food Blends from:**

- ✓ Your DME provider
- ✓ Amazon.com
- ✓ Walmart.com
- ✓ Realfoodblends.com



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