

Technical Information: Real Food Blends™
Item 49750: Eggs, Apples & Oats
Enteral Feeding Liquid Meal

Description Real Food Blends™ Eggs, Apples & Oats is a pre-packaged pureed food meal that is fed via feeding tube. Real Food Blends™ are not a complete nutritional feeding but are intended to complement an enteral feeding formula by adding real foods to the diet. Each 8 fluid ounce (267g) portion delivers 10 grams protein, 20 grams fat and 29 grams of carbohydrate in 330 calories.

Ingredients Apples, Whole Eggs, Water, Zucchini, Rolled Oats, Flaxseed Oil

Caloric Distribution 11% calories from protein; 34% calories from carbohydrate; 55% calories from fat

Protein Source Egg

Carbohydrate Source Apple, Zucchini, Rolled Oats

Fat Source Egg, Flaxseed Oil

Water Content 77%

Fiber / Source 3.5g per serving / apple, zucchini, rolled oats

Allergens **Egg**
Manufactured in a facility that processes: fish, wheat, milk, shellfish, soy, sulphites, and tree nuts (almonds)

Gluten Free Not tested

Lactose Content 0

Phenylalanine 455 mg/ serving

Contraindications **Egg Allergy**
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 an ingredient. Drug/nutrient interactions should be evaluated by the physician and/or pharmacist.

Kosher No

Halal Certified No

Use Instruction Bolus into 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

NUTRITION INFORMATION**

**Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification.

		9.43 oz / 267 g (237 mL single portion)	Per 100 grams
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 (mEq)	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 (mEq)	261.2 (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
Vitamin D	mcg	1.18	0.44
Vitamin E	mg	0.47	0.18
Vitamin B ₆	mg	0.19	0.07
Folate	mcg	51.869	19.43
Vitamin B ₁₂	mcg	0.711	0.27
Phosphorus	mg (mEq)	191.276 (12.34)	71.64 (4.6)
Iodine	mcg		
Magnesium	mg (mEq)	34.503 (2.84)	12.92 (1.06)
Zinc	mg	1.285	0.48
Copper	mg	0.15	0.056
Pantothenic Acid	mg	1.063	0.4
Vitamin K	mcg	2.827	1.06
Manganese	mg	0.656	0.25
Selenium	mcg	21.74	8.14

ORDERING INFORMATION

Real Food Blends™ Meal	Item#	Each UPC	Case UPC	First Data NDC Format*	MediSpan NDC Format*
Eggs, Apples & Oats 12 x 9.4 oz. Pouches / Case	49750	0 80245 49750 2	7 1641778184 4	Unit: Coming Soon! Case:	Coming Soon!
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.