



REALFOOD
B L E N D S™

MEALS FOR PEOPLE WITH FEEDING TUBES

DIETITIAN RESOURCES



WELCOME TO REAL FOOD BLENDS.

We're so grateful for the overwhelming support Real Food Blends has received from dietitians (like you!) who are excited to finally be able to offer their enteral patients (kids and adults) the benefits of whole food nutrition and a wide variety of real food.

We created Real Food Blends in 2012 after our own tube-fed son failed commercial formulas, but thrived on a homemade blended diet. In this booklet, you'll find nutritional information for each of our six meals and daily meal plans, tips for using our meals, and clinical support for using real food through the feeding tube.

If you have questions or need samples for your patients, please reach out to us via email at Info@RealFoodBlends.com or by phone at (888) 484-9495.

Thanks!
Julie and Tony



Julie & Tony Bombacino, Co-founders
Real Food Blends

TABLE OF CONTENTS

About Real Food Blends.....	3
Nutritional Information.....	4
Clinical Research Supporting Blended Diets.....	6
Sample Meal Plans.....	7
Tips and Tricks.....	8

ABOUT REAL FOOD BLENDS

Our 6 meals offer nutritional variety for people with feeding tubes and can be used in conjunction with commercial formulas, with a home blended diet, or alone.

- 5-7 whole food ingredients per meal
- 320-340 calories per 8oz meal
- Meals follow the 'Choose My Plate' model from the USDA
- 1 serving of fruits and vegetables
- Suitable for those with nut, soy, gluten, or dairy intolerances
- No added sugar or preservatives
- Covered by many insurance plans under HCPCS B4149



Chicken, Carrots
& Brown Rice



Salmon, Oats & Squash



Beef, Potatoes & Spinach



Quinoa, Kale & Hemp



Eggs, Apples & Oats



Turkey, Sweet Potatoes
& Peaches

Candidates for Real Food Blends

- Patients with a working digestive system
- 14 Fr or larger G-tube
- Adults and children age 1 or older (i.e. would be eating normal table foods at this age if not using a feeding tube)

In general, patients who had their feeding tube placed for a neurological condition, or have physical limitations preventing them from safely getting food into the stomach, tend to be good candidates for real food.

NUTRITIONAL INFORMATION

CHICKEN, CARROTS & BROWN RICE

		9.43 oz / 267 g (237 mL single portion)	Per 1000 mL
CALORIES		340	1,435
PROTEIN	g	14	59
CARBOHYDRATE	g	28	118
FIBER	g	3	12.7
SUGARS	g	12	51
TOTAL FAT	g	20	84
SATURATED FAT	g	2.5	10.5
MONOUNSATURATED FAT	g	5.2	21.9
POLYUNSATURATED FAT	g	10.8	45.6
TRANS FAT	g	0	0
CHOLESTEROL	mg	45	190
SODIUM	mg (mEq)	90 (3.91)	380 (16.52)
POTASSIUM	mg (mEq)	514 (13.18)	2,169 (55.62)
VITAMIN A (RAE)	mcg	395	1,667
VITAMIN C	mg	25	105
THIAMIN	mg	0.20	0.84
RIBOFLAVIN	mg	0.15	0.63
NIACIN	mg	5.64	23.80
CALCIUM	mg (mEq)	38 (1.90)	160 (8.00)
PHOSPHORUS	mg (mEq)	192 (12.39)	810 (52.26)
IRON	mg	1	4.22
FREE WATER	mL (%)	181 (76%)	764 (76%)

SALMON, OATS & SQUASH

CALORIES		330	1,392
PROTEIN	g	12	51
CARBOHYDRATE	g	25	105
FIBER	g	3	12.7
SUGARS	g	10	42
TOTAL FAT	g	20	84
SATURATED FAT	g	3	12.7
MONOUNSATURATED FAT	g	5.0	21.1
POLYUNSATURATED FAT	g	11.4	48.1
TRANS FAT	g	0	0
CHOLESTEROL	mg	25	105
SODIUM	mg (mEq)	30 (1.30)	127 (5.52)
POTASSIUM	mg (mEq)	300 (7.69)	1,266 (32.46)
VITAMIN A (RAE)	mcg	140	591
VITAMIN C	mg	4	17
THIAMIN	mg	0.12	0.51
RIBOFLAVIN	mg	0.10	0.42
NIACIN	mg	4.32	18.23
CALCIUM	mg	43 (2.15)	181 (9.05)
PHOSPHORUS	mg (mEq)	205 (13.23)	865 (55.81)
IRON	mg	1	4.22
FREE WATER	mL (%)	187 (79%)	789 (79%)

BEEF, POTATOES & SPINACH

CALORIES		330	1,392
PROTEIN	g	11	46
CARBOHYDRATE	g	30	127
FIBER	g	2	8.4
SUGARS	g	14	59
TOTAL FAT	g	18	76
SATURATED FAT	g	3	12.7
MONOUNSATURATED FAT	g	4.1	17.2
POLYUNSATURATED FAT	g	10.0	42.4
TRANS FAT	g	0	0
CHOLESTEROL	mg	30	127
SODIUM	mg (mEq)	60 (2.61)	253 (11.00)
POTASSIUM	mg (mEq)	607 (15.56)	2,561 (65.67)
VITAMIN A (RAE)	mcg	129	546
VITAMIN C	mg	20	86
THIAMIN	mg	0.13	0.56
RIBOFLAVIN	mg	0.13	0.54
NIACIN	mg	3.01	12.70
CALCIUM	mg	55 (2.75)	232 (11.60)
PHOSPHORUS	mg (mEq)	141 (9.10)	594 (38.32)
IRON	mg	2	8.44
FREE WATER	mL (%)	182 (77%)	770 (77%)

**TURKEY, SWEET POTATOES
& PEACHES**

CALORIES		320	1,350
PROTEIN	g	14	59
CARBOHYDRATE	g	23	97
FIBER	g	4	16.9
SUGARS	g	9	38
TOTAL FAT	g	19	80
SATURATED FAT	g	3.0	12.7
MONOUNSATURATED FAT	g	12.9	54.3
POLYUNSATURATED FAT	g	2.5	10.7
TRANS FAT	g	0	0
CHOLESTEROL	mg	55	232
SODIUM	mg (mEq)	80 (3.48)	338 (14.70)
POTASSIUM	mg (mEq)	664 (17.03)	2802 (71.85)
VITAMIN A (RAE)	mcg	485	2046
VITAMIN C	mg	5	21
THIAMIN	mg	0.10	0.42
RIBOFLAVIN	mg	0.25	1.05
NIACIN	mg	4.68	19.76
CALCIUM	mg	50 (2.50)	211 (10.55)
PHOSPHORUS	mg (mEq)	182 (11.74)	769 (49.61)
IRON	mg	1	4.22
FREE WATER	mL (%)	161 (68%)	681 (68%)

EGGS, APPLES & OATS

CALORIES		320	1,350
PROTEIN	g	8	34
CARBOHYDRATE	g	26	110
FIBER	g	3	12.7
SUGARS	g	15	63
TOTAL FAT	g	20	84
SATURATED FAT	g	3.0	12.7
MONOUNSATURATED FAT	g	4.8	20.3
POLYUNSATURATED FAT	g	11.2	47.2
TRANS FAT	g	0	0
CHOLESTEROL	mg	190	802
SODIUM	mg (mEq)	80 (3.48)	338 (14.70)
POTASSIUM	mg (mEq)	239 (6.13)	1,008 (25.85)
VITAMIN A (RAE)	mcg	95	402
VITAMIN C	mg	44	184
THIAMIN	mg	0.10	0.41
RIBOFLAVIN	mg	0.29	1.24
NIACIN	mg	0.47	2.00
CALCIUM	mg	46 (2.30)	194 (9.70)
PHOSPHORUS	mg (mEq)	189 (12.19)	797 (51.42)
IRON	mg	2	8.44
FREE WATER	mL (%)	191 (81%)	805 (81%)

QUINOA, KALE & HEMP

		9.43 oz / 267 g	Per 1000 mL
		(237 mL single portion)	
CALORIES		340	1,435
PROTEIN	g	12	51
CARBOHYDRATE	g	32	135
FIBER	g	6	25.3
SUGARS	g	17	72
TOTAL FAT	g	19	80
SATURATED FAT	g	2.5	10.5
MONOUNSATURATED FAT	g	12.3	51.9
POLYUNSATURATED FAT	g	2.5	10.5
TRANS FAT	g	0	0
CHOLESTEROL	mg	0	0
SODIUM	mg (mEq)	20 (0.87)	84 (3.65)
POTASSIUM	mg (mEq)	401 (10.28)	1,692 (43.38)
VITAMIN A (RAE)	mcg	72	304
VITAMIN C	mg	9	38
THIAMIN	mg	0.29	1.22
RIBOFLAVIN	mg	0.16	0.68
NIACIN	mg	1.98	8.35
CALCIUM	mg	125 (6.25)	527 (26.35)
PHOSPHORUS	mg (mEq)	355 (22.90)	1,498 (96.65)
IRON	mg	7	29.54
FREE WATER	mL (%)	178 (75%)	751 (75%)

**Nutritional information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification. The information provided in this booklet is not medical advice. Real Food Blends meals are not intended to diagnose, treat, cure, or prevent a health problem or disease.

SUGAR, SODIUM, CALCIUM AND VITAMIN D

SUGAR

The American Heart Association recommends limiting added sugar to 25 grams/day for women and children and 36 grams/day for men. FDA labeling guidelines do not require manufacturers to indicate the amount of added sugar added to tube-feeding products. Real Food Blends contains only naturally occurring sugar in food and does not have any added sugar.

SODIUM

Real Food Blends is 100% real food, which is naturally low in sodium. Therefore, we recommend adding salt or a source of sodium daily. For most patients, ¼ to ½ teaspoon of salt per day added to Real Food Blends is usually adequate to meet sodium needs.

Sodium Recommendations:

Age (yrs):

1-3	<1500mg/day
4-8	<1,900 mg/day
9-13	<2,200 mg/day
14+	<2,300 mg/day

Sources of Sodium:

- 1/4 tsp salt = 575 mg
- 1/2 tsp salt = 1,150 mg
- 5 oz chicken broth = 550 mg[†]
- 8 oz milk = 100 mg[†]

CALCIUM AND VITAMIN D

Real Food Blends meals do not contain any dairy ingredients since this is a common allergy and intolerance. Dairy products or other foods that are good sources of calcium and vitamin D can be added to the meals to meet your patient's nutritional needs. You can also add an age-appropriate multivitamin to meet these needs.

Calcium Recommendations:

Age (yrs) Male

1-3	700 mg	Female	700 mg
4-8	1,000 mg	1,000 mg	
9-13	1,300 mg	1,300 mg	
14-18	1,300 mg	1,300 mg	
19-50	1,000 mg	1,000 mg	
51-70	1,000 mg	1,200 mg	
71+	1,200 mg	1,200 mg	

Sources of Calcium

- Yogurt, plain, 8 oz = 416 mg[†]
- Milk, 2%, 8 oz = 293 mg[†]
- Soy milk, calcium-fortified, 8 oz = 299 mg[†]
- Kefir, 8 oz = 300 mg[†]

Vitamin D Recommendations:

Age (yrs):

1-70	15 mcg
70	20 mcg

Sources of Vitamin D:

- Cod liver oil, 1 tsp = 11.2 mcg[†]
- Orange juice, fortified, 8 oz = 3.7 mcg[†]
- Milk, all varieties, 8 oz = 3 mcg[†]
- Yogurt, fortified, 6 oz = 2 mcg[†]

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

[†]Specific nutritional information may vary by brand/variety.

CLINICAL SUPPORT FOR REAL FOOD FOR ENTERAL PATIENTS

There is a growing body of evidence-based research that shows that enteral patients can benefit from blenderized diets.

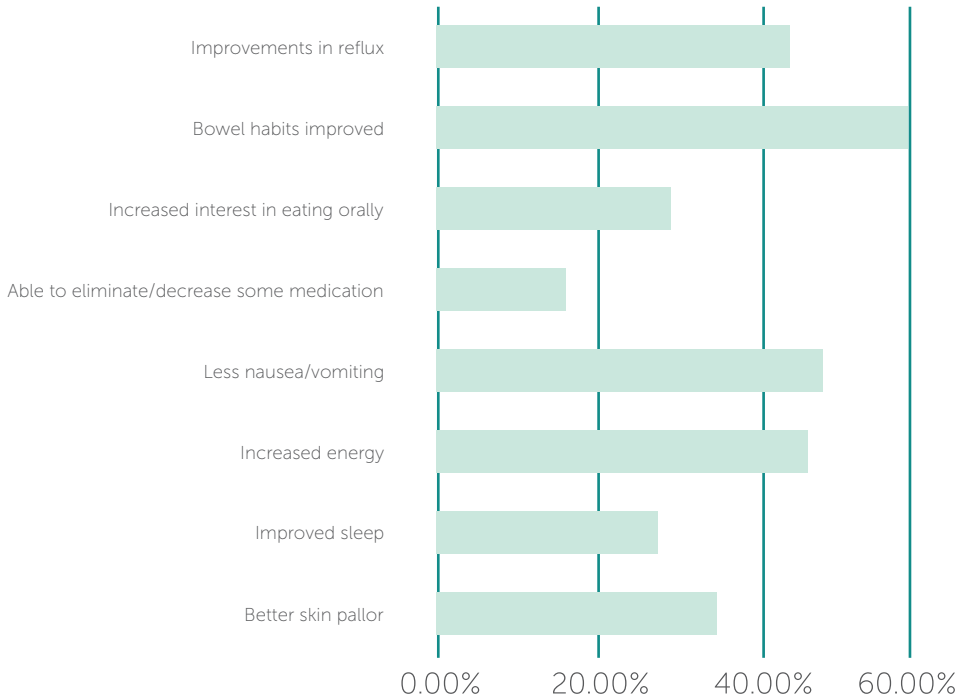
- Improvements in gagging and retching¹
- Reduction in vomiting^{2,3}
- Less diarrhea^{2,4}
- Greater volume tolerance⁵
- Relief from constipation²
- Improved reflux symptoms^{3,6}

Research also shows that many enteral patients support using real food and already rely on real food for at least some of their nutritional needs.²

COMMON SYMPTOMS OF FORMULA INTOLERANCE:

- Gagging/retching
- Frequent burping
- Bloating
- Abdominal pain
- Diarrhea
- Vomiting
- Constipation

IMPROVEMENTS REPORTED BY CUSTOMERS AFTER SWITCHING TO REAL FOOD BLENDS



¹ Penttuck, S. et al. (2011). Pureed by gastrostomy tube diet improves gagging and retching in children with fundoplication. *Journal of Parenteral and Enteral Nutrition*, 35, 375-379. ² Hurt, R. et al. (2015). Blenderized Tube Feeding Use in Adult Home Enteral Nutrition. *Nutrition In Clinical Practice*, 30, 824-9. ³ Gallagher, K. et al. (2018). 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*. <http://dx.doi.org/10.1002/jpen.1049> ⁴ Schmidt, S., et al. (2018). The effect of a natural food based tube feeding in minimizing diarrhea in critically ill neurological patients. *Clinical Nutrition*. [https://www.clinicalnutritionjournal.com/article/S0261-5614\(18\)30008-6/pdf](https://www.clinicalnutritionjournal.com/article/S0261-5614(18)30008-6/pdf) ⁵ Novak, Patricia, et al. "The Use of Blenderized Tube Feedings." *ICAN: Infant, Child, & Adolescent Nutrition* 1 (2009): 21-23. Sage Journals. Web. 10 Aug. 2017. ⁶ Batsis, I., et al. (2019). Efficacy and Tolerance of Blended Diets in Children Receiving Gastrostomy Feeds. *Nutrition in Clinical Practice*.

TIPS AND TRICKS

BOLUS FEEDING

- Additional liquid can be added if a thinner consistency is desired
- Cut the pouch at an angle to minimize drips
- Dip the syringe plunger in olive oil for smoother feeding
- Heating the meals can also thin the consistency

FEEDING PUMPS AND GRAVITY FEEDS

- Add an additional 2-4 ounces of liquid (water, milk, juice, oil, etc.)
- Pour into pump/gravity bag AFTER adding liquid and mixing well
- Hang time is 2 hours (meals can be refrigerated for up to 24 hours after opening)

TRANSITIONING FROM FORMULA

- Start slow, especially with younger children
- One option is to replace one can of formula daily with one RFB meal (See Transition Guide for additional tips and tricks.)
- Be mindful of hydration needs. Extra free water is typically needed, just like for oral eaters. (RFB meals are approximately 75% free water)

QUESTIONS? COMMENTS? SAMPLES?

Contact us at Info@RealFoodBlends.com or (888) 484-9495 with any questions or to request samples!