

## Female Age 14-18

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1980 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	116 g	Vitamin C	107 mg	65 mg	165%
Saturated Fat	17 g	Vitamin D	8 mcg	15 mcg	53%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	345 mg	Vitamin K	386 mcg	75 mcg	515%
Carbohydrate	164 g	Thiamin	0.9 mg	1.0 mg	94%
Dietary Fiber	21 g	Riboflavin	1.1 mg	1.0 mg	108%
Sugars	77 g	Niacin	20.1 mg	14.0 mg	144%
Added sugar	0 g	Vitamin B6	1.8 mg	1.2 mg	148%
Protein	71 g	Folate (DFE)	252 mcg	400 mcg	63%
Free water	1078 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	340 mg	400 mg	85%
		<b>Minerals</b>			
		Calcium	357 mg	1300 mg	27%
		Copper	1.43 mg	0.89 mg	161%
		Iron	14 mg	15 mg	93%
		Magnesium	407 mg	360 mg	113%
		Manganese	5.2 mg	1.6 mg	324%
		Phosphorus	1264 mg	1250 mg	101%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	9 mg	110%
		Potassium	2725 mg	2300 mg	118%
		Sodium	360 mg	1500 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2229 kcal	Vitamin A (RAE)	1763 mcg	700 mcg	252%
Total Fat	117 g	Vitamin C	107 mg	65 mg	165%
Saturated Fat	17.4 g	Vitamin D	17 mcg	15 mcg	112%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	360 mg	Vitamin K	386 mcg	75 mcg	515%
Carbohydrate	200 g	Thiamin	1.3 mg	1.0 mg	127%
Dietary Fiber	21.0 g	Riboflavin	2.4 mg	1.0 mg	241%
Sugars	114 g	Niacin	20.8 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.1 mg	1.2 mg	171%
Protein	96 g	Folate (DFE)	289 mcg	400 mcg	72%
Free water	1744 mL	Vitamin B12	6.6 mcg	2.4 mcg	273%
6 pouches Real Food Blends  + 3 cups skim milk  + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	387 mg	400 mg	97%
		<b>Minerals</b>			
		Calcium	1252 mg	1300 mg	96%
		Copper	1.53 mg	0.89 mg	172%
		Iron	14 mg	15 mg	95%
		Magnesium	487 mg	360 mg	135%
		Manganese	5.2 mg	1.6 mg	325%
		Phosphorus	2002 mg	1250 mg	160%
		Selenium	102 mcg	55 mg	185%
		Zinc	13 mg	9 mg	144%
		Potassium	3868 mg	2300 mg	168%
		Sodium	1831 mg	1500 mg	122%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2059 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	121 g	Vitamin C	107 mg	65 mg	165%
Saturated Fat	17.4 g	Vitamin D	13 mcg	15 mcg	88%
Trans Fat	0 g	Vitamin E	53 mg	15 mg	353%
Cholesterol	345 mg	Vitamin K	386 mcg	75 mcg	515%
Carbohydrate	171 g	Thiamin	0.9 mg	1.0 mg	94%
Dietary Fiber	22 g	Riboflavin	1.1 mg	1.0 mg	113%
Sugars	81 g	Niacin	20.5 mg	14.0 mg	146%
Added sugar	0 g	Vitamin B6	1.8 mg	1.2 mg	148%
Protein	73 g	Folate (DFE)	257 mcg	400 mcg	64%
Free water	1584 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends  + 2 cups unsweetened and fortified almond milk  + 1/2 tsp salt		Pantothenic acid	4.8 mg	5 mg	95%
		Choline	346 mg	400 mg	87%
		<b>Minerals</b>			
		Calcium	1322 mg	1300 mg	102%
		Copper	1.54 mg	0.89 mg	172%
		Iron	15 mg	15 mg	103%
		Magnesium	438 mg	360 mg	122%
		Manganese	5.4 mg	1.6 mg	338%
		Phosphorus	1311 mg	1250 mg	105%
		Selenium	80 mcg	55 mg	145%
		Zinc	10 mg	9 mg	113%
		Potassium	3077 mg	2300 mg	134%
		Sodium	1903 mg	1500 mg	127%

**Real Food Blends** meals meet or exceed the DRI for many essential vitamins and minerals from real food! These examples are simply suggestions, and Real Food Blends meals can be easily customized to patient needs and preferences. Feel free to add alternative food or supplement sources of calcium, sodium, and other micronutrients as needed.

**Sources of vitamin D:**

Cod liver oil, 1 tsp = 11.2 mcg / 453 IU  
 Orange juice, fortified, 1 cup = 3.4 mcg / 137 IU  
 Milk, all varieties, 1 cup = 3 mcg / 120 IU  
 Yogurt, fortified, 6 oz = 2 mcg / 80 IU

**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 (varies by brand)

**Sources of sodium:**

1/4 tsp salt = 575 mg  
 1/2 tsp salt = 1150 mg  
 5 oz chicken broth = 550 mg  
 1 cup milk = 100 mg

**Free Water:**

Additional ("free") water will be needed to meet hydration needs.

Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification, and represents an average of all Real Food Blends meals. As with any real food product, variations in caloric and nutrient levels should be expected due to growing conditions. **This is not intended as medical advice.** Always discuss any changes to your enteral diet with your medical team.