

Female Age 19-30

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	75 mg	143%
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	90 mcg	429%
Carbohydrate	164 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21 g	Riboflavin	1.1 mg	1.1 mg	98%
Sugars	77 g	Niacin	20.1 mg	14.0 mg	144%
Added sugar	0 g	Vitamin B6	1.8 mg	1.3 mg	137%
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	425 mg	80%
		Minerals			
		Calcium	357 mg	1000 mg	36%
		Copper	1.43 mg	0.90 mg	159%
		Iron	14 mg	18 mg	78%
		Magnesium	407 mg	310 mg	131%
		Manganese	5.2 mg	1.8 mg	288%
		Phosphorus	1264 mg	700 mg	181%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	124%
		Potassium	2725 mg	2600 mg	105%
		Sodium	360 mg	1500 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2188 kcal	Vitamin A (RAE)	1689 mcg	700 mcg	241%
Total Fat	116 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.3 g	Vitamin D	15 mcg	15 mcg	102%
Trans Fat	0 g	Vitamin E	20 mg	15 mg	132%
Cholesterol	357 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	194 g	Thiamin	1.2 mg	1.1 mg	110%
Dietary Fiber	21.0 g	Riboflavin	2.2 mg	1.1 mg	199%
Sugars	108 g	Niacin	20.7 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.0 mg	1.3 mg	154%
Protein	92 g	Folate (DFE)	283 mcg	400 mcg	71%
Free water	1633 mL	Vitamin B12	5.9 mcg	2.4 mcg	248%
6 pouches Real Food Blends + 2.5 cups skim milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	94%
		Choline	379 mg	425 mg	89%
		Minerals			
		Calcium	1103 mg	1000 mg	110%
		Copper	1.51 mg	0.90 mg	168%
		Iron	14 mg	18 mg	79%
		Magnesium	474 mg	310 mg	153%
		Manganese	5.2 mg	1.8 mg	289%
		Phosphorus	1879 mg	700 mg	268%
		Selenium	98 mcg	55 mg	178%
		Zinc	12 mg	8 mg	156%
		Potassium	3678 mg	2600 mg	141%
		Sodium	1780 mg	1500 mg	119%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2039 kcal	Vitamin A (RAE)	1316 mcg	700 mcg	188%
Total Fat	120 g	Vitamin C	107 mg	75 mg	143%
Saturated Fat	17.3 g	Vitamin D	12 mcg	15 mcg	80%
Trans Fat	0 g	Vitamin E	45 mg	15 mg	298%
Cholesterol	345 mg	Vitamin K	386 mcg	90 mcg	429%
Carbohydrate	169 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	21.8 g	Riboflavin	1.1 mg	1.1 mg	102%
Sugars	80 g	Niacin	20.4 mg	14.0 mg	146%
Added sugar	0 g	Vitamin B6	1.8 mg	1.3 mg	137%
Protein	73 g	Folate (DFE)	256 mcg	400 mcg	64%
Free water	1458 mL	Vitamin B12	2.9 mcg	2.4 mcg	120%
6 pouches Real Food Blends + 1.5 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	4.7 mg	5 mg	95%
		Choline	345 mg	425 mg	81%
		Minerals			
		Calcium	1081 mg	1000 mg	108%
		Copper	1.51 mg	0.90 mg	168%
		Iron	15 mg	18 mg	84%
		Magnesium	431 mg	310 mg	139%
		Manganese	5.4 mg	1.8 mg	297%
		Phosphorus	1299 mg	700 mg	186%
		Selenium	79 mcg	55 mg	144%
		Zinc	10 mg	8 mg	127%
		Potassium	2989 mg	2600 mg	115%
		Sodium	1809 mg	1500 mg	121%

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.