MEAL PLAN

Female Age 1-3

REALFOOD BLENDS™
MEALS FOR PEOPLE WITH FEEDING TUBES

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	990 kcal	Vitamin A (RAE)	658 mcg	300 mcg	219%
Total Fat	58 g	Vitamin C	54 mg	15 mg	357%
Saturated Fat	8.5 g	Vitamin D	4 mcg	15 mcg	27%
Trans Fat	0 g	Vitamin E	10 mg	6 mg	165%
Cholesterol	173 mg	Vitamin K	193 mcg	30 mcg	643%
Carbohydrate	82 g	Thiamin	0.5 mg	0.5 mg	94%
Dietary Fiber	10.5 g	Riboflavin	0.5 mg	0.5 mg	108%
Sugars	39 g	Niacin	10.1 mg	6.0 mg	168%
Added sugar	0 g	Vitamin B6	0.9 mg	0.5 mg	178%
Protein	36 g	Folate (DFE)	126 mcg	150 mcg	84%
Free water	539 mL	Vitamin B12	1.4 mcg	0.9 mcg	161%
		Pantothenic acid	2.4 mg	2 mg	118%
		Choline	170 mg	200 mg	85%
		Minerals			
3 pouches Real Food Blends		Calcium	179 mg	700 mg	26%
		Copper	0.72 mg	0.34 mg	210%
		Iron	7 mg	7 mg	100%
		Magnesium	204 mg	80 mg	254%
		Manganese	2.6 mg	1.2 mg	216%
		Phosphorus	632 mg	460 mg	137%
		Selenium	40 mcg	20 mg	198%
		Zinc	5 mg	3 mg	165%
		Potassium	1363 mg	2000 mg	68%
		Sodium	180 mg	800 mg	23%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1156 kcal	Vitamin A (RAE)	956 mcg	300 mcg	319%
Total Fat	58 g	Vitamin C	54 mg	15 mg	357%
Saturated Fat	8.8 g	Vitamin D	10 mcg	15 mcg	66%
Trans Fat	0 g	Vitamin E	10 mg	6 mg	166%
Cholesterol	182 mg	Vitamin K	193 mcg	30 mcg	643%
Carbohydrate	106 g	Thiamin	0.7 mg	0.5 mg	138%
Dietary Fiber	10.5 g	Riboflavin	1.4 mg	0.5 mg	286%
Sugars	63 g	Niacin	10.5 mg	6.0 mg	175%
Added sugar	0 g	Vitamin B6	1.1 mg	0.5 mg	214%
Protein	52 g	Folate (DFE)	150 mcg	150 mcg	100%
Free water	983 mL	Vitamin B12	3.9 mcg	0.9 mcg	432%
		Pantothenic acid	2.4 mg	2 mg	118%
		Choline	201 mg	200 mg	101%
		Minerals			
3 pouches Real Food Blends + 2 cups skim milk + 1/4 tsp salt		Calcium	775 mg	700 mg	111%
		Copper	0.78 mg	0.34 mg	229%
		Iron	7 mg	7 mg	102%
		Magnesium	257 mg	80 mg	321%
		Manganese	2.6 mg	1.2 mg	216%
		Phosphorus	1124 mg	460 mg	244%
		Selenium	55 mcg	20 mg	273%
		Zinc	7 mg	3 mg	233%
		Potassium	2125 mg	2000 mg	106%
		Sodium	967 mg	800 mg	121%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1049 kcal	Vitamin A (RAE)	658 mcg	300 mcg	219%
Total Fat	62 g	Vitamin C	54 mg	15 mg	357%
Saturated Fat	8.8 g	Vitamin D	8 mcg	15 mcg	53%
Trans Fat	0 g	Vitamin E	35 mg	6 mg	580%
Cholesterol	173 mg	Vitamin K	193 mcg	30 mcg	643%
Carbohydrate	87 g	Thiamin	0.5 mg	0.5 mg	94%
Dietary Fiber	11.3 g	Riboflavin	0.6 mg	0.5 mg	116%
Sugars	42 g	Niacin	10.3 mg	6.0 mg	172%
Added sugar	0 g	Vitamin B6	0.9 mg	0.5 mg	178%
Protein	37 g	Folate (DFE)	130 mcg	150 mcg	87%
Free water	919 mL	Vitamin B12	1.4 mcg	0.9 mcg	161%
		Pantothenic acid	2.4 mg	2 mg	119%
		Choline	175 mg	200 mg	88%
		Minerals			
3 pouches Real Food Blends + 1.5 cups unsweetened and fortified almond milk + 1/2 tsp lite salt		Calcium	902 mg	700 mg	129%
		Copper	0.79 mg	0.34 mg	233%
		Iron	8 mg	7 mg	116%
		Magnesium	227 mg	80 mg	284%
		Manganese	2.8 mg	1.2 mg	229%
		Phosphorus	667 mg	460 mg	145%
		Selenium	40 mcg	20 mg	199%
		Zinc	5 mg	3 mg	173%
		Potassium	2327 mg	2000 mg	116%
		Sodium	1044 mg	800 mg	130%

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.