

Female Age 4-8

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1320 kcal	Vitamin A (RAE)	877 mcg	400 mcg	219%
Total Fat	77.3 g	Vitamin C	71 mg	25 mg	285%
Saturated Fat	11.3 g	Vitamin D	5 mcg	15 mcg	36%
Trans Fat	0 g	Vitamin E	13 mg	7 mg	188%
Cholesterol	230 mg	Vitamin K	257 mcg	55 mcg	468%
Carbohydrate	109 g	Thiamin	0.6 mg	0.6 mg	104%
Dietary Fiber	14 g	Riboflavin	0.7 mg	0.6 mg	120%
Sugars	51 g	Niacin	13.4 mg	8.0 mg	168%
Added sugar	0 g	Vitamin B6	1.2 mg	0.6 mg	198%
Protein	47 g	Folate (DFE)	168 mcg	200 mcg	84%
Free water	719 mL	Vitamin B12	1.9 mcg	1.2 mcg	161%
4 pouches Real Food Blends		Pantothenic acid	3.1 mg	3 mg	104%
		Choline	227 mg	250 mg	91%
		Minerals			
		Calcium	238 mg	1000 mg	24%
		Copper	0.95 mg	0.44 mg	217%
		Iron	9 mg	10 mg	93%
		Magnesium	271 mg	130 mg	209%
		Manganese	3.5 mg	1.5 mg	231%
		Phosphorus	843 mg	500 mg	169%
		Selenium	53 mcg	30 mg	176%
		Zinc	7 mg	5 mg	132%
		Potassium	1817 mg	2300 mg	79%
		Sodium	240 mg	1000 mg	24%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1486 kcal	Vitamin A (RAE)	1175 mcg	400 mcg	294%
Total Fat	78 g	Vitamin C	71 mg	25 mg	285%
Saturated Fat	11.6 g	Vitamin D	11 mcg	15 mcg	75%
Trans Fat	0 g	Vitamin E	13 mg	7 mg	189%
Cholesterol	240 mg	Vitamin K	257 mcg	55 mcg	468%
Carbohydrate	134 g	Thiamin	0.8 mg	0.6 mg	141%
Dietary Fiber	14.0 g	Riboflavin	1.6 mg	0.6 mg	268%
Sugars	76 g	Niacin	13.9 mg	8.0 mg	173%
Added sugar	0 g	Vitamin B6	1.4 mg	0.6 mg	228%
Protein	64 g	Folate (DFE)	192 mcg	200 mcg	96%
Free water	1162.666667 mL	Vitamin B12	4.4 mcg	1.2 mcg	364%
4 pouches Real Food Blends + 2 cups skim milk + 1/4 tsp salt		Pantothenic acid	3.1 mg	3 mg	104%
		Choline	258 mg	250 mg	103%
		Minerals			
		Calcium	834 mg	1000 mg	83%
		Copper	1.02 mg	0.44 mg	231%
		Iron	9 mg	10 mg	95%
		Magnesium	325 mg	130 mg	250%
		Manganese	3.5 mg	1.5 mg	231%
		Phosphorus	1335 mg	500 mg	267%
		Selenium	68 mcg	30 mg	226%
		Zinc	9 mg	5 mg	173%
		Potassium	2579 mg	2300 mg	112%
		Sodium	1027 mg	1000 mg	103%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	1399 kcal	Vitamin A (RAE)	877 mcg	400 mcg	219%
Total Fat	82 g	Vitamin C	71 mg	25 mg	285%
Saturated Fat	11.8 g	Vitamin D	11 mcg	15 mcg	70%
Trans Fat	0 g	Vitamin E	46 mg	7 mg	663%
Cholesterol	230 mg	Vitamin K	257 mcg	55 mcg	468%
Carbohydrate	116 g	Thiamin	0.6 mg	0.6 mg	104%
Dietary Fiber	15 g	Riboflavin	0.8 mg	0.6 mg	129%
Sugars	56 g	Niacin	13.8 mg	8.0 mg	172%
Added sugar	0 g	Vitamin B6	1.2 mg	0.6 mg	198%
Protein	49 g	Folate (DFE)	173 mcg	200 mcg	87%
Free water	1225 mL	Vitamin B12	1.9 mcg	1.2 mcg	161%
4 pouches Real Food Blends + 2 cups unsweetened and fortified almond milk + 1/4 tsp salt		Pantothenic acid	3.2 mg	3 mg	106%
		Choline	233 mg	250 mg	93%
		Minerals			
		Calcium	1202 mg	1000 mg	120%
		Copper	1.06 mg	0.44 mg	240%
		Iron	11 mg	10 mg	108%
		Magnesium	303 mg	130 mg	233%
		Manganese	3.7 mg	1.5 mg	245%
		Phosphorus	890 mg	500 mg	178%
		Selenium	53 mcg	30 mg	177%
		Zinc	7 mg	5 mg	138%
		Potassium	2169 mg	2300 mg	94%
		Sodium	1201 mg	1000 mg	120%

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.