

Female Age 51-70

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	1.5 mg	119%
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	1200 mg	30%
		Copper	1.43 mg	0.90 mg	159%
		Iron	14 mg	8 mg	175%
		Magnesium	407 mg	320 mg	127%
		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	2229 kcal	Vitamin A (RAE)	1763 mcg	700 mcg	252%
Total Fat	117 g	Vitamin C	107 mg	75 mg	143%
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	90 mcg	429%
Carbohydrate	200 g	Thiamin	1.3 mg	1.1 mg	115%
Dietary Fiber	21.0 g	Riboflavin	2.4 mg	1.1 mg	219%
Sugars	114 g	Niacin	20.8 mg	14.0 mg	148%
Added sugar	0 g	Vitamin B6	2.1 mg	1.5 mg	137%
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	425 mg	91%
		Minerals			
		Calcium	1252 mg	1200 mg	104%
		Copper	1.53 mg	0.90 mg	170%
		Iron	14 mg	8 mg	178%
		Magnesium	487 mg	320 mg	152%
		Manganese	5.2 mg	1.8 mg	289%
		Phosphorus	2002 mg	700 mg	286%
		Selenium	102 mcg	55 mg	185%
		Zinc	13 mg	8 mg	162%
		Potassium	3868 mg	2600 mg	149%
		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	75 mg	143%
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	90 mcg	429%
Carbohydrate	171 g	Thiamin	0.9 mg	1.1 mg	85%
Dietary Fiber	22 g	Riboflavin	1.1 mg	1.1 mg	103%
Sugars	81 g	Niacin	20.5 mg	14.0 mg	146%
Added sugar	0 g	Vitamin B6	1.8 mg	1.5 mg	119%
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	425 mg	81%
		Minerals			
		Calcium	1322 mg	1200 mg	110%
		Copper	1.54 mg	0.90 mg	171%
		Iron	15 mg	8 mg	193%
		Magnesium	438 mg	320 mg	137%
		Manganese	5.4 mg	1.8 mg	300%
		Phosphorus	1311 mg	700 mg	187%
		Selenium	80 mcg	55 mg	145%
		Zinc	10 mg	8 mg	128%
		Potassium	3077 mg	2600 mg	118%
		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.