

Female Age 9-13

| Macronutrients | Value | Vitamins | Value | DRI | %DRI |
|---------------------------------|-----------|------------------|----------|---------|------|
| Calories | 1815 kcal | Vitamin A (RAE) | 1206 mcg | 600 mcg | 201% |
| Total Fat | 106 g | Vitamin C | 98 mg | 45 mg | 218% |
| Saturated Fat | 15.6 g | Vitamin D | 7 mcg | 15 mcg | 49% |
| Trans Fat | 0 g | Vitamin E | 18 mg | 11 mg | 165% |
| Cholesterol | 316 mg | Vitamin K | 354 mcg | 60 mcg | 590% |
| Carbohydrate | 150 g | Thiamin | 0.9 mg | 0.9 mg | 96% |
| Dietary Fiber | 19.3 g | Riboflavin | 1.0 mg | 0.9 mg | 110% |
| Sugars | 71 g | Niacin | 18.4 mg | 12.0 mg | 154% |
| Added sugar | 0 g | Vitamin B6 | 1.6 mg | 1.0 mg | 163% |
| Protein | 65 g | Folate (DFE) | 231 mcg | 300 mcg | 77% |
| Free water | 988 mL | Vitamin B12 | 2.6 mcg | 1.8 mcg | 147% |
| 5.5 pouches Real Food Blends | | Pantothenic acid | 4.3 mg | 4 mg | 108% |
| | | Choline | 312 mg | 375 mg | 83% |
| | | Minerals | | | |
| | | Calcium | 327 mg | 1300 mg | 25% |
| | | Copper | 1.31 mg | 0.70 mg | 187% |
| | | Iron | 13 mg | 8 mg | 160% |
| | | Magnesium | 373 mg | 240 mg | 155% |
| | | Manganese | 4.8 mg | 1.6 mg | 297% |
| | | Phosphorus | 1159 mg | 1250 mg | 93% |
| | | Selenium | 72 mcg | 40 mg | 181% |
| | | Zinc | 9 mg | 8 mg | 113% |
| | | Potassium | 2498 mg | 2300 mg | 109% |
| | | Sodium | 330 mg | 1200 mg | 28% |

| Macronutrients | Value | Vitamins | Value | DRI | %DRI |
|---|----------------|------------------|----------|---------|------|
| Calories | 2064 kcal | Vitamin A (RAE) | 1653 mcg | 600 mcg | 276% |
| Total Fat | 107 g | Vitamin C | 98 mg | 45 mg | 218% |
| Saturated Fat | 16.0 g | Vitamin D | 16 mcg | 15 mcg | 107% |
| Trans Fat | 0 g | Vitamin E | 18 mg | 11 mg | 165% |
| Cholesterol | 331 mg | Vitamin K | 354 mcg | 60 mcg | 590% |
| Carbohydrate | 187 g | Thiamin | 1.2 mg | 0.9 mg | 132% |
| Dietary Fiber | 19.3 g | Riboflavin | 2.3 mg | 0.9 mg | 258% |
| Sugars | 108 g | Niacin | 19.1 mg | 12.0 mg | 159% |
| Added sugar | 0 g | Vitamin B6 | 1.9 mg | 1.0 mg | 190% |
| Protein | 90 g | Folate (DFE) | 268 mcg | 300 mcg | 89% |
| Free water | 1654.166667 mL | Vitamin B12 | 6.3 mcg | 1.8 mcg | 351% |
| 5.5 pouches Real Food Blends + 3 cups skim milk + 1/4 tsp salt | | Pantothenic acid | 4.3 mg | 4 mg | 108% |
| | | Choline | 358 mg | 375 mg | 95% |
| | | Minerals | | | |
| | | Calcium | 1222 mg | 1300 mg | 94% |
| | | Copper | 1.41 mg | 0.70 mg | 201% |
| | | Iron | 13 mg | 8 mg | 163% |
| | | Magnesium | 453 mg | 240 mg | 189% |
| | | Manganese | 4.8 mg | 1.6 mg | 297% |
| | | Phosphorus | 1897 mg | 1250 mg | 152% |
| | | Selenium | 95 mcg | 40 mg | 238% |
| | | Zinc | 12 mg | 8 mg | 152% |
| | | Potassium | 3641 mg | 2300 mg | 158% |
| | | Sodium | 1219 mg | 1200 mg | 102% |

| Macronutrients | Value | Vitamins | Value | DRI | %DRI |
|--|-----------|------------------|----------|---------|------|
| Calories | 1933 kcal | Vitamin A (RAE) | 1206 mcg | 600 mcg | 201% |
| Total Fat | 114 g | Vitamin C | 98 mg | 45 mg | 218% |
| Saturated Fat | 16.2 g | Vitamin D | 15 mcg | 15 mcg | 101% |
| Trans Fat | 0 g | Vitamin E | 68 mg | 11 mg | 617% |
| Cholesterol | 316 mg | Vitamin K | 354 mcg | 60 mcg | 590% |
| Carbohydrate | 161 g | Thiamin | 0.9 mg | 0.9 mg | 96% |
| Dietary Fiber | 20.8 g | Riboflavin | 1.1 mg | 0.9 mg | 119% |
| Sugars | 77 g | Niacin | 19.0 mg | 12.0 mg | 158% |
| Added sugar | 0 g | Vitamin B6 | 1.6 mg | 1.0 mg | 163% |
| Protein | 68 g | Folate (DFE) | 239 mcg | 300 mcg | 80% |
| Free water | 1747 mL | Vitamin B12 | 2.6 mcg | 1.8 mcg | 147% |
| 5.5 pouches Real Food Blends + 3 cups unsweetened and fortified almond milk + 1/4 tsp salt | | Pantothenic acid | 4.4 mg | 4 mg | 110% |
| | | Choline | 321 mg | 375 mg | 86% |
| | | Minerals | | | |
| | | Calcium | 1774 mg | 1300 mg | 136% |
| | | Copper | 1.47 mg | 0.70 mg | 210% |
| | | Iron | 15 mg | 8 mg | 188% |
| | | Magnesium | 420 mg | 240 mg | 175% |
| | | Manganese | 5.1 mg | 1.6 mg | 317% |
| | | Phosphorus | 1229 mg | 1250 mg | 98% |
| | | Selenium | 73 mcg | 40 mg | 183% |
| | | Zinc | 10 mg | 8 mg | 119% |
| | | Potassium | 3026 mg | 2300 mg | 132% |
| | | Sodium | 1480 mg | 1200 mg | 123% |

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.