

Male Age 14-18

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2640 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	155 g	Vitamin C	143 mg	75 mg	190%
Saturated Fat	22.7 g	Vitamin D	11 mcg	15 mcg	71%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	460 mg	Vitamin K	515 mcg	75 mcg	686%
Carbohydrate	219 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	28 g	Riboflavin	1.4 mg	1.3 mg	111%
Sugars	103 g	Niacin	26.8 mg	16.0 mg	168%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	95 g	Folate (DFE)	336 mcg	400 mcg	84%
Free water	1437 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	453 mg	550 mg	82%
		Minerals			
		Calcium	476 mg	1300 mg	37%
		Copper	1.91 mg	0.89 mg	214%
		Iron	19 mg	11 mg	170%
		Magnesium	543 mg	410 mg	132%
		Manganese	6.9 mg	2.2 mg	315%
		Phosphorus	1685 mg	1250 mg	135%
		Selenium	105 mcg	55 mg	192%
		Zinc	13 mg	11 mg	120%
		Potassium	3633 mg	3000 mg	121%
		Sodium	480 mg	1500 mg	32%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2889 kcal	Vitamin A (RAE)	2202 mcg	900 mcg	245%
Total Fat	155 g	Vitamin C	143 mg	75 mg	190%
Saturated Fat	23.1 g	Vitamin D	19 mcg	15 mcg	130%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	475 mg	Vitamin K	515 mcg	75 mcg	686%
Carbohydrate	255 g	Thiamin	1.6 mg	1.2 mg	132%
Dietary Fiber	28.0 g	Riboflavin	2.8 mg	1.3 mg	213%
Sugars	140 g	Niacin	27.5 mg	16.0 mg	172%
Added sugar	0 g	Vitamin B6	2.6 mg	1.3 mg	203%
Protein	119 g	Folate (DFE)	373 mcg	400 mcg	93%
Free water	2103.333333 mL	Vitamin B12	7.5 mcg	2.4 mcg	313%
8 pouches Real Food Blends + 3 cups skim milk + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	500 mg	550 mg	91%
		Minerals			
		Calcium	1371 mg	1300 mg	105%
		Copper	2.00 mg	0.89 mg	225%
		Iron	19 mg	11 mg	172%
		Magnesium	623 mg	410 mg	152%
		Manganese	6.9 mg	2.2 mg	315%
		Phosphorus	2423 mg	1250 mg	194%
		Selenium	128 mcg	55 mg	233%
		Zinc	16 mg	11 mg	148%
		Potassium	4777 mg	3000 mg	159%
		Sodium	1951 mg	1500 mg	130%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2719 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	160 g	Vitamin C	143 mg	75 mg	190%
Saturated Fat	23.1 g	Vitamin D	16 mcg	15 mcg	106%
Trans Fat	0 g	Vitamin E	60 mg	15 mg	397%
Cholesterol	460 mg	Vitamin K	515 mcg	75 mcg	686%
Carbohydrate	226 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	29 g	Riboflavin	1.5 mg	1.3 mg	115%
Sugars	107 g	Niacin	27.2 mg	16.0 mg	170%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	97 g	Folate (DFE)	341 mcg	400 mcg	85%
Free water	1943 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends + 2 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	126%
		Choline	463 mg	550 mg	84%
		Minerals			
		Calcium	1441 mg	1300 mg	111%
		Copper	2.01 mg	0.89 mg	226%
		Iron	20 mg	11 mg	183%
		Magnesium	574 mg	410 mg	140%
		Manganese	7.1 mg	2.2 mg	324%
		Phosphorus	1733 mg	1250 mg	139%
		Selenium	106 mcg	55 mg	192%
		Zinc	14 mg	11 mg	123%
		Potassium	3986 mg	3000 mg	133%
		Sodium	2023 mg	1500 mg	135%

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.