

Male Age 19-30

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	90 mg	159%
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	120 mcg	429%
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	1000 mg	48%
		Copper	1.91 mg	0.90 mg	212%
		Iron	19 mg	8 mg	233%
		Magnesium	543 mg	400 mg	136%
		Manganese	6.9 mg	2.3 mg	301%
		Phosphorus	1685 mg	700 mg	241%
		Selenium	105 mcg	55 mg	192%
		Zinc	13 mg	11 mg	120%
		Potassium	3633 mg	3400 mg	107%
		Sodium	480 mg	1500 mg	32%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2806 kcal	Vitamin A (RAE)	2053 mcg	900 mcg	228%
Total Fat	155 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	22.9 g	Vitamin D	17 mcg	15 mcg	110%
Trans Fat	0 g	Vitamin E	26 mg	15 mg	176%
Cholesterol	470 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	243 g	Thiamin	1.5 mg	1.2 mg	123%
Dietary Fiber	28.0 g	Riboflavin	2.3 mg	1.3 mg	179%
Sugars	127 g	Niacin	27.3 mg	16.0 mg	170%
Added sugar	0 g	Vitamin B6	2.6 mg	1.3 mg	196%
Protein	111 g	Folate (DFE)	360 mcg	400 mcg	90%
Free water	1881.333333 mL	Vitamin B12	6.3 mcg	2.4 mcg	262%
8 pouches Real Food Blends + 2 cups skim milk + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	125%
		Choline	485 mg	550 mg	88%
		Minerals			
		Calcium	1073 mg	1000 mg	107%
		Copper	1.97 mg	0.90 mg	219%
		Iron	19 mg	8 mg	235%
		Magnesium	596 mg	400 mg	149%
		Manganese	6.9 mg	2.3 mg	301%
		Phosphorus	2177 mg	700 mg	311%
		Selenium	120 mcg	55 mg	219%
		Zinc	15 mg	11 mg	138%
		Potassium	4396 mg	3400 mg	129%
		Sodium	1849 mg	1500 mg	123%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2699 kcal	Vitamin A (RAE)	1755 mcg	900 mcg	195%
Total Fat	158 g	Vitamin C	143 mg	90 mg	159%
Saturated Fat	23.0 g	Vitamin D	15 mcg	15 mcg	97%
Trans Fat	0 g	Vitamin E	51 mg	15 mg	342%
Cholesterol	460 mg	Vitamin K	515 mcg	120 mcg	429%
Carbohydrate	224 g	Thiamin	1.3 mg	1.2 mg	104%
Dietary Fiber	28.8 g	Riboflavin	1.5 mg	1.3 mg	114%
Sugars	106 g	Niacin	27.1 mg	16.0 mg	169%
Added sugar	0 g	Vitamin B6	2.4 mg	1.3 mg	183%
Protein	96 g	Folate (DFE)	340 mcg	400 mcg	85%
Free water	1817 mL	Vitamin B12	3.9 mcg	2.4 mcg	161%
8 pouches Real Food Blends + 1.5 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	6.3 mg	5 mg	126%
		Choline	458 mg	550 mg	83%
		Minerals			
		Calcium	1200 mg	1000 mg	120%
		Copper	1.99 mg	0.90 mg	221%
		Iron	20 mg	8 mg	247%
		Magnesium	566 mg	400 mg	142%
		Manganese	7.1 mg	2.3 mg	308%
		Phosphorus	1721 mg	700 mg	246%
		Selenium	106 mcg	55 mg	192%
		Zinc	13 mg	11 mg	122%
		Potassium	3898 mg	3400 mg	115%
		Sodium	1929 mg	1500 mg	129%

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.