

Male Age 71 and up

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2310 kcal	Vitamin A (RAE)	1535 mcg	900 mcg	171%
Total Fat	135 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	19.8 g	Vitamin D	9 mcg	20 mcg	47%
Trans Fat	0 g	Vitamin E	23 mg	15 mg	154%
Cholesterol	403 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	191 g	Thiamin	1.1 mg	1.2 mg	91%
Dietary Fiber	24.5 g	Riboflavin	1.3 mg	1.3 mg	97%
Sugars	90 g	Niacin	23.5 mg	16.0 mg	147%
Added sugar	0 g	Vitamin B6	2.1 mg	1.7 mg	122%
Protein	83 g	Folate (DFE)	294 mcg	400 mcg	74%
Free water	1258 mL	Vitamin B12	3.4 mcg	2.4 mcg	140%
7 pouches Real Food Blends		Pantothenic acid	5.5 mg	5 mg	110%
		Choline	397 mg	550 mg	72%
		Minerals			
		Calcium	417 mg	1200 mg	35%
		Copper	1.67 mg	0.90 mg	185%
		Iron	16 mg	8 mg	204%
		Magnesium	475 mg	420 mg	113%
		Manganese	6.1 mg	2.3 mg	263%
		Phosphorus	1475 mg	700 mg	211%
		Selenium	92 mcg	55 mg	168%
		Zinc	12 mg	11 mg	105%
		Potassium	3179 mg	3400 mg	94%
		Sodium	420 mg	1500 mg	28%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2476 kcal	Vitamin A (RAE)	1833 mcg	900 mcg	204%
Total Fat	136 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	20.1 g	Vitamin D	15 mcg	20 mcg	76%
Trans Fat	0 g	Vitamin E	23 mg	15 mg	154%
Cholesterol	412 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	216 g	Thiamin	1.3 mg	1.2 mg	110%
Dietary Fiber	24.5 g	Riboflavin	2.1 mg	1.3 mg	165%
Sugars	115 g	Niacin	23.9 mg	16.0 mg	149%
Added sugar	0 g	Vitamin B6	2.3 mg	1.7 mg	133%
Protein	99 g	Folate (DFE)	318 mcg	400 mcg	80%
Free water	1701.666667 mL	Vitamin B12	5.8 mcg	2.4 mcg	242%
7 pouches Real Food Blends + 2 cups skim milk + 1/2 tsp salt		Pantothenic acid	5.5 mg	5 mg	110%
		Choline	428 mg	550 mg	78%
		Minerals			
		Calcium	1013 mg	1200 mg	84%
		Copper	1.73 mg	0.90 mg	193%
		Iron	16 mg	8 mg	206%
		Magnesium	528 mg	420 mg	126%
		Manganese	6.1 mg	2.3 mg	263%
		Phosphorus	1967 mg	700 mg	281%
		Selenium	107 mcg	55 mg	195%
		Zinc	14 mg	11 mg	123%
		Potassium	3941 mg	3400 mg	116%
		Sodium	1789 mg	1500 mg	119%

Macronutrients	Value	Vitamins	Value	DRI	%DRI
Calories	2389 kcal	Vitamin A (RAE)	1535 mcg	900 mcg	171%
Total Fat	140 g	Vitamin C	86 mg	90 mg	96%
Saturated Fat	20.3 g	Vitamin D	15 mcg	20 mcg	73%
Trans Fat	0 g	Vitamin E	56 mg	15 mg	375%
Cholesterol	403 mg	Vitamin K	450 mcg	120 mcg	375%
Carbohydrate	198 g	Thiamin	1.1 mg	1.2 mg	91%
Dietary Fiber	25.5 g	Riboflavin	1.3 mg	1.3 mg	101%
Sugars	94 g	Niacin	23.8 mg	16.0 mg	149%
Added sugar	0 g	Vitamin B6	2.1 mg	1.7 mg	122%
Protein	85 g	Folate (DFE)	299 mcg	400 mcg	75%
Free water	1764 mL	Vitamin B12	3.4 mcg	2.4 mcg	140%
7 pouches Real Food Blends + 2 cups unsweetened and fortified almond milk + 1/2 tsp salt		Pantothenic acid	5.5 mg	5 mg	111%
		Choline	403 mg	550 mg	73%
		Minerals			
		Calcium	1381 mg	1200 mg	115%
		Copper	1.77 mg	0.90 mg	197%
		Iron	18 mg	8 mg	223%
		Magnesium	506 mg	420 mg	121%
		Manganese	6.3 mg	2.3 mg	273%
		Phosphorus	1522 mg	700 mg	217%
		Selenium	93 mcg	55 mg	169%
		Zinc	12 mg	11 mg	108%
		Potassium	3531 mg	3400 mg	104%
		Sodium	1963 mg	1500 mg	131%

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.