

Male 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	1.9 mg	250%
		Phosphorus	1159 mg	1250 mg	93%
		Selenium	72 mcg	40 mg	181%
		Zinc	9 mg	8 mg	113%
		Potassium	2498 mg	2500 mg	100%
		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	1.9 mg	250%
		Phosphorus	1897 mg	1250 mg	152%
		Selenium	95 mcg	40 mg	238%
		Zinc	12 mg	8 mg	152%
		Potassium	3641 mg	2500 mg	146%
		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	1.9 mg	267%
		Phosphorus	1229 mg	1250 mg	98%
		Selenium	73 mcg	40 mg	183%
		Zinc	10 mg	8 mg	119%
		Potassium	3026 mg	2500 mg	121%
		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.