

# Easy-to-Add Sources of Sodium and Calcium When Using Real Food Blends®

Made from whole food ingredients



Our 6 meals offer nutritional variety for people with feeding tubes and can be used:

- as a primary source of nutrition
- with a home blended diet or
- in conjunction with tube feeding formula

Real Food Blends meals provide a variety of foods from many food groups such as fruits, vegetables, protein, grains, and fats.

## SODIUM

Real Food Blends is made from whole food which is naturally low in sodium. Simply add salt, chicken broth, etc. to meet your patients' specific needs.

### Sodium Recommendations:\*

Age (yrs):

1-3	<1200 mg / daily
4-8	<1500 mg / daily
9-13	<1800 mg / daily
14+	<2300 mg / daily

### Sources of Sodium:\*\*

- 1/4 tsp iodized salt = 575 mg
- 1/2 tsp iodized salt = 1,150 mg
- 5 fl oz chicken broth = 550 mg<sup>†</sup>
- 8 fl oz milk = 100 mg<sup>†</sup>

## CALCIUM

Real Food Blends does not contain any cow milk or dairy ingredients due to cow milk allergy and lactose intolerance being relatively common. Dairy products or other foods that are good sources of calcium can be added to the meals to meet your patients' specific needs or you can add an age appropriate multivitamin to meet these needs.

### Calcium Recommendations:\*

Age (yrs)	Male	Female
1-3	700 mg	700 mg
4-8	1,000 mg	1,000 mg
9-13	1,300 mg	1,300 mg
14-18	1,300 mg	1,300 mg
19-50	1,000 mg	1,000 mg
51-70	1,000 mg	1,200 mg
71+	1,200 mg	1,200 mg

### Easy-to-Feed Sources of Calcium\*\*

- Almondmilk, unsweetened, 8 fl oz = 385 mg<sup>††</sup>
- Yogurt plain, nonfat, 8 oz = 488 mg<sup>†</sup>
- Kefir, plain, lowfat, 8 oz = 317mg<sup>†</sup>
- Milk, lowfat (1%), 8 fl oz = 305 mg<sup>†</sup>
- Soymilk, unsweetened, 8 fl oz = 301 mg<sup>††</sup>

## CONSIDERATIONS

If micronutrients are a concern, a 100% complete multivitamin can be a simple solution, and if needed an additional calcium supplement. We understand that nutrition isn't one size fits all. Blenderized tube feeding, and therefore Real Food Blends, is customizable to help meet individual patient's nutrition needs.

\*Guidelines have been updated under 2020-2025 publication of Dietary Guidelines for Americans. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

\*\*Nutritional information is calculated based on USDA FoodData Central Database.

<sup>†</sup>Specific nutritional information may vary by brand/variety.

<sup>††</sup>Fortified with calcium.

RealFoodBlends.com • 1-800-365-7354 (Monday-Friday 8:30 AM-5:00 PM ET)



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