

Technical Information: Real Food Blends™
Item 49748: **Quinoa Kale & Hemp**

Description Real Food Blends™ Quinoa Kale & Hemp is a pre-packaged pureed food meal that is bolus fed via feeding tube. Real Food Blends™ are not a complete nutritional feeding but are intended to complement an enteral tube feeding formula by adding real foods to the diet. Each 8 fluid ounce (267g) portion delivers 11 grams protein, 18 grams fat and 32 grams of carbohydrate in 330 calories.

Ingredients Water, kale, grape juice concentrate, hemp powder, extra virgin olive oil, quinoa, cinnamon.

Caloric Distribution 13% calories from protein; 38.5% calories from carbohydrate; 48.5% calories from fat

Protein Source Hemp powder

Carbohydrate Source Kale, grape juice concentrate, quinoa

Fat Source Olive oil

Water Content 75%

Fiber / Source 4g per serving / hemp, cinnamon, kale, quinoa

Allergens No
Manufactured in a facility that processes: egg, fish, wheat, milk, shellfish, soy, and tree nuts (almonds)

Gluten Free Not tested

Lactose Content 0

Contraindication Product is made from usual and customary foods. An individual would not be expected to have a reaction unless they were sensitive, or allergic, to one of the ingredients.
Drug/nutrient interactions should be evaluated by the physician and/or pharmacist.

Kosher No

Halal Certified No

Use Instruction Bolus via feeding tube or may be consumed orally. Refrigerate any unused portion and use within 24 hours.

For feeding tube; bolus (by syringe) one serving of Real Food Blends™ in addition to, or in place of, a volume of usual formula as directed by your health care professional. Flush tube with water after feeding.

Shelf Life 3 years from date of manufacture, unopened, at room temperature

NUTRITION INFORMATION**

**Nutrition information is calculated based on USDA Nutrient Database Standard Reference and manufacturer specification.

| | | 9.43 oz / 267 g (8 fl oz single portion) | Per 100 grams |
|---------------------|----------|---|---------------|
| Calories | | 330 | 123.49 |
| Protein | g | 11 | 4.12 |
| Carbohydrate | g | 32 | 12.11 |
| Fiber | g | 4.4 | 1.648 |
| Sugars | g | 16.45 | 6.16 |
| Sodium | mg (mEq) | 20 (0.87) | 7.5 (0.33) |
| Total Fat | g | 18 | 6.77 |
| Saturated Fat | g | 2.48 | 0.93 |
| Monounsaturated Fat | g | 11.19 | 4.19 |
| Polyunsaturated Fat | g | 2.72 | 1.019 |
| Trans Fat | g | 0 | 0 |
| Cholesterol | mg | 0 | 0 |
| Potassium | mg (mEq) | 300 (7.69) | 112.35 (2.88) |
| Vitamin A | IU | 317 | 118.61 |
| Vitamin C | mg | 2.5 | 0.94 |
| Thiamine | mg | 0.074 | 0.03 |
| Riboflavin | mg | 0.097 | 0.04 |
| Niacin | mg | 0.568 | 0.21 |
| Calcium | mg | 124.5 | 46.6 |
| Iron | mg | 4.77 | 1.79 |
| Vitamin D | IU | 0 | 0 |
| Vitamin E | mg | 20.55 | 7.7 |
| Vitamin B6 | mg | 0.11 | 0.041 |
| Folic Acid | mcg | 32 | 12 |
| Vitamin B12 | mcg | 0 | 0 |
| Phosphorus | mg (mEq) | 74 (4.77) | 27.7 (1.79) |
| Iodine | mcg | | |
| Magnesium | mg (mEq) | 68.1 (5.6) | 25.5 (2.1) |
| Zinc | mg | 0.525 | 0.2 |
| Copper | mg | 0.119 | 0.045 |
| Biotin | mcg | | |
| Pantothenic Acid | mg | 0.13 | 0.05 |
| Vitamin K | mcg | 0.68 | 0.26 |
| Choline | mcg | | |
| Chloride | mg (mEq) | | |
| Manganese | mg | 0.86 | 0.32 |
| Selenium | mcg | 1.6 | 0.6 |
| Chromium | mg | | |
| Molybdenum | mcg | | |

ORDERING INFORMATION

| Containers per Case | Flavor | Item Number | Each UPC | Case UPC |
|---------------------------|---------------------------------|-------------|-----------------|--------------|
| 12 x 9.4 oz. Foil Pouches | Quinoa Kale & Hemp | 49748 | 0 82045 49748 9 | 730669449673 |
| Additional flavors: | Orange Chicken Barley & Carrots | 49746 | 0 82045 49746 5 | 730669449666 |
| | Salmon Oats & Squash | 49747 | 0 82045 49747 2 | 730669449680 |