

REALFOOD BLENDS®

*Bringing REAL FOOD
& nutritional variety for people
with FEEDING TUBES*



*An easy guide to start
Real Food Blends®*



Welcome

We hope you'll enjoy your **Real Food Blends**® meals and more. Our products contain consciously chosen real food ingredients, blended for people with feeding tubes.

By using this guide as a baseline for starting Real Food Blends, we hope to make the transition as easy and simple as possible.



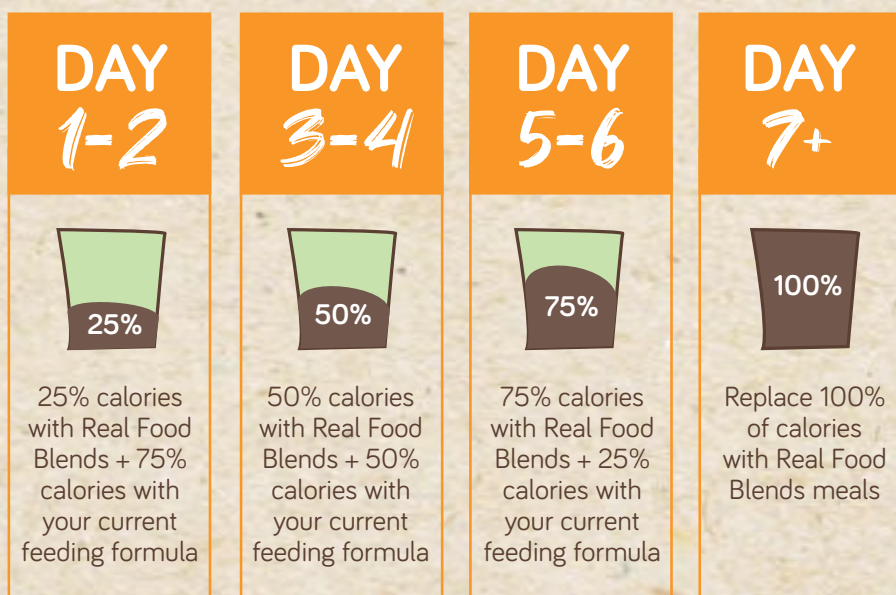
At Real Food Blends, our mission is to bring true blenderized diet to as many people with feeding tubes as possible

An Easy Transition

If this is your first time using real food, you'll see that the consistency of Real Food Blends is thicker than your traditional tube feeding formula. This is intentional, as having a thicker consistency may allow for better GI tolerance.

Below you will find an example schedule of how you can make a slow transition to Real Food Blends.

We always suggest to ask your medical team before making any changes to your diet.



Convenience of a ready-to-feed true blenderized diet



Real Food Blends meals and snack are ready-to-feed via bolus syringe. Consider additional liquid for gravity or pump administration.

Real Food Blends original meals are suitable for use with 14 Fr G-Tube or larger. Real Food Blends Select™ meals and Mini Snack are suitable for use with 12 Fr G-Tube or larger. Real Food Blends is made from whole food ingredients. Therefore, the consistency might vary.

Nutritional Variety From Real Food

Real Food Blends offers 8 shelf stable meals and 1 snack for people with feeding tubes that can be used:

- As a primary source of nutrition
- With commercial formula
- With a home blended diet



*Mix & match our meals and snack
for nutritional variety*



No dairy, nut, or soy
ingredients



No added sugar*
or salt**



No added color, flavor,
or synthetic ingredients

*Not a low-calorie food ** Not a sodium-free food

If you use Real Food Blends as primary source of nutrition, talk to your healthcare team about taking a multivitamin & mineral supplement, as well as an additional calcium and sodium source. Your healthcare team can help determine the amount of supplementation you need.



The Benefits of a Blenderized Diet

Bringing back normalcy with a variety of real foods.

A growing body of evidence indicates that Blenderized Tube Feeding may improve common symptoms of formula intolerance, such as:



Nausea and vomiting^{1,2}



Gagging/retching^{5,6}



Reflux associated with tube feeding^{3,4}



Bowel Irregularity^{1,7}



Blenderized Tube Feeding may support improved oral intake⁵

Simplicity of a true blenderized diet with Real Food Blends

Only Real Food Blends provides a variety of protein sources, fat sources, fruits, vegetables, whole grains & fats across eight different meals and a snack.



5-8 real food ingredients per meal or snack

1. Spurlock A, et al. BTF Use in Patients with Head and Neck Cancer. Nutr Clin Prac. 2021;1-10. 2. Hron B, et al. Health Outcomes and Quality of Life Indices of Children Receiving Blenderized Feeds via Enteral Tube. J Pediatr. 2019;1-7. 3. Kernizan D, et al. Outcomes and Safety of Blenderized Tube Feedings in Pediatric Patients: A Single Center's Experience. JPGN. 2020;71(4) e124-e128. 4. Batsis I, et al. Efficacy and Tolerance of Blended Diets in Children Receiving Gastrostomy Feeds. Nutr Clin Prac. 2019;00(0), 1-7. 5. Pentiu S, et al. Pureed by Gastrostomy Tube Diet Improves gagging and Retching in Children with Fundoplication. JPEN. 2011;35(3), 375-379. 6. Gallagher K, et al. Blenderized Enteral Nutrition Diet Study: Feasibility, Clinical, and Microbiome Outcomes of Providing Blenderized Feeds Through a Gastric Tube in a Medically Complex Pediatric Population. JPEN. 2018;00(0), 1-15. 7. Schmidt S, et al. The effect of a natural food based tube feeding in minimizing diarrhea in critically ill neurological patients. Clin Nutr. 2018; 38 (2019) 332-340.

Real Food Blends is Covered By Many Insurance Plans under HCPCS B4149

Benefit from our personalized one-on-one support to help you obtain product insurance coverage.

Nutricia-NA.com/NutriciaNavigator

or call 800-365-7354

Monday-Friday 8:30 am-6 pm ET



You can get Real Food Blends from:

- ✓ Your DME provider
- ✓ Amazon.com
- ✓ Walmart.com
- ✓ Realfoodblends.com

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