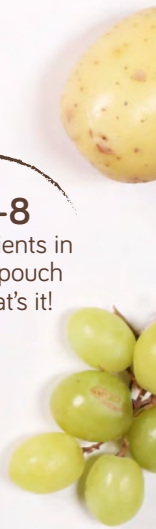


REALFOOD
BLENDS®
MEALS FOR PEOPLE WITH FEEDING TUBES

**Real food.
Real recipes.**



5-8
ingredients in
each pouch
- that's it!



Bring variety back to mealtime and nurture your body your way

We hope you'll enjoy these recipes* created with our Real Food Blends products. Our products contain consciously chosen, real food ingredients, blended for people with feeding tubes.

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



Nausea and vomiting^{1,2}



Gagging/retching^{3,4}



Reflux associated with tube feeding^{5,6}



Bowel Irregularity^{1,7}



We are excited to provide even more variety with these recipes created by Hilarie Geurink, RD, CSP.

Hilarie has been a pediatric registered dietitian since 2015. After years of assisting families struggling with tube feeding challenges, she began to explore alternative methods and became passionate about real food-based diets for tube feeding. She is now the owner and founder of Blended Tube Feeding™, offering support and resources to families aiming to add some normalcy to tube feeding, and truly thrive. Blended Tube Feeding simplifies the learning curve and offers support in tandem with medical teams.

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*Consult with your medical team before making any changes to your diet. If micronutrients are a concern, a 100% complete multivitamin can be a simple solution, and if needed an additional calcium supplement and sodium per healthcare provider.

1. Spurlock, et al. Nutr Clin Pract. 2022;37:615-624. 2. Hron, et al. J Pediatr. 2019;211:139-145. 3. Kernizan, et al. JPGN. 2020;71:124-128. 4. Batsis, et al. Nutr Clin Pract. 2020;35:282-288. 5. Pentiu, et al. JPEN. 2011;35:375-379. 6. Gallagher, et al. JPEN. 2018;42:1046-1060. 7. Schmidt, et al. Clin Nutr. 2019;38:332-240.



Cinnamon Quinoa Breakfast Bowl



- 1 pouch Real Food Blends Quinoa, Kale & Hemp
- ½ cup peaches
- ¼ cup almonds, slivered*
- 2 Tbsp maple syrup
- 2 Tbsp coconut, dried & shredded, unsweetened**
- ½ cup oat milk, plain extra creamy
- 1 Tbsp cinnamon, ground

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains tree nuts.

**Contains coconut.

***Specific nutritional information may vary by brand/variety.

Nutritional Information***

Serving size (mL)	600
Calories	800
Calories (per mL)	1.3
Fat (g)	43
Carbohydrates (g)	90
Fiber (g)	17
Protein (g)	21





Banana Foster French Toast

- 1 pouch Real Food Blends Eggs, Apples & Oats
- ½ medium banana
- 1 slice whole wheat bread, medium*
- 1 Tbsp butter, salted**
- 1 tsp cinnamon, ground
- 1 tsp vanilla extract
- ½ cup whole milk**
- 1 tsp nutmeg

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains wheat.

**Contains milk.

***Specific nutritional information may vary by brand/variety.

Nutritional Information***

Serving size (mL).....	500
Calories.....	670
Calories (per mL).....	1.3
Fat (g).....	38
Carbohydrates (g).....	65
Fiber (g).....	9
Protein (g).....	17



Chicken, Bacon and Veggie Skillet

- 1 pouch Real Food Blends Chicken, Carrots & Brown Rice
- ½ oz cooked bacon
- 1 oz cheddar cheese*
- ¼ cup broccoli, raw, chopped
- ¼ cup hashed brown potatoes, cooked in oil
- ¾ cup bone broth
- 1 tsp paprika
- 1 tsp parsley, dried

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains milk.

**Specific nutritional information may vary by brand/variety.

Nutritional Information**

Serving size (mL)	540
Calories.....	715
Calories (per mL).....	1.3
Fat (g).....	43
Carbohydrates (g).....	52
Fiber (g)	7
Protein (g)	35





Acai Smoothie

- 1 pouch Real Food Blends Mini Prunes, Pears & Pumpkin
- 1 acai smoothie packet (3.5 oz)
- 1 slice avocado (~1/8 avocado)
- 1 Tbsp hemp hearts
- ¼ cup almonds*
- 2 Tbsp honey
- 1 cup plain extra creamy oat milk

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains tree nuts.
 **Specific nutritional information may vary by brand/variety.



Nutritional Information**

Serving size (mL)	500
Calories	740
Calories (per mL)	1.5
Fat (g)	37
Carbohydrates (g)	96
Fiber (g)	12
Protein (g)	15





Cranberry Turkey Grilled Cheese

- 1 pouch Real Food Blends Turkey, Sweet Potatoes & Peaches
- 1 slice whole wheat bread, medium*
- 1 oz provolone cheese**
- 2 Tbsp cranberries, dried
- 1 Tbsp butter**
- 1 cup whole milk**
- ½ Tbsp rosemary, dried

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains wheat.

**Contains milk.

***Specific nutritional information may vary by brand/variety.

Nutritional Information***

Serving size (mL).....	600
Calories.....	830
Calories (per mL).....	1.4
Fat (g).....	8
Carbohydrates (g).....	68
Fiber (g).....	48
Protein (g).....	34





Thai Peanut Quinoa Salad

- 1 pouch Real Food Blends Quinoa, Kale & Hemp
- 2 Tbsp peanut butter*
- ½ oz ginger root
- 1 Tbsp maple syrup
- 1 Tbsp turmeric, ground
- ¼ cup red cabbage, chopped
- ⅓ cup vegetable broth

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains peanuts.

**Specific nutritional information may vary by brand/variety.



Nutritional Information**

Serving size (mL).....	420
Calories.....	635
Calories (per mL).....	1.5
Fat (g).....	36
Carbohydrates (g).....	64
Fiber (g).....	11
Protein (g).....	21





Autumn Salmon Bowl

- 1 pouch Real Food Blends Salmon, Oats & Squash
- ¼ cup pumpkin seeds
- ¼ cup chopped kale, raw
- ½ fl oz lemon juice
- 1 Tbsp honey
- ¼ cup bone broth
- ½ Tbsp thyme, dried

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Specific nutritional information may vary by brand/variety.

Nutritional Information*

Serving size (mL).....	400
Calories.....	585
Calories (per mL).....	1.5
Fat (g).....	35
Carbohydrates (g).....	49
Fiber (g).....	6
Protein (g).....	23





Shepherd's Pie

- 1 pouch Real Food Blends Beef, Potatoes & Spinach
- 1 oz cooked ground beef
- ¼ cup carrots, cooked & diced
- 2 Tbsp parmesan cheese, grated*
- 1 clove garlic
- 1½ Tbsp olive oil
- ⅔ cup whole milk*
- 1 tsp rosemary, dried
- 1 tsp thyme, dried

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains milk.

**Specific nutritional information may vary by brand/variety.

Nutritional Information**

Serving size (mL).....	585
Calories.....	745
Calories (per mL).....	1.3
Fat (g).....	50
Carbohydrates (g).....	45
Fiber (g).....	4
Protein (g).....	28





Coconut Chicken Curry

- 1 pouch Real Food Blends Chicken, Carrots & Brown Rice
- ¼ cup chickpeas, boiled
- 2 Tbsp cilantro leaves (about 8 pieces)
- 1 Tbsp ginger root
- 1 tsp curry powder
- 1 Tbsp olive oil
- ½ cup fortified coconut milk, plain, unsweetened*

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains coconut.

**Specific nutritional information may vary by brand/variety.

Nutritional Information**

Serving size (mL).....	435
Calories.....	575
Calories (per mL).....	1.3
Fat (g).....	37
Carbohydrates (g).....	45
Fiber (g).....	8
Protein (g).....	19





Stuffed Sweet Potato

- 1 pouch Real Food Blends Turkey, Sweet Potatoes & Peaches
- 2 Tbsp green onion, chopped
- 2 Tbsp pecans, chopped*
- 2 Tbsp goat cheese, soft
- ¼ cup cranberries, dried
- 1¼ cup whole milk**
- ½ Tbsp cinnamon, ground

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains tree nuts.

**Contains milk.

***Specific nutritional information may vary by brand/variety.

Nutritional Information***

Serving size (mL).....	600
Calories.....	855
Calories (per mL).....	1.4
Fat (g).....	49
Carbohydrates (g).....	76
Fiber (g).....	10
Protein (g).....	34





Edamame Salad

- 1 pouch Real Food Blends Quinoa, Kale & Hemp
- ¼ cup edamame
- ¼ cup red bell pepper, raw
- 3 Tbsp tahini*
- 2 Tbsp nutritional yeast
- ½ Tbsp turmeric, ground
- ¼ cup vegetable broth – optional. If you need a thicker meal, you can omit this.

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains sesame.

**Specific nutritional information may vary by brand/variety.



Nutritional Information**

Serving size (mL).....	450
Calories.....	725
Calories (per mL).....	1.6
Fat (g).....	46
Carbohydrates (g).....	54
Fiber (g).....	16
Protein (g).....	33





Pear Crisp

- 1 pouch Real Food Blends Mini Prunes, Pears & Pumpkin
- 2 Tbsp oats, regular, dry
- 2 Tbsp pecans, chopped*
- $\frac{3}{4}$ cup oat milk
- $\frac{1}{2}$ Tbsp brown sugar
- 1 tsp cinnamon, ground
- $\frac{1}{4}$ tsp nutmeg

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains tree nuts.
**Specific nutritional information may vary by brand/variety.



Nutritional Information**	
Serving size (mL).....	255
Calories.....	365
Calories (per mL).....	1.4
Fat (g).....	14
Carbohydrates (g).....	60
Fiber (g).....	10
Protein (g).....	7





Dark Chocolate Mousse

- 1 pouch Real Food Blends Mini Prunes, Pears & Pumpkin
- 2 Tbsp dark chocolate chips, whole pieces*
- ¼ cup Greek yogurt, plain, whole milk*
- 1 Tbsp honey
- ⅔ cup whole milk*

Instructions:

Combine the ingredients and blend until you have a smooth consistency.

*Contains milk.

**Specific nutritional information may vary by brand/variety.

Nutritional Information**

Serving size (mL).....	340
Calories.....	445
Calories (per mL).....	1.3
Fat (g).....	18
Carbohydrates (g).....	63
Fiber (g).....	5
Protein (g).....	13



Real Food Blends is the closest to homemade blenderized tube feeding*

- 6 meals and 1 snack for kids and adults
- 5-8 real food ingredients per meal or snack
- Nutritional variety from 100% real food

REALFOOD
BLENDS®



*Compared to other blenderized enteral formulas

Visit our website for exclusive resources
realfoodblends.com



- Recipe videos
- Administration videos
- Tips to get started on Real Food Blends
- Reimbursement information
- 1:1 support to navigate insurance coverage

Easy Ways to Get Real Food Blends

Real Food Blends is covered by many insurance plans under HCPCS code B4149.



Get a prescription from your doctor



Contact your DME/home infusion company



DME/home infusion company verifies insurance and ships meals to you

Order directly through:



Realfoodblends.com



Amazon.com



Walmart.com

Questions About Insurance Coverage?



Nutricia Navigator is personalized, confidential, 1:1 support to help you navigate the complexities of insurance coverage. Our experts are available to answer questions and provide exclusive support, including:

- ✓ Contact your insurance company to verify coverage
- ✓ Assist in appealing insurance denials
- ✓ Help you locate where to obtain Real Food Blends

3 EASY STEPS TO GET STARTED



Visit Nutricia-NA.com/NutriciaNavigator to download the Navigator Information Form



Patient/caregiver to complete form with clinician



Email or fax completed form to NutriciaNavigator@Nutricia.com or call 800-365-7354, Select 4, Monday-Friday 9am - 6pm ET

**For questions about Real Food Blends, contact
Nutricia North America**

(800) 365-7354

realfoodblends.com



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