



CHICKEN, PEAS AND CARROTS

Gluten Free | Real Chicken | No Added Sugars

Nutrition Facts

5 servings per container

Serving size 1 cup (91.2g)

Amount Per Serving

Calories 400

% Daily Value*

Total Fat 18g 23%

Saturated Fat 7.41g 37%

Trans Fat 0g

Polyunsaturated Fat 3.14g

Monounsaturated Fat 6.25g

Cholesterol 25mg 8%

Sodium 510mg 22%

Total Carbohydrate 40g 15%

Dietary Fiber 8g 29%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 18g

Vitamin D 1.3mcg 6%

Calcium 90.4mg 6%

Iron 5.52mg 30%

Potassium 968mg 20%

Vitamin A 90%

Vitamin C 80%

Vitamin E 4%

Vitamin K 0%

Thiamin 20%

Riboflavin 10%

Niacin 15%

Vitamin B6 20%

Folate 15%

Vitamin B12 0%

Pantothenic Acid 15%

Phosphorus 15%

Magnesium 10%

Zinc 10%

Selenium 4%

Copper 25%

Manganese 30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHOLE STORY MEALS

The first and only real food, powdered, enteral meal replacement product. Designed to promote healing, growth and healthy development.

Technical Information

Whole Story Meals, Inc.

Item: Chicken, Peas and Carrots.

Powdered whole food meal formulated for enteral feeding or oral feeding. WSM powdered meals are intended to be used once hydrated with the recommended amounts of water, juice, milk or milk alternative.

Description

Chicken, Peas and Carrots is a powdered real food complete meal that is packaged in a resealable zip top pouch. It is consumed only after rehydrating with water, milk or juice, and consumed enterally or orally.

Whole Story Meals are not intended to be a real-food supplement or alternative to other forms of enteral feeding without adding any vitamin or mineral supplementation.

Each serving (91 g of powder) is rehydrated using 12 ounces (360ml) of water and contains 400 calories, 18 grams of protein, 40 grams of carbohydrates and 18 grams of fat.

Disclaimer: Not intended to be consumed unless hydrated with the appropriate amount of fluid. Not for use on infants under 1 year of age without the advice of a physician. Powder is made of real food and particle sizes may vary. Settling and clumping may occur.

Ingredients

Chicken broth and fat, oats, peas, sweet potato, carrot, strawberry, coconut oil, cooked chicken, salt, onion, turmeric, black pepper, dextrin (a fiber).

Please note that the Chicken broth and fat, and chicken are cooked ingredients.

Caloric Distribution

18% of calories from protein

40% of calories from carbohydrate

42% of calories from fat.

Protein Sources

Chicken broth and fat, oats, peas.

Carbohydrate Sources

Oats, sweet potato, peas, carrots.

Fat Sources

Chicken broth and fat, coconut oil.

Fiber Sources

Peas, oats, strawberry, sweet potato.

Allergens and Sensitivities

Peas, Coconut.

Gluten free, Soy Free, Dairy Free, Egg Free, Corn Free, Lactose Free.

Manufactured in a facility that processes: Milk, eggs, peanuts, tree nuts, shellfish, and soy.

One serving is considered HIGH in the following FODMAPS: Polyols, Oligosaccharides.

Contraindications

Possible Allergens: peas, oats.

Any drug/nutrient interactions should be evaluated by a physician or pharmacist.

Packaging

BPA Free

Zip top resealable plastic pouch, contains 1 pound, 2000 calories.

Use Instructions

A scoop is provided in each bag and holds approximately $\frac{1}{4}$ cup (22 gram, $\frac{1}{4}$ of a serving). Each $\frac{1}{4}$ cup scoop provides a 100 calorie portion of powder. For each scoop we recommend a minimum of 2.5 to 3 ounces (90ml) of water be added and mixed well to produce a mixture that will flow through a pump. Can be mixed with slightly less liquid as needed. Mixes best in a shaker bottle equipped with a wire whisk ball.

May also be mixed with a fork or spoon. At the recommended rehydration rate, mixture will provide 1 calorie per ml.

May also bolus feed or consume orally. For bolus or oral feeding, hydrate to the desired texture. Powder may be mixed with other consumable liquids such as milk or juice to increase calories. Powder may also be added to other enteral products to increase calories. When mixed at the recommended levels, will provide approx. 1.0 calorie per ml. When mixed with 2 oz of water per scoop, will provide 1.35 calories per ml.

Our powdered meal may be combined with boiling water to quick-cook the ingredients. (Please note the chicken and chicken broth are cooked ingredients). Cool mixture before consuming. We suggest using this method for anyone with who wishes to consume the meal cooked. Use slightly less water to make a hot-cereal textured meal for oral eaters.

Shelf Life

2 years from date of manufacture, unopened.

Once opened, consume contents within 30 days.

Warning

Not for Parenteral Use.

Not intended for children under 1 year of age unless under the direction of a physician or a Registered Dietitian. Please check with your health care provider before using Whole Story Meals.

Calories with Milk or Juice

Scoops	Water 2 oz or more	Whole Milk (3.25% fat)								Unsweetened Apple Juice							
		4 oz	Cal/ ml	6 oz	Cal/ ml	8 oz	Cal/ ml	10 oz	Cal/ ml	4 oz	Cal/ ml	6 oz	Cal/ ml	8 oz	Cal/ ml	10 oz	Cal/ ml
1	100	172	1.4	208	1.2	244	1.0	280	1.1	156	1.3	184	1.0	212	0.9	240	0.8
2	200	272	2.3	308	1.7	344	1.3	380	1.3	256	2.1	284	1.6	312	1.3	340	1.1
3	300			408	2.3	444	1.9	480	1.6			384	2.1	412	1.7	440	1.5
4	400					544	2.3	580	1.9			484	2.7	512	2.1	540	1.8
5	500							680	2.3					612	2.6	640	2.1
6	600							780	2.6							740	2.5



= indicates can push with syringe



= indicates can push with syringe

Calories with Water

Scoops	2oz (60 ml)	Cal /ml	3oz (90 ml)	Cal/ ml	4oz (120 ml)	Cal/ ml	5oz (150 ml)	Cal /ml	6oz (180 ml)	Cal/ ml	7oz (210 ml)	Cal /ml	8oz (240 ml)	Cal/ ml	9oz (270 ml)	Cal/ ml
1	100	1.7	100	1.1	100	0.8	100	0.7	100	0.6	100	0.6	100	0.4	100	0.3
2			200	2.2	200	1.7	200	1.3	200	1.1	200	0.9	200	0.8	200	0.7
3							300	2.0	300	1.7	300	1.4	300	1.3	300	1.1
4									400	2.2	400	1.9	400	1.7	400	1.5
5											500	2.4	500	2.1	500	1.9
6													600	2.5	600	2.2



= indicates can push with syringe

Nutrition Information

	1 scoop (¼ cup, 23 g)	4 scoops (1 cup, 91 g)	Per 100 g
Calories (kcal)	101.57	401.86	440.64
Protein (g)	4.49	17.76	19.47
Carbohydrate (g)	10.11	40.01	43.87
Total Fat (g)	4.59	18.15	19.90
Fiber (g)	2	7.91	8.67
Sugars (g)	2.96	11.84	12.98
Sodium (mg)	127.78	505.55	554.33
Saturated Fat (g)	1.87	7.41	8.13
Monounsaturated Fat (g)	1.56	6.25	6.86
Polyunsaturated Fat (g)	0.79	3.14	3.44
Trans Fat (g)	0	0	0
Cholesterol (mg)	6.19	24.50	26.87
Potassium (mg)	244.6	967.76	1061.14

	1 scoop (¼ cup, 23 g)	4 scoops (1 cup, 91 g)	Per 100 g
Vitamin A (mcg RAE)	207.75	831.00	911.18
Vitamin C (mg)	18.75	74.35	81.52
Thiamin (mg)	0.6	0.23	0.25
Riboflavin (mg)	0.04	0.15	0.16
Niacin (mg)	0.55	2.17	2.38
Calcium (mg)	22.60	90.38	99.10
Iron (mg)	1.4	5.52	6.05
Vitamin D (mcg)	0.33	1.30	1.43
Vitamin E (mg)	0.14	0.55	0.60
Vitamin B6 (mg)	0.08	0.30	0.33
Folate (mcg DFE)	17.24	68.22	74.80
Vitamin B12 (mcg)	0.00	0.00	0.00
Phosphorous (mg)	51.07	202.05	221.55
Iodine	-	-	-
Magnesium (mg)	11.55	45.68	50.08
Copper (mg)	0.06	0.23	0.25
Pantothenic Acid (mg)	0.17	0.68	0.74
Vitamin K (mcg)	0	0	0.00
Manganese (mg)	0.18	0.73	0.80
Selenium (mcg)	0.42	1.68	1.84
Zinc (mg)	0.26	1.02	1.12

Ordering Information

HCPCS Code: B4149

WSM Meal	Item #	Each UPC	Case UPC
Chicken, Peas and Carrots	7124	860002633510	
Kale, Quinoa & Berries	7123	860002633503	



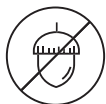
CHICKEN, PEAS AND CARROTS WITH REAL CHICKEN BROTH

Real Food Powdered Meals for
Enteral Feeding and Meal Replacement

Made With All Natural Fruits, Vegetables, Whole Grains, And Real Chicken

Cold Processed Ingredients

Healthy On-The-Go Option



Nut-Free



Gluten-Free



Dairy-Free



Soy-Free



Egg-Free

No Artificial
Ingredients

With
Turmeric

Whole
Foods

No
Juice

No Added
Sugars

18g Protein per Serving

2,000 Calories per Bag

Net wt. 16 oz (1lb/ 453.6g)

Enjoy the benefits of fresh vegetables and real chicken.
 Our cold processed meals are loaded with antioxidants,
 natural vitamins, minerals, and soluble fiber.

Nutrition Facts	
5 servings per container	
Serving size	1 cup (91.2g)
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 7.41g	37%
Trans Fat 0g	
Polyunsaturated Fat 3.14g	
Monounsaturated Fat 6.25g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 1.3mcg	6%
Calcium 90.4mg	6%
Iron 5.52mg	30%
Potassium 968mg	20%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Chicken broth and fat, oats, peas, sweet potato, carrot, strawberry, coconut oil, cooked chicken, ancient sea salt, onion, turmeric, black pepper, dextrin (a fiber).



SHAKE
with liquid of
your choice



BOOST
additional nutrition
for enteral meals



STIR
for a pureed
meal

Transforming the Future of Enteral Nutrition

Directions: Each scoop (23 g) of powder contains 100 calories. Choose the number of scoops you need based on the amount of calories you want in your meal. Mix the powder with the liquid of your choice.

For additional calories, our powder can be mixed with milk or juice. It can also be mixed into other forms of enteral meals such as traditional formula or blenderized meals for a calorie and nutrition boost.

For oral eaters, mix with liquid to reach your desired thickness.

Note: Using less than 2.5 oz of water per scoop will produce a thick formula that can be bolus fed with a syringe but may not flow well through a pump. For best results in a pump, use 3 oz or more of water/liquid per scoop.

A shaker bottle with a wire whisk is recommended for mixing.

18 grams
of Protein

Chicken
Broth

Cold
Processed

Nutrient
Dense

Convenient



Formulated by and manufactured for:
 Whole Story Meal, Inc.
 1823 Stampede Ave. STE A
 Cody, WY 82414
 307-222-0567

Processed in a facility that uses milk, eggs, peanuts, tree nuts, shellfish, and soy.

Our product is made from real food. Particle size may vary and clumping may occur.

Store in a cool dry place. Packaged by weight, not by volume.

Use within 30 days of opening.