



# KALE, QUINOA AND BERRIES

Vegan Friendly | High Protein | Cold-Processed

## Nutrition Facts

5 servings per container

**Serving size 4 scoops (84.95g)**

**Amount Per Serving**

**Calories 400**

	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 5.84g	<b>29%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.75g	
Monounsaturated Fat 8.08g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0.2mcg	0%
Calcium 118mg	10%
Iron 5.98mg	35%
Potassium 757mg	15%
Vitamin A	20%
Vitamin C	45%
Vitamin E	50%
Vitamin K	0%
Thiamin	45%
Riboflavin	15%
Niacin	30%
Vitamin B6	35%
Folate	15%
Vitamin B12	0%
Pantothenic Acid	15%
Phosphorus	20%
Magnesium	35%
Zinc	20%
Selenium	25%
Copper	70%
Manganese	60%

\*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: Kale, Quinoa and Berries.

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

## Description

Kale, Quinoa and Berries is a powdered real food, balanced meal that is packaged in a resealable zip top pouch. It is consumed only after rehydrating with water, milk or juice, enterally or orally. This meal does not have added vitamins and minerals and allows for individuals to customize to specific micronutrient needs.

Each serving (85 g of powder) is rehydrated using 12 ounces (360ml) of water and contains 400 calories, 17 grams of protein, 41 grams of carbohydrates and 20 grams of fat.

As with any real food product, variations in caloric and nutrient levels should be expected due to growing conditions. If a specific medical condition requires precise nutrient levels please discuss with your medical team.

Disclaimer: Not intended to be consumed unless hydrated with the appropriate amount of fluid. Not for use by 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**

Cold-processed sunflower seeds, sweet potatoes, cold-processed golden flaxseeds, blueberries, raspberries, brown rice protein, coconut oil, organic quinoa, zucchini, kale, ancient sea salt, dextrin (a fiber).

Made from 100% Non-GMO ingredients.

**Caloric Distribution**

16% of calories from protein

40% of calories from carbohydrate

44% of calories from fat.

**Protein Sources**

Sunflower seeds, flaxseeds, brown rice protein.

**Carbohydrate Sources**

Sweet potatoes, raspberries, blueberries, sunflower seeds, flaxseeds, zucchini.

**Fat Sources**

Sunflower seeds, coconut oil, flaxseeds.

**Fiber Sources**

Raspberries, sunflower seeds, flaxseeds.

**Allergens and Sensitivities**

Seeds, coconut (tree nut).

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: seeds, quinoa.

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

**Packaging**

BPA Free. Zip top resealable plastic pouch, contains 2,000 calories.

**Use Instructions**

A scoop is provided in each bag and holds approximately  $\frac{1}{4}$  cup (21 grams,  $\frac{1}{4}$  of a serving). Each  $\frac{1}{4}$  cup scoop provides a 100 calorie portion of powder. For each scoop we recommend a minimum of 3 fluid ounces (90 ml) of water be added and mixed well to produce a mixture that will flow through a pump. Mixes best in a shaker bottle equipped with a wire whisk ball. At the recommended rehydration rate, mixture will provide ~1 calorie per ml. When consuming for primary nutrition, we recommend adding an age appropriate multivitamin/mineral supplement.

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 and add nutrients.

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

**Shelf Life**

4 years, unopened. Once opened, consume contents within 60 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.

**Volume Displacement**

15 ml/scoop (0.71 ml/gram)

### Calories with Milk or Juice | Kale, Quinoa, & Berries Chart

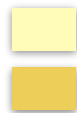
Scoops	Whole Milk (3.25% fat)								Unsweetened Apple Juice							
	4 oz	Cal/ml	6 oz	Cal/ml	8 oz	Cal/ml	10 oz	Cal/ml	4 oz	Cal/ml	6 oz	Cal/ml	8 oz	Cal/ml	10 oz	Cal/ml
1	175	1.3	212	1.1	249	1.0	287	0.9	156	1.2	184	0.9	212	0.8	240	0.7
2	275	1.8	312	1.5	349	1.3	387	1.2	256	1.7	284	1.4	312	1.2	340	1.0
3			412	1.8	449	1.6	487	1.4			384	1.7	412	1.4	440	1.3
4					549	1.8	587	1.6					512	1.7	540	1.5
5							686	1.8					612	1.9	640	1.7
6							787	2.0							740	1.9



= will flow through an Infinity pump



= can push with syringe



= will flow through an Infinity pump



= can push through syringe

### Calories with Water | Kale, Quinoa, & Berries Chart

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	1.3	100	1.0	100	0.7	100	0.6	100	0.5	100	0.4	100	0.4	100	0.3
2			200	1.7	200	1.3	200	1.1	200	1.0	200	0.8	200	0.7	200	0.6
3							300	1.5	300	1.3	300	1.2	300	1.1	300	1.0
4									400	1.7	400	1.5	400	1.3	400	1.2
5											500	1.8	500	1.6	500	1.4
6													600	1.8	600	1.7



= will flow through Infinity pump



= can push with syringe

**Nutrition Information**

	1 scoop (¼ cup, 21 grams)	4 scoops (1 cup, 85 grams)	Per 100 grams
Calories (kcal)	100	400	471
Protein (g)	4	17	20
Carbohydrate (g)	10	41	48
Total Fat (g)	5	20	23
Fiber (g)	3	12	14
Sugars (g)	3	13	15
Sodium (mg)	77.90	315.3	370.94
Saturated Fat (g)	1.44	5.84	6.87
Monounsaturated Fat (g)	2.00	8.08	9.51
Polyunsaturated Fat (g)	1.17	4.75	5.59
Trans Fat (g)	0.00	0	0.00
Cholesterol (mg)	0.00	0	0.00
Potassium (mg)	186.93	756.62	890.14
Vitamin A (mcg RAE)	41.61	168.44	198.16
Vitamin C (mg)	10.50	42.48	49.98
Thiamin (mg)	0.14	0.56	0.66
Riboflavin (mg)	0.05	0.20	0.24
Niacin (mg)	1.27	5.16	6.07
Calcium (mg)	29.05	117.57	138.32
Iron (mg)	1.48	5.98	7.04
Vitamin D (mcg)	0.05	0.20	0.24
Vitamin E (mg)	1.92	7.77	9.14
Vitamin B6 (mg)	0.15	0.62	0.73
Folate (mcg DFE)	15.73	63.65	74.88
Vitamin B12 (mcg)	0.00	0	0.00
Phosphorous (mg)	133.60	540.75	636.18

	1 scoop (¼ cup, 21 grams)	4 scoops (1 cup, 85 grams)	Per 100 grams
Iodine	-	-	-
Magnesium (mg)	37.43	151.51	178.25
Copper (mg)	0.15	0.62	0.73
Pantothenic Acid (mg)	0.17	0.68	0.80
Vitamin K (mcg)	0.13	0.52	0.61
Manganese (mg)	0.31	1.27	1.49
Selenium (mcg)	3.45	13.97	16.44
Zinc (mg)	0.50	2.01	2.36

**Ordering Information**

HCPSC Code: B4149

WSM Meal	Item #	Each UPC	Case UPC	First Databank NDC*	Medispan NDC*	Merative Redbook NDC*
Kale, Quinoa and Berries	7123	860002633503	860002633541	60002-0633-50	60002-063350	60002-063350
Kale, Quinoa and Berries Plus	7223	850052824051	10850052824058	50052-0824-05	50052-082405	50052-082405
Kale, Quinoa and Berries Plus Pediatrics	7323	850052824099	10850052824096	50052-0824-09	50052-082409	50052-082409
Chicken, Peas and Carrots	7124	860002633510	860002633558	60002-0633-51	60002-063351	60002-063351
Chicken, Peas and Carrots Plus	7224	850052824044	10850052824041	50052-0824-04	50052-082404	50052-082404
Chicken, Peas and Carrots Plus Pediatrics	7324	850052824082	10850052824089	50052-0824-08	50052-082408	50052-082408
Restore	7125	860002633527	860003633565	60002-0633-52	60002-063352	60002-063352
Restore Fusion	7126	860002633534	860002633572	60002-0633-53	60002-063353	60002-063353

\*Medicare, Medicaid and health insurers may ask you to provide a National Drug Code / NDC number for insurance claims, billing or reimbursement purposes. Because our products are whole foods and do not constitute “drugs”, we have NDC format numbers specific to each database to use when asked for a NDC number for our products.



## KALE, QUINOA AND BERRIES

### VEGAN MEAL

Real Food Powdered Meals for  
Enteral Feeding and Meal Replacement

Made With All Natural Fruits, Vegetables, Seeds, And Whole Grains

Cold - Processed Ingredients | Healthy On-The-Go Option



Nut-Free



Gluten-Free



Dairy-Free



Soy-Free



Egg-Free

No Artificial  
Ingredients

High  
Protein

Whole  
Foods

No  
Juice

No Added  
Sugars

17g Protein per Serving

2,000 Calories per Bag

Net wt. 424.75g





We're social, join the conversation!  
 @wholestorymeals | #wholestorymeals | #tubieinthewild



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

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#### SHAKE

with liquid of your choice



#### BOOST

additional nutrition for enteral meals



#### STIR

for a pureed meal

### Transforming Enteral Nutrition

**Directions:** Each scoop (21g) 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 water or liquid of your choice. We recommend 3 oz of liquid per scoop of powder. A shaker bottle with a wire whisk is best for mixing.

For additional calories, our powder can be mixed with other liquids. 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 those consuming orally, mix with liquid of choice to reach desired thickness.

**Note:** Using less than 3 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.

17 grams of Protein

Omega 3 from Flax

Cold-Processed

Nutrient Dense

Convenient



Formulated by and manufactured for:  
 Whole Story Meals, Inc.  
 30 N. Gould St. Ste R  
 Sheridan, WY 82801  
 307-222-0567



Processed in a facility that uses milk, eggs, peanuts, tree nuts, shellfish, and soy.  
 Allergens: contains coconut (tree nut)

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 60 days of opening. As with any real food product, variations in calorie and nutrient levels should be expected due to growing conditions. If a specific medical condition requires precise nutrient levels, discuss with your medical team.