



# KALE, QUINOA AND BERRIES *Plus*

Vegan Friendly | High Protein | Complete Nutrition

## Nutrition Facts

5 servings per container

**Serving size** 4 scoops (85.9g)

**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 4mcg	20%
Calcium 260mg	20%
Iron 5mg	30%
Potassium 750mg	15%
Vitamin A	20%
Vitamin C	20%
Vitamin E	50%
Vitamin K	20%
Thiamin	45%
Riboflavin	25%
Niacin	30%
Vitamin B6	35%
Folate	30%
Vitamin B12	20%
Biotin	20%
Pantothenic Acid	25%
Phosphorus	20%
Iodine	20%
Magnesium	30%
Zinc	30%
Selenium	45%
Copper	70%
Manganese	60%
Chromium	90%

\*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 Plus.

Vegan powdered whole food meal formulated for enteral 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. Meets 100% DRI for 25 essential vitamins and minerals in 20 scoops.\*

## Description

Kale, Quinoa and Berries Plus 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, enterally or orally.

Each serving (85.90g) 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.

\*2000 calories (20 scoops) of Kale, Quinoa and Berries Plus a day meets Institute of Medicine DRI for 25 essential vitamins and minerals for adults age 18 or older.

**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).

Vitamins and minerals: Calcium citrate, choline bitartrate, zinc gluconate, calcium pantothenate (B<sub>5</sub>), retinyl palmitate (A), riboflavin (B<sub>2</sub>), methyl folate, potassium iodide, phytonadione (K), cholecalciferol (D<sub>3</sub>), biotin, methylcobalamin (B<sub>12</sub>).

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 scoop provides a 100 calorie portion of powder. For each scoop we recommend a minimum of 3 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.

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 Plus 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 Plus 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

# Kale, Quinoa and Berries Plus

Nutrients	1 Scoop (21.5g)	DRI %*	4 Scoops (1Serving/ (85.90g)	DRI %*	20 Scoops (5 servings/ 429.5g)	DRI %*
<b>Calories</b>	100.0		400.0		2000	
<b>Total Fat, g</b>	5.0		20.0		100.0	
Saturated Fat, g	1.5		5.8		29.2	
Trans Fat, g	0.0		0.0		0.0	
Polyunsaturated Fat, g	1.2		4.8		23.8	
Monounsaturated Fat, g	2.0		8.1		40.4	
<b>Cholesterol, mg</b>	0.0		0.0		0.0	
<b>Total Carbohydrate, g</b>	10.3		41.0		205.0	
Dietary Fiber, g	3.0		12.0		60.0	
Total Sugars, g	3.3		13.0		65.0	
Added Sugars, g	0.0		0.0		0.0	
<b>Protein, g</b>	4.3		17.0		85.0	
Sodium, mg	80.0	5.25%	320.0	21%	1600.0	105%
Vitamin D, mcg	1.0	6.75%	4.0	27%	20.0	135%
Calcium, mg	65.0	5%	260.0	20%	1300.0	100%
Iron, mg	1.3	7%	5.0	28%	25	140%
Potassium, mg	187.5	5.5%	750.0	22%	3750.0	110%
Vitamin A, mcg RAE	45.0	5%	180.0	20%	900.0	100%
Vitamin C, mg	4.5	5%	18.0	20%	90.0	100%
Vitamin E, mg	1.9	12.5%	7.5	50%	37.5	250%
Vitamin K, mcg	6.0	5%	24.0	20%	120.0	100%
Thiamin, mg	0.1	11.25%	0.5	45%	2.7	225%
Riboflavin, mg	0.1	6.25%	0.3	25%	1.7	125%
Niacin, mg	1.2	7.5%	4.8	30%	24.0	150%
Vitamin B6, mg	0.2	8.75%	0.6	35%	3.0	175%
Folate, DFE	30.0	7.5%	120.0	30%	600.0	150%
Vitamin B12, mcg	0.1	5%	0.5	20%	2.4	100%
Biotin, mcg	1.5	5%	6.0	20%	30.0	100%
Pantothenic Acid, mg	0.3	6.25%	1.3	25%	6.3	125%
Phosphorus, mg	62.5	8.75%	250.0	35%	1250.0	175%
Iodine, mcg	7.5	5%	30.0	20%	150.0	100%
Magnesium, mg	31.5	7.5%	126.0	30%	630.0	101%
Zinc, mg	0.8	7.5%	3.3	30%	16.5	150%
Selenium, mcg	6.3	11.25%	25.0	45%	125.0	225%
Copper, mg	0.2	17.5%	0.6	70%	3.2	350%
Manganese, mg	0.3	15%	1.4	60%	6.9	300%
Choline, mg	27.5	5%	110.0	20%	550.0	100%

\*DRI based on Institute of Medicine DRI for adults >18 yrs of age

**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	60002-63350	60002-63350
Kale, Quinoa and Berries Plus	7223	850052824051	10850052824058	50052-0824-05	50052-82405	50052-82405
Kale, Quinoa and Berries Plus Pediatrics	7323	850052824099	10850052824096	50052-0824-09	50052-82409	50052-82409
Chicken, Peas and Carrots	7124	860002633510	860002633558	60002-0633-51	60002-63351	60002-63351
Chicken, Peas and Carrots Plus	7224	850052824044	10850052824041	50052-0824-04	50052-82404	50052-82404
Chicken, Peas and Carrots Plus Pediatrics	7324	850052824082	10850052824089	50052-0824-08	50052-82408	50052-82408
Restore	7125	860002633527	860003633565	60002-0633-52	60002-63352	60002-63352
Restore Fusion	7126	860002633534	860002633572	60002-0633-53	60002-63353	60002-63353

\*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.



VITAMINS & MINERALS

**Whole Story Meals®**  
feed me real

**KALE, QUINOA AND BERRIES Plus**  
**VEGAN MEAL**

ADDED VITAMINS & MINERALS

Real Food Powdered Meals for  
Enteral Feeding and Meal Replacement

Made with All Natural Fruits, Vegetables, Seeds, and Whole Grains

Complete Nutrition			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. 429.5g





We're social, join the conversation!

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Enjoy the perfectly tailored mix of vitamins and minerals. Our Plus meals are your one-stop solution for meeting nutritional requirements for adults. Complete with fresh fruits, vegetables, whole grains, and seeds for a nutrient-rich symphony of powerful antioxidants, phytonutrients, and naturally occurring fiber.

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>4 scoops (85.9g)</b>
<b>Amount Per Serving</b>	<b>400</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 5.84g	<b>29%</b>
Trans Fat 0g	
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Dietary Fiber 12g	<b>43%</b>
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Vitamin D 4mcg	<b>20%</b>
Calcium 260mg	<b>20%</b>
Iron 5mg	<b>30%</b>
Potassium 750mg	<b>15%</b>

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**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).

**Vitamins and Minerals:** Calcium citrate, choline bitartrate, zinc gluconate, calcium pantothenate (B5), retinyl palmitate (A), riboflavin (B2), methyl folate, potassium iodide, phytonadione (K), cholecalciferol (D3), biotin, methylcobalamin (B12).



**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 fl. 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 fl. 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 fl. oz or more of water/liquid per scoop.

Omega 3  
from Flax

Nutrient  
Dense

Complete  
Nutrition



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.