



KALE, QUINOA AND BERRIES

Vegan Friendly | High Protein | Cold Processed

Nutrition Facts

5 servings per container	
Serving size	1 cup (88.75g)
Amount Per Serving	
Calories	400
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 10.6g	53%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.02g	
Monounsaturated Fat 1.4g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 42g	15%
Dietary Fiber 17g	61%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 99.5mg	8%
Iron 4.8mg	25%
Potassium 426mg	10%
Vitamin A	35%
Vitamin C	40%
Vitamin E	6%
Vitamin K	0%
Thiamin	6%
Riboflavin	6%
Niacin	6%
Vitamin B6	10%
Folate	6%
Vitamin B12	0%
Pantothenic Acid	15%
Phosphorus	20%
Magnesium	10%
Zinc	6%
Selenium	0%
Copper	20%
Manganese	40%

*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. WSM 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 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.

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 (89g of powder) is rehydrated using 12 ounces (360ml) of water and contains 400 calories, 20 grams of protein, 43 grams of carbohydrates and 20 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

Cold processed sunflower seeds, raspberry, cold processed golden flax seeds, coconut oil, sweet potato, rice protein, quinoa, blueberry, zucchini, kale, ancient sea salt, dextrin (a fiber).

Caloric Distribution

19% of calories from protein

39% of calories from carbohydrate

43% of calories from fat.

Protein Sources

Sunflower seeds, flax seeds, rice protein.

Carbohydrate Sources

Raspberry, sweet potato, blueberry, sunflower seeds, flax seeds, zucchini.

Fat Sources

Sunflower seeds, coconut oil, flax seeds.

Fiber Sources

Raspberry, sunflower seeds, flax seeds.

Allergens and Sensitivities

Seeds, 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 low in FODMAPS. Four or more servings in a single day will become moderate or 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 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 3 ounces (90ml) 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. 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 1.0 calorie per ml. When mixed with 2 oz of water per scoop, will provide 1.43 calories per ml.

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 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	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, 22 grams)	4 scoops (1 cup, 89 grams)	Per 100 grams
Calories (kcal)	99	400	449.44
Protein (g)	5.04	20.4	22.92
Carbohydrate (g)	10.51	42.5	47.75
Total Fat (g)	5.04	20.4	22.92
Fiber (g)	4.28	17.3	19.44
Sugars (g)	2.55	10.3	11.57
Sodium (mg)	77.87	315	353.93
Saturated Fat (g)	2.62	10.6	11.91
Monounsaturated Fat (g)	0.35	1.4	1.57
Polyunsaturated Fat (g)	0.99	4.0	4.49
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Potassium (mg)	105.43	426.5	479.21

	1 scoop (¼ cup, 22 grams)	4 scoops (1 cup, 89 grams)	Per 100 grams
Vitamin A (mcg RAE)	81.45	329.5	370.22
Vitamin C (mg)	8.49	34.34	38.58
Thiamin (mg)	0.02	0.08	0.09
Riboflavin (mg)	0.02	0.08	0.09
Niacin (mg)	0.22	0.9	1.01
Calcium (mg)	24.57	99.4	111.69
Iron (mg)	1.19	4.8	5.39
Vitamin D (mcg)	0	0	0
Vitamin E (mg)	0.25	1.0	1.12
Vitamin B6 (mg)	0.04	0.17	0.19
Folate (mcg DFE)	6.58	26.6	29.89
Vitamin B12 (mcg)	0	0	0
Phosphorous (mg)	68.45	276.9	311.12
Iodine	-	-	-
Magnesium (mg)	11.59	46.9	52.70
Copper (mg)	0.05	0.2	0.22
Pantothenic Acid (mg)	0.17	0.7	0.79
Vitamin K (mcg)	0	0	0
Manganese (mg)	0.22	0.9	1.01
Selenium (mcg)	0.12	0.5	0.56
Zinc (mg)	0.15	0.6	0.67

Ordering Information

HCPCS Code: B4149

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



Whole Story Meals®
feed me real

New &
Improved
Texture!

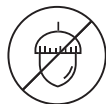
KALE, QUINOA AND BERRIES VEGAN MEAL

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

20g Protein per Serving

2,000 Calories per Bag

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

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

Nutrition Facts	
5 servings per container	
Serving size 1 cup (88.75g)	
Amount Per Serving	
Calories	400
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 10.6g	53%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 4.02g	
Monounsaturated Fat 1.4g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 42g	15%
Dietary Fiber 17g	61%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 99.5mg	8%
Iron 4.8mg	25%
Potassium 426mg	10%

*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.



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 (22 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.

- 20 grams of Protein
- Omega 3 from Flax
- 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.