



# KALE, QUINOA AND BERRIES

Vegan Friendly | High Protein | Cold-Processed

## Nutrition Facts

5 servings per container

**Serving size** 1 cup (84.95g)

Amount Per Serving

**Calories** 400

% Daily Value\*

**Total Fat** 20g 26%

Saturated Fat 5.84g 29%

Trans Fat 0g

Polyunsaturated Fat 4.75g

Monounsaturated Fat 8.08g

**Cholesterol** 0mg 0%

**Sodium** 320mg 14%

**Total Carbohydrate** 41g 15%

Dietary Fiber 12g 43%

Total Sugars 13g

Includes 0g Added Sugars 0%

**Protein** 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 45%

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. Whole Story Meals are considered nutritionally complete when used as recommended.

## 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.

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, coconut oil, blueberries, raspberries, sprouted brown rice protein, 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, sprouted 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 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 (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 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 Whole Story Meals, 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 with 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**

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

 = can push with syringe

**Nutrition Information**

	1 scoop (¼ cup, 21 grams)	4 scoops (1 cup, 85 grams)	Per 100 grams
Calories (kcal)	98.83	400.02	470.61
Protein (g)	4.12	16.67	19.61
Carbohydrate (g)	10.06	40.72	47.91
Total Fat (g)	4.84	19.58	23.04
Fiber (g)	2.93	11.85	13.94
Sugars (g)	3.22	13.04	15.34
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

HCPCS Code: B4149

WSM Meal	Item #	Each UPC	Case UPC	First Databank NDC*	Medispan NDC*	Merative Redbook NDC*
Kale, Quinoa and Berries	7123	860002633503		60002-0633-50	60002-63350	60002-63350
Chicken, Peas and Carrots	7124	860002633510		60002-0633-51	60002-63351	60002-63351
Restore	7125	860002633527		60002-0633-52	60002-63352	60002-63352
Restore Fusion	7126	860002633534		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.



# 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



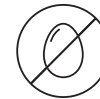
Gluten-Free



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. 16 oz (1lb/ 453.6g)



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.

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>1 cup (84.95g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>400</b>
<small>% Daily Value*</small>	
<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	<b>0%</b>
Calcium 118mg	<b>10%</b>
Iron 5.98mg	<b>35%</b>
Potassium 757mg	<b>15%</b>
<small>*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.</small>	



**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 (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.

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

- 17 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.  
 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.