



CHICKEN, PEAS AND CARROTS

Gluten Free | Real Chicken | No Added Sugars

Nutrition Facts

5 servings per container	
Serving size	1 cup (89.6g)
Amount Per Serving	
Calories	400
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 6.88g	34%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.59g	
Monounsaturated Fat 6.61g	
Cholesterol 25mg	8%
Sodium 490mg	21%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1.3mcg	6%
Calcium 82.7mg	6%
Iron 5.41mg	30%
Potassium 968mg	20%
Vitamin A	70%
Vitamin C	90%
Vitamin E	4%
Vitamin K	0%
Thiamin	15%
Riboflavin	10%
Niacin	25%
Vitamin B6	20%
Folate	20%
Vitamin B12	0%
Pantothenic Acid	6%
Phosphorus	15%
Magnesium	8%
Zinc	8%
Selenium	2%
Copper	20%
Manganese	25%

*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, enterally or orally. Whole Story Meals are considered nutritionally complete when used as recommended.

Each serving (90g of powder) is rehydrated using 10 ounces (300ml) of water and contains 400 calories, 16 grams of protein, 39 grams of carbohydrates and 17 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

Chicken broth and fat, oats, peas, sweet potatoes, carrots, strawberries, coconut oil, cooked chicken, ancient sea salt, onion, turmeric, black pepper, dextrin (a fiber).

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

Made from 100% Non-GMO ingredients.

Caloric Distribution

17% of calories from protein

42% of calories from carbohydrate

41% of calories from fat.

Protein Sources

Chicken broth and fat, oats, peas.

Carbohydrate Sources

Oats, sweet potatoes, peas, carrots.

Fat Sources

Chicken broth and fat, coconut oil.

Fiber Sources

Peas, oats, strawberries, sweet potatoes.

Allergens and Sensitivities

Peas, 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: 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 ¼ cup (23 grams, 1/4 of a serving). Each 1/4 cup scoop provides a 100 calorie portion of powder. For each scoop we recommend a minimum of 2.5 ounces (75 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 1.0 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. (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 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 (0.65ml/ gram)


Calories with Milk or Juice | Chicken, Peas and Carrots 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							687	1.8					612	1.9	640	1.7
6							787	2.0							740	1.9

 = will flow through an infinity pump

 = will flow through an infinity pump


 = can push with syringe

 = 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	1.3	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	1.8	300	1.5	300	1.3	300	1.2	300	1.1	300	1.0
4							400	1.9	400	1.7	400	1.5	400	1.3	400	1.2
5									500	1.9	500	1.8	500	1.6	500	1.4
6											600	2.0	600	1.8	600	1.7

 = will flow through an infinity pump

 = can push with syringe

Nutrition Information

	1 scoop (¼ cup, 23 g)	4 scoops (1 cup, 90 g)	Per 100 g
Calories (kcal)	100.18	400.70	445.22
Protein (g)	4.09	15.99	17.77
Carbohydrate (g)	9.98	39.04	43.37
Total Fat (g)	4.42	17.30	19.22
Fiber (g)	1.88	7.37	8.19
Sugars (g)	3.38	13.24	14.71
Sodium (mg)	125.90	492.64	547.37
Saturated Fat (g)	1.76	6.88	7.65
Monounsaturated Fat (g)	1.69	6.61	7.35
Polyunsaturated Fat (g)	0.92	3.59	3.99
Trans Fat (g)	0	0	0.00
Cholesterol (mg)	6.26	24.50	27.23
Potassium (mg)	247.41	968.12	1075.69
Vitamin A (mcg RAE)	156.03	610.54	678.38
Vitamin C (mg)	20.30	79.43	88.26
Thiamin (mg)	0.05	0.19	0.21
Riboflavin (mg)	0.03	0.12	0.13
Niacin (mg)	0.97	3.78	4.20
Calcium (mg)	21.13	82.68	91.87
Iron (mg)	1.38	5.41	6.01
Vitamin D (mcg)	0.33	1.30	1.44
Vitamin E (mg)	0.14	0.55	0.61
Vitamin B6 (mg)	0.08	0.30	0.33
Folate (mcg DFE)	21.19	82.91	92.12
Vitamin B12 (mcg)	0.00	0.00	0.00
Phosphorous (mg)	46.05	180.21	200.23
Iodine	-	-	-

	1 scoop (¼ cup, 23 g)	4 scoops (1 cup, 90 g)	Per 100 g
Magnesium (mg)	8.70	34.06	37.84
Copper (mg)	0.04	0.16	0.18
Pantothenic Acid (mg)	0.08	0.31	0.34
Vitamin K (mcg)	0	0	0.00
Manganese (mg)	0.16	0.61	0.68
Selenium (mcg)	0.36	1.40	1.56
Zinc (mg)	0.22	0.88	0.98

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



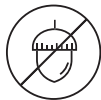
CHICKEN, PEAS AND CARROTS WITH REAL CHICKEN BROTH

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

16g 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 vegetables and real chicken.
 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 the Future of Enteral Nutrition

Directions: Each scoop (23g) 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 2.5 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 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 2.5 oz or more of water/liquid per scoop.

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

- 16 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.
 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.

number for our products