

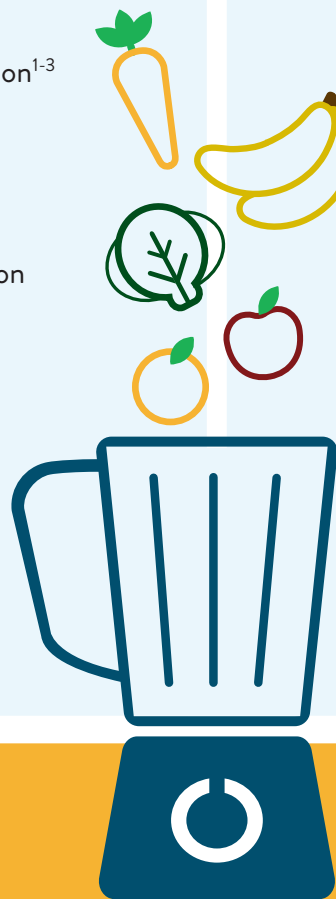
BLENDERIZED TUBE-FEEDING

MAKING NUTRITIOUS AND SAFE MEALS

With today's heavy-duty blenders, a parent or caregiver can make food blends for their child's gastrostomy tube. These blenderized tube-feedings (BTFs) can replace or supplement a child's standard commercial formula. If you want to create BTFs for your child, we can help you better understand the potential benefits and risks.

POTENTIAL BENEFITS

- Improved gastrointestinal function¹⁻³
 - Decreased gagging and retching
 - Decreased vomiting
 - Better stool formation
- Increased interest in consumption of foods by mouth^{1,3}
- Increased dietary variety and usage of whole foods
- Children can enjoy the same foods as their families



POSSIBLE RISKS

- Inadequate and unbalanced nutrition⁴⁻⁶
- Potential food contamination due to improper food preparation and storage^{4,7-8}
- More expensive and time-consuming
- May increase tube clogging

DID YOU KNOW?

Real-food blends may increase good bacteria in your child's tummy, which could be why BTFs seem to improve GI function

DID YOU KNOW?

Foods that may increase the risk of tube clogging include blueberries, string beans, and flax seeds⁹

If you are creating homemade blenderized tube-feedings, make sure you consult your child's healthcare provider.

References: 1. Pentiu S, et al. *JPEN J Parenter Enteral Nutr.* 2011;35(3):375-379. 2. Bennett K, et al. *JPGN.* 2015;61(suppl 2):S203-S204. 3. Gallagher K, et al. *JPEN J Parenter Enteral Nutr.* 2018. doi:10.1002/jpen.1049 4. Mokhalalati JK, et al. *Saudi Med J.* 2004;25(3):331-341. 5. Sullivan MM, et al. *Asia Pac J Clin Nutr.* 2004;13(4):385-391. 6. Vieira MMC, et al. *Clin Nutr.* 2018;37(1):177-181. 7. Sullivan MM, et al. *J Hosp Infect.* 2001;49(4):268-273. 8. Jalal M, et al. *J Res Med Sci.* 2009;14(3):149-156. 9. Fessler TA. Home tube feeding with blenderized foods. The Oley Foundation website. https://oley.org/page/HomeTF_BlenderFoods/Home-Tube-Feeding-with-Blenderized-Foods.htm. Accessed August 13, 2018.

BLENDERIZED TUBE-FEEDING

HOW TO PUT YOUR BEST FOOD FORWARD

After a healthcare provider has cleared your child to receive blenderized tube-feedings (BTFs), you will need to understand your options and the supplies you'll need.

WAYS TO START

If you're considering incorporating blenderized foods into your child's diet, there are three ways to go about it.



Combine single-ingredient baby or pureed food with a prescribed amount of commercial formula

- OR -



Pair a blenderized tube-feeding diet with a prescribed amount of commercial formula

- OR -



Feed your child a full blenderized tube-feeding diet

NOTE: Starting your child on a blenderized tube-feeding diet should be gradual (over several weeks) to allow your child's system to better tolerate the change.



TIP: When additional nutrition is required or you're unable to blenderize your own meals, commercial real-food formulas are available at home medical equipment (HME) suppliers, pharmacies, and select online and retail stores

WHAT YOU'LL NEED

As with any type of food preparation, having the right tools at hand will ensure a smooth transition to blenderized tube-feeding. Here are some must-haves.



- Heavy-duty blender
- Measuring cups and spoons
- Strainer
- Airtight storage containers
- Adequate refrigerator/freezer space
- Syringe with plunger
- Insulated bag or ice chest with ice packs for travel



TIP: Consulting with a registered dietitian will help ensure your blenderized meals are meeting your child's nutrition needs

If you are creating homemade blenderized tube-feedings, make sure you consult your child's healthcare provider.

BLENDERIZED TUBE-FEEDING

KEEPING IT SAFE

Once you've purchased the correct tools for preparing your child's homemade blenderized tube-feeding (BTF), you'll want to learn more about safe preparation and storage techniques.

SAFE PREP TIPS

Here are some best practices to follow when preparing your child's blenderized tube-feeding.



Prepare

- Make sure food prep area and equipment are clean
- Assemble required ingredients and equipment



Clean

- Wash hands with warm water and soap for 20 seconds
- Thoroughly rinse and clean food ingredients
- Avoid cross-contamination by using separate knives and cutting boards for fresh vegetables, raw meat, and seafood



Measure

- Use a food thermometer to ensure meat, fish, and poultry are cooked to proper temperature
- Carefully follow measurements from recipe or meal plan
- Blend ingredients well enough to flow through feeding tube
- Aim for the consistency of your BTF to be similar to smooth pancake batter
- Divide blend into appropriate feeding volumes or amounts



Store

- Store feeding immediately (see below for more storage guidelines)
- Clean area and equipment thoroughly for next use

STORING YOUR BTF^{1,2}

Your blenderized tube-feeding meal should be refrigerated or frozen in an airtight container within 2 hours of preparation or should be thrown out. Safe storage times are as follows.



REFRIGERATOR



FREEZER



SYRINGE OR PUMP



TIP: Warm a blenderized meal that has been refrigerated by running it under warm water. Do not use a microwave, as it heats food unevenly

If you are creating homemade blenderized tube-feedings, make sure you consult your child's healthcare provider.

References: 1. Walia C, et al. *J Acad Nutr Diet.* 2017;117(1):11-16. 2. Boullata JL, et al. *JPEN J Parenter Enteral Nutr.* 2017;41(1):15-103.