

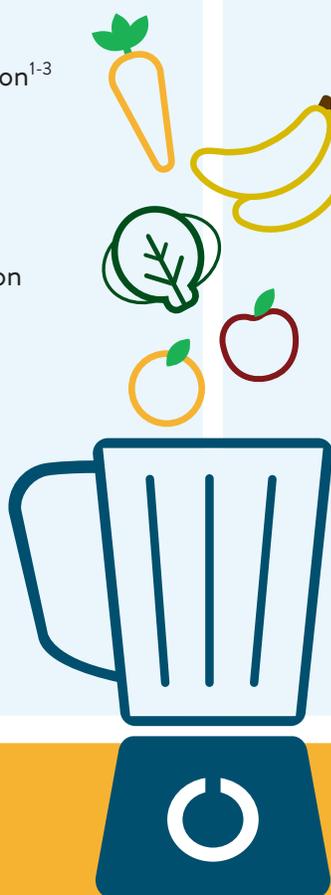
# BLENDERIZED TUBE-FEEDING

## 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 function<sup>1-3</sup>
  - Decreased gagging and retching
  - Decreased vomiting
  - Better stool formation
- Increased interest in consumption of foods by mouth<sup>1,3</sup>
- Increased dietary variety and usage of whole foods
- Children can enjoy the same foods as their families



### POSSIBLE RISKS

- Inadequate and unbalanced nutrition<sup>4-6</sup>
- Potential food contamination due to improper food preparation and storage<sup>4,7-8</sup>
- 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 seeds<sup>9</sup>

*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](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<sup>1,2</sup>

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.