HOME TUBE FEEDING WITH A BLENDERIZED DIET: TO BLEND OR NOT TO BLEND

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## Blended Formula Worksheet

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Tip</th>
<th>Goal</th>
<th>Foods Chosen</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>Aim for at least half as whole grains</td>
<td>6 one-ounce equivalents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>Try fresh or frozen fruit; aim for a variety; avoid juice</td>
<td>2 cups</td>
<td></td>
<td></td>
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<tr>
<td>Vegetables</td>
<td>Cooked or raw veggies; aim for a variety of colors</td>
<td>2 ½ cups</td>
<td></td>
<td></td>
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<tr>
<td>Protein</td>
<td>Try eggs, fish, poultry, meat, nuts, seeds</td>
<td>5 ½ one-ounce equiv.</td>
<td></td>
<td></td>
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<tr>
<td>Dairy</td>
<td>Milk and yogurt blend easily; use milk alternatives if needed</td>
<td>3 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oils/Fats</td>
<td>Choose more unsaturated fats – olive/flax/canola oil, avocado, nuts/seeds, etc.</td>
<td>6 teaspoons</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Total Calories:

Total Calories/Total Blended Volume (ml or oz) = Calories per milliliter or Calories per ounce

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Food recommendations based on USDA guidelines – should be individualized to each person.
Adapted from Mealtime Notions Homemade Blended Formula Handbook; Klein and Morris, 2007.
Blenderezied Diet Supply List

- Registered Dietitian:
  - Experience with blended diet preferred
  - Food analysis software

- Record tracking:
  - Recipes, volumes given, tolerance
  - Scale/sling - weight gain/maintenance

- Food prep facilities:
  - Sink, counter space, utensils
  - Measuring cups/spoons, scale
  - Sieve and spatula
  - Refrigerator/freezer
  - Clean water supply or bottled water

- Ingredients:
  - Liquid
  - Whole foods or pureed baby foods
  - Vitamin/mineral supplements

- Blender:
  - Whole foods: high-power blender (Vitamix, Ninja, etc.)
  - Baby foods/purees: immersion blender

- Containers for storing blends:
  - Freezer bags, squeeze bottle, storage jars and/or containers
  - Funnel for filling

- Feeding supplies:
  - Thick blend: bolus extension set, syringes
  - Thin blend: pump, bags

- Cleaning supplies
  - See Food safety resources (next slide)
  - Follow instructions for medical equipment

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Blenderized Diet Resources

Support Groups
• Yahoo blenderized diet support group
• Facebook.com/FoodforTubies

Blogs
• youstartwithatube.blogspot.com/
• ainsleyrae.blogspot.com/

Websites & Books
• Feeding Tube Awareness Foundation: feedingtubeawareness.org/blended-diets/
• Real Food for Real People: foodfortubies.org/
• Mealtime Notions: mealtimenotions.com/
• Oley Foundation: oley.org
• Homemade Blended Formula Handbook by Martha Dunn Klein and Suzanne Evans Morris
• Complete Tube feeding by Eric Aadhaar O’Gorman

Papers & Guidelines
• The Use of Blenderized Tube Feedings: Practice Roundtable. Childhood Obesity and Nutrition. 2009(1).

Food Safety Resources
• Partnership for Food Safety Education: www.fighbac.org
• Federal Food Safety Information: www.foodsafety.gov

Nutrient Analysis Resources
• USDA nutrition guidance: www.choosemyplate.gov
• USDA Diet tracking/analysis: www.supertracker.usda.gov
• USDA Nutrient Database: http://ndb.nal.usda.gov/ndb/search/list
• NIH Office of Dietary Supplements: http://ods.od.nih.gov

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References


