



MY BLENDED DIET TOOLKIT

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For more information:

cubspaediatricidetetics.au

To book an appointment:

Call me 0488 320 540 or book online



HOW TO GET STARTED

How to include Blended Tube Feeds (BTF) into your feeding routine

1. Add a BTF to a commercial enteral formula.
2. Use the BTF as the main feed, with commercial formula used when travelling or during hospital stays.
3. Use BTF for all tube feeds.

Essential equipment

- A high-powered blender (>1000 watts)
- A metal large sieve/strainer
- Measuring cups, spoons and weighing scales
- Airtight containers for storage (non-porous plastic or glass)
- Ice cube trays or containers for freezing
- Syringes (60mL size with plunger)
- Insulated bags/ice packs to use when travelling

How do I know what to put in a blend?

- A healthy blended diet is made up of protein, healthy fat, carbohydrate, fibre, vitamins, minerals and fluid.
- Include a variety of foods from each of the core food groups.
- Your dietitian can help you with understanding the nutrients you/your child need using these guidelines.



HOW TO GET GOING

How to give BTF

- Bring the blend to room temperature before giving.
- Increase the volume of each bolus as tolerated.
- Draw BTF into a 60mL syringe. If your BTF does not flow through by gravity, gently push the syringe with small slow pushes.
- The length of a bolus feed should follow the normal time for a meal (15-30 minutes). If there's any discomfort during the feed, slow the feed rate by lowering your arm with the syringe or pushing through more slowly.
- Flush the tube with water after each BTF to reduce risk of tube blockages. The amount of water needed to flush the tube may change depending on your/your child's hydration needs. Your dietitian will let you know how much water to use.

Decide how you want to make up the blended tube feeds, in a batch or a single feed.

Design your recipe following these guidelines

- A nutrient rich base – commercial formula, milk or yoghurt
- A protein rich food – meat, fish, eggs, tofu, beans or legumes
- A variety of fruits and vegetables
- A variety of whole grains – oats, rice, pasta, noodles, wholemeal bread
- Healthy fats – oils, nut butters and avocado

Tip: Check out the Compleat Blended Diet recipe builder

(<https://www.compleat.com/blend-from-scratch>)



HOW TO BE FOOD SAFE

Preparing the BTF recipe

- Start with a clean kitchen and clean equipment.
- Wash hands with warm soapy water before you start, after touching raw food (such as meat or eggs) and after touching hair or face.
- Wash fruits/vegetables and the outside of cans/jars of food before use.
- Use separate cutting boards, knives and utensils (or wash after each use) for fresh produce and raw meat, poultry, or seafood.
- Cook food thoroughly before use with a method that brings food quickly to a high temperature – boiling, stewing, frying, grilling, baking and roasting are suitable.
- Avoid using deli meats, soft cheeses, raw foods (e.g. sashimi) in BTF recipes.
- Use a high-powered blender to reduce risk of tube blockage, this will also reduce the need to dilute the blend.
- For best sanitation, dishwashers should be used for cutting boards, dishes, utensils and equipment. For blenders that are not dishwasher safe, a food safe detergent and hot water should be used.
- Do not prepare BTF if you are unwell, or for 48 hours after your symptoms disappear.
- Use rubber gloves if skin has cuts/grazes.

(AuSPEN Australasian Society of Parenteral and Enteral Nutrition)



HOW TO STORE BTF

Storing, defrosting, feeding & travelling with the BTF

- BTF can be stored on the top shelf of the fridge (below 5 degrees) for 24 hours.
- BTF may be frozen (below -18 degrees) for one month.
- Defrost BTF in a refrigerator or cooler bag with ice bricks. Do not defrost on the sink/bench.
- BTF should be at room temperature at the time of feeding.
- To warm a blend that has been refrigerated, run the container under warm water and stir well before feeding. If using a microwave, stir adequately to make sure food heats evenly. Make sure the temperature is not too hot to prevent discomfort and burning.
- BTF cannot be left out for more than 2 hours, which includes warming and feeding time.
- Once BTF has been warmed, any remaining or unused food must be discarded if not used within 2 hours.
- Store in a labelled (name, date, ingredients), airtight and reusable container.
- Use insulated bags (with a cool pack/ice brick) during travel for no longer than 4 hours.



HINTS & TIPS

| | |
|---|---|
| Dilution | <ul style="list-style-type: none">• Always use a nutrient rich fluid to thin feeds (such as commercial formula, milk or yoghurt) instead of water or juice. |
| Foods that can cause tube blockage | <ul style="list-style-type: none">• Berries (especially blueberries), stringy or fibrous vegetables (e.g. string-beans, spinach), flax/chia seeds can stick to the tube – they need to be blended for longer.• Eggs, spinach and congee must be well cooked before blending.• Brown rice blends better than white rice.• Acidic foods (e.g., orange, lemons, tomato) can cause milk to curdle if feed is uncooked. |
| Foods that thin BTF | Watery vegetables (e.g. cucumbers, tomato, leafy greens), enzyme containing fruit (e.g. pawpaw, mango, kiwifruit, pineapple), oils that are liquid at room temperature. |
| Foods that thicken BTF | Rice, pasta, wheat products, oatmeal, bananas, potatoes, amaranth flour, almond/almond meal/almond paste, avocado, sesame seeds/tahini. |

Preparation tips

To achieve a smooth consistency, the following tips can help to keep the nutritional content of the feeds:

- If fluid is needed, use a commercial enteral formula, dairy or alternative milks.
- Add small amounts of liquid at a time to prevent over-diluting the nutritional value of feeds.
- Steam fresh fruit and vegetables instead of boiling before pureeing, to reduce the loss of nutrients in the water.
- If boiling, use the water foods were cooked in as it contains some of the nutrients (e.g. water-soluble vitamins) lost in the cooking process.



MEAL PLAN & SERVING SIZES

Guidelines for your child's blended tube feeds, based on age.

When creating your child's meal plan for the day, here is a guide to follow. However, each child is unique and together we'll create an individualised plan to satisfy their daily nutritional requirement and help them thrive.

| | Age: 2-3 | Age: 4-8 | Age: 9-11 | Age: 12-13 |
|------------------|--|---|---|---|
| Breakfast | <ul style="list-style-type: none"> • 1 serve of fruit • ½ cup grain • 1 cup milk or ¾ cup yoghurt | <ul style="list-style-type: none"> • 1 ½ serves of fruit • ½ cup grain • 1 cup milk + 5 tbsp yoghurt | <ul style="list-style-type: none"> • 2 serves of fruit • ½ cup grain • 1 cup milk + ¾ cup yoghurt • 15g nut butter | Follow 9-11 + <ul style="list-style-type: none"> • 1 serving dairy • ½ cup grain |
| Lunch | <ul style="list-style-type: none"> • 1 serve of protein • 1 cup grain • ½ - 1 cup veg • 1 tsp oil/fats | <ul style="list-style-type: none"> • 1 serve of protein • ¾ cup grain • 1 cup veg • 1 tsp oil/fats • ¼ cup cottage cheese or ricotta | <ul style="list-style-type: none"> • 1 serve of protein • 1 cup grain • 1 cup veg • 1 tsp oil/fats • ¼ cup cottage cheese or ricotta | Age: 14-18 Follow 9-11 + <ul style="list-style-type: none"> • 1 serving dairy • 1 cup grain |
| Dinner | <ul style="list-style-type: none"> • 1 serve of protein • 1 cup grain • ½ - 1 cup veg • 1 tsp oil/fats | <ul style="list-style-type: none"> • 1 serve of protein • ¾ cup grain • 1 cup veg • 1 tsp oil/fats | <ul style="list-style-type: none"> • 1 serve of protein • 1 cup grain • 1 cup veg • 1 tsp oil/fats | |

Serving Size Guide

And for ideas on what a serving size looks like.

1 serving of fruit

1 banana, apple, pear, orange, nectarine, peach
 2 small apricots, kiwi, plums
 ½ cup blueberries, raspberries, grapes
 1 cup watermelon, rockmelon

1 serving of veg

½ cup cooked veg
 1 cup salad veg

1 serving of protein

2 eggs
 30g nut butter
 ½ cup cooked chicken, beef, salmon
 ½ cup cooked lentils, chickpeas
 ½ cup soft tofu

1 serving of grain

½ cup of brown rice, couscous, oats
 2 weetbix

1 serving of fats/oil

1 tsp olive oil or coconut oil
 1 tsp avocado

1 serving of dairy

1 cup milk (250mL)
 ¾ cup yoghurt
 ½ cup cottage cheese or ricotta



EGGY PANCAKES

SERVINGS: 1-2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- 2 eggs
- 1 cup milk
- 1 tsp nut butter
- 1/4 cup oats
- 1 tbsp nut butter
- 1-2 tsp fat (butter/oil)
- 1 banana

Calories/serve = 600

DIRECTIONS

1. Blend egg, banana, oats, nut butter.
2. Add 1-2 tsp of butter/oil to pan on medium heat.
3. Pour ingredients into pan and cook for 2 mins, or until golden.
4. Flip and add more butter/oil as needed.
5. Once cooked, put pancake in blender and add 1 cup of milk. Blend to desired consistency.

NOTES

- Ensure final consistency is equivalent to drinking yoghurt or pancake batter
- Consider with younger child offering a half serve - your dietitian will direct you



OVERNIGHT OATS

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

15g oats shredded
50mL milk
Honey to taste
1/2 pear
1 tbsp nut butter
1-2 tsp fat (butter/avo/oil)
a pinch of salt

DIRECTIONS

1. Combine milk and oats.
2. Add honey and pear.
3. Mix in blender for 3-4 mins.
4. Add more milk if needed to reach desired consistency.

Calories/serve = 280 per 120mL

NOTES

- Ensure final consistency is equivalent to drinking yoghurt or pancake batter
- If you do not have a high-powered blender use a sieve to make the recipe
- This should make 2-3 60mL syringes



SPAGHETTI BOLOGNESE

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1/2 cup mince
- 1/2 cup brown rice/pasta
- 1 tsp tomato paste
- 2 tbsps of tinned tomato
- 1 cup frozen/diced vegetables of your choice
- 1/2 tbsp oil
- 1 cup stock of choice

Calories/serve = 300

DIRECTIONS

1. Cook pasta or rice.
2. Cook mince in oil until browned (+/-add garlic).
3. Add tomato paste and tinned tomatoes and cook for 1-2 mins.
4. Add vegetables of choice to meat and tomatoes.
5. Add stock and reduce to half of original volume (10 -15 mins).
6. In blender, mix pasta, meat and vegetables to desired consistency.
7. Add stock/formula/milk/water to reach desired consistency.

NOTES

- Or simply cook your usual family spaghetti bolognese and add stock/milk/formula/water and blend to desired consistency.
- This is 1 serving for a tubie. To batch cook, double or triple the portions.



PUMPKIN SOUP

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

Diced pumpkin bag or 1/2 pumpkin

1 can of lentils

Olive oil

1/2 cup full fat yoghurt

1/2 cup milk

2 cups vegetable stock

1/2 tsp cumin/paprika

1/4 tsp cinnamon/nutmeg

2 slices of bread

Calories/serve = 740

Protein/serve = 48g

DIRECTIONS

1. Boil pumpkin until tender (10-15 mins).
2. Heat olive oil in pan at medium heat (+/- garlic to taste).
3. Add spices and stir until fragrant.
4. Add boiled pumpkin, lentils and mix together.
5. Add vegetable stock and simmer for 10 mins.
6. Add yoghurt and milk and bring to boil.
7. To make the blend, add this soup and 2 x bread slices into blender and mix until smooth.

NOTES

- Blend to consistency of pancake batter.
- This is 1 serving for a tubie.
- To batch or cook for the family, double or triple the portions.



QUICK RED LENTIL SOUP

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

1 cup vegetable stock
1 cup of lentils
Olive oil
1 cup of diced carrot,
onion and celery
1/2 - 1 cup formula
1/2 tsp smoked paprika
1/2 tsp cumin
1 cup brown rice or
couscous
Juice of 1/2 lemon

Calories/serve = 600

Protein/serve = 20g

DIRECTIONS

1. Heat olive oil in pot. Add carrots, onion, and celery. Saute until the onion is translucent, about 5-6 mins.
2. Add the garlic and stir until fragrant (30s). Add smoked paprika, cumin and lentils.
3. Boil 1 cup of rice or couscous separately.
4. Add 1 cup stock and 1/2 - 1 cup formula. Stir and bring to simmer for 10 mins then add lemon juice.
5. In blender, mix this soup with cooked rice/couscous.
6. Add stock/formula/milk/water to reach desired consistency.

NOTES

- Blend to consistency of pancake batter.
- This is two servings for a tubie. To batch or cook for the family, double or triple the portions.



IMMUNITY BOOST BLEND (CHICKPEAS)

SERVINGS: 6

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 4 cups vegetable stock
- 2 x 400g can chickpeas
- 1/4 cup extra virgin olive oil
- 600g carrots
- 1 x brown onion (diced)
- 2 x red capsicum (deseeded & sliced)
- 2 garlic cloves
- 2 tsp cumin seeds
- 1/4 cup tahini
- Juice of 1/2 lemon
- 100 - 150mL milk/ formula
- 2 tbsp greek yoghurt

DIRECTIONS

1. Preheat oven to 200 degrees. Combine carrots, capsicum and cumin seeds with oil and bake for 45 mins.
2. Once done add to pot and combine with chickpeas, garlic, onion, tahini and stock. Bring to boil then simmer for 30 mins.
3. Blend all ingredients and lemon juice.
4. Divide final recipe into 6 serves.
5. When you are ready to feed your child add 2 tbsp of yoghurt and blend with 1-2 slices of bread. Add stock/milk/formula/water to reach desired consistency (e.g. 100 - 150mL).

Calories/serve = 500-600

Protein/serve = 30g

NOTES

Onion, lemon, garlic and capsicum are rich in vitamin C for immunity. Carrots are a strong antioxidant. Chickpeas, tahini and greek yoghurt are a rich protein source, easily digestible when sick.



RECIPE DEVELOPMENT & BATCHING TIPS

If batch blending

- Consider using Compleat Recipe Builder to make your meals nutritionally complete for a full 24 hours
- To get the ball rolling I would start off working in cups so you can move away from calorie counting into...what my child needs.
- Using the day to day examples above you can get a gist of what they need each day and double/ triple the volumes to batch your recipes

If blending as you go

- Blending on the go is a great way to allow your tubie to eat as your family eats
- Be sure to work in 1/2 cup measurements for your protein, fruit/ veg and carbohydrate so you get the portions right
- Breakfast might include 1/2 cup carbohydrate, 1x fruit and 1/2 - 1 cup of dairy
- Lunch and dinner might be 1/2 cup protein, 1 cup vegetables and 1/2 cup of carbohydrate

Additional resources

For more support with caring for your tubie I recommend:
Children's Nursing QLD - especially for support with stoma cares
<https://cnqld.com.au/>