

Blended Food Tube Feeding: Options While You Are In Our Care

Most people who are tube fed receive a commercially-prepared nutritionally complete liquid formula for their nutrition. If you prefer to have blended food for your tube feeding, you can choose any (or all) of the following options:

- A tube feeding product made from whole foods.
- Liquids and pureed foods prepared in our kitchen.
- Homemade blended meals provided by your family or friends.

Discuss your preferences with your dietitian. Please keep in mind that there may be situations where blended food is not acceptable for tube feeding and formula is a better option for your nutrition.



Using Our Blended Food Tube Feeding Product

We are happy to provide a tube feeding product made from whole foods. Your dietitian will determine how much you need and how to use it.

Receiving Food From Our Kitchen

We are able to provide you with a variety of liquid and pureed foods from our kitchen. These foods can be served to you at breakfast, lunch and dinner. There are many options such as yogurt, milk, juice, pureed soup, pureed entrees, and broth. Your dietitian can customize meals for you and create a plan outlining how you will be fed this food. It may be possible for you to order from our pureed diet menu. Keep in mind that pureed foods can be thinned as needed with other liquids to create the right texture for your tube feeding method. Your dietitian will provide guidance as needed.

Having Homemade Blended Meals

If you would like to have homemade blended meals for your tube feeding, ask your dietitian for advice on what foods to blend and how to blend them. Solid food needs to be blended with liquid to create a smooth texture. The blended food should have no lumps and needs to be liquid enough to flow easily through a feeding tube.

After cooking and blending, food needs to be carefully stored and properly transported to make sure it is safe for tube feeding. Please follow the steps below:

- Store blended food in airtight containers.
- Transport the containers in a cooler with ice packs to keep the food cold.
- Ask a staff member for labels for your containers.
- Write the date on the labels so that you know how long to keep the food.
- Ask a staff member which refrigerator to use for storage.
- Immediately place blended food into the refrigerator.
- Unused blended food must be thrown out after 24 hours.

Warming Your Homemade Blended Food

Blended food should be lukewarm or at room temperature when being tube fed, so if your food is at refrigerator temperature, you will want it warmed up a little.

- To warm your blended food, place the container of blended food into a bowl of warm water for a few minutes. Open the container to stir the food and check the temperature.
- When it is at room temperature or lukewarm, it's ready.
- Do not use a microwave as it may heat the blended food unevenly.

Consuming Blended Food

Your dietitian can explain the options available for consuming blended food. If you (or a family member) would like to learn how to do the tube feeding yourself, we will provide detailed step-by-step instructions. Whatever you consume should be recorded, so please tell a staff member what you had and how much. Remember that blended food that has been out of the refrigerator for more than 2 hours should be thrown out.

Other Information:



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