

## Homemade Blended Formula Worksheet - 1400 calories • For Home Blended Tube Feeding

| Food Group                   | Number of Portions                                | Tips and Examples  |
|------------------------------|---|--|
| Grains/Starches              | 5 portions  | <b>1 portion equivalents:</b> <ul style="list-style-type: none"> <li>• ½ cup cooked grain (rice, pasta, quinoa, oats)</li> <li>• ½ cup potatoes, sweet potatoes or squash</li> <li>• 1 cup ready-to-eat cereal</li> <li>• 1 slice bread</li> </ul>   |
| Vegetables                   | 3 portions  | <b>1 portion equivalents:</b> <ul style="list-style-type: none"> <li>• 1 cup leafy greens (lettuce, spinach, kale, arugula, cabbage)</li> <li>• ½ cup other vegetables (carrots, cucumbers, tomatoes, peppers, peas, corn)</li> </ul>  |
| Fruit                        | 1.5 cups  | Choose fruit rather than juice.  |
| Milk or Alternative          | 2.5 cups  | <ul style="list-style-type: none"> <li>• Milk or soymilk (if choosing another milk alternative, discuss with your dietitian)*</li> <li>• Yogurt or soy yogurt*</li> <li>• Ice cream*</li> <li>• Fresh cheese (cottage cheese, ricotta, mascarpone)*</li> <li>• Hard cheese (cheddar, mozzarella, Swiss - may not blend as well as fresh cheese)</li> </ul> |
| Meat or Alternative          | 3 portions  | <ul style="list-style-type: none"> <li>• 1 can tuna = 3-4 portions</li> <li>• 1 small chicken breast = 6 portions</li> <li>• 1 egg = 1 portions</li> <li>• 1 tbsp smooth nut butter = 1 portion</li> <li>• ¼ cup tofu = 1 portion</li> <li>• ¼ cup beans = 1 portion</li> <li>• 2 tbsp hummus = 1 portion</li> </ul>                                       |
| Fats                         | 4 tsp   | Choose flaxseed/flaxseed oil, canola and soybean oil more often.<br><b>Non-oil examples (2 tsp equivalents):</b> <ul style="list-style-type: none"> <li>• ¼ medium avocado</li> <li>• 2 tbsp canned coconut milk*</li> <li>• 1.5 tbsp canned coconut cream*</li> <li>• ¼ cup dried, fresh or frozen coconut meat</li> </ul>                                |
| Liquids                      | Add liquids to achieve an appropriate consistency | Starred (*) items in the food group sections above count as liquid. Consider using these items first instead of additional liquids, to make the blend as calorie dense as possible.<br>Other liquids based on needs (speak with your dietitian): broth, V8 juice   |
| Oral Nutritional Supplements | As needed to achieve calorie & protein needs      | Examples include: Boost (all varieties), Ensure (all varieties), Resource 2.0, Beneprotein or other protein powder, Carnations Instant Breakfast, Compleat Organic Blends  |
| Extras                       |   | Add sauces, gravies, sweeteners and spices/herbs before blending to provide micronutrients (e.g. sodium) and added calories  |

Speak with your healthcare provider about any vitamin, mineral or other supplements that you may need.



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