

## Homemade Blended Formula Worksheet - 2000 calories • For Home Blended Tube Feeding

Food Group	Number of Portions	Tips and Examples
Grains/Starches	6 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	5 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	2 cups	Choose fruit rather than juice.
Milk or Alternative	3 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	5.5 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	6 tsp	Choose flaxseed/flaxseed oil, canola and soybean oil more often. <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. 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.



Making better  
decisions together  
with patients  
and families

For more copies, go online at [vch.eduhealth.ca](http://vch.eduhealth.ca) or  
email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **BB.210.H646**  
© Vancouver Coastal Health, August 2022

The information in this document is intended solely for the  
person to whom it was given by the health care team.

[vch.ca](http://vch.ca)