

## Blended Food For Tube Feeding Is It Right For Me?

Most people who are tube fed use store bought formula because it is convenient and has a known nutritional content. There are also individuals who choose to make their own meals for tube feeding by blending together food and fluids.

Understanding the benefits and challenges of using blended food for tube feeding will help you make an informed decision about whether this is a good option for you. Here are some questions to consider:

<b>My Health</b>	<ul style="list-style-type: none"> <li>• Am I at higher risk for illness due to potential bacteria in food?</li> <li>• Am I able to digest and absorb whole foods?</li> <li>• Am I able to include a variety of foods in my diet?</li> </ul>
<b>My Nutrition Needs</b>	<ul style="list-style-type: none"> <li>• Will I be able to get enough nutrition in a reasonable volume?</li> <li>• Do I have special dietary needs? (e.g. kidney disease or diabetes)</li> </ul>
<b>My Feeding Tube</b>	<ul style="list-style-type: none"> <li>• Does my type of feeding tube make it more challenging to use blended food for my nutrition?</li> <li>• If my feeding tube gets blocked by food particles, what will happen? Can I get a new tube easily?</li> </ul>
<b>My Feeding Method</b>	<ul style="list-style-type: none"> <li>• How do I want to feed myself?</li> <li>• Do I need to have nutrition overnight?</li> </ul>
<b>My Shopping &amp; Cooking</b>	<ul style="list-style-type: none"> <li>• Am I able to shop for groceries and supplies?</li> <li>• Do I have access to a kitchen and a blender?</li> <li>• Do I have the time and skills to prepare blended food?</li> <li>• Can I safely store my blended food?</li> </ul>

If you are admitted to the hospital, your healthcare team will assess whether or not it is safe to have blended food for tube feeding. In some cases, you may need a special commercial formula to better support you during your illness.

Do you want to proceed with using blended food for tube feeding? **If you do, consult a Dietitian to guide you in planning a nutritionally complete diet.**



Making better  
decisions together  
with patients  
and families

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