

BLENDERIZED TUBE FEEDING RECIPES

Note: Patients should be instructed in proper preparation, handling and storage of blenderized tube feeding, as well as proper cleaning of equipment used to prepare the formula to avoid foodborne illness.

INGREDIENTS	CALORIES ⁶									
	800	1000	1200	1500	1800	2000	2200	2400	2600	3000
Baby Rice Cereal (Heinz) (dry)	¼ cup	¼ cup	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	2/3 cup	¾ cup
Baby Beef (Heinz) 2.5 oz	2 Jars	2 Jars	2 Jars	2 Jars	2 Jars	2 Jars	3 Jars	3 Jars	3 Jars	3 Jars
Baby Carrots (Heinz) 4 oz.	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar
Baby Green Beans (Heinz) 4 oz	--	--	--	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar
Baby Applesauce (Heinz) 4 oz	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	2 Jars	2 Jars	2 Jars	2 Jars	2 Jars
Baby Chicken (Heinz) 2.5 oz	--	--	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	1 Jar	2 Jars
Orange Juice	½ Cup	½ Cup	½ Cup	1 Cup	1 Cup	1 Cup	1 Cup	1 ½ Cups	1 ½ Cups	2 Cups
Whole Milk ¹	1 Cup	2 Cups	2 Cups	2 Cups	2 ¼ Cups	2 ¼ Cups	3 Cups	3 Cups	3 Cups	3 Cups
Cream, Half-and-Half	¼ Cup	¼ Cup	1/3 Cup	¾ Cup	1 ¼ Cups	1 ½ Cups	1 ¼ Cups	1 ½ Cups	1 ¾ Cups	2 Cups
Egg – Cooked ²	1	1	1	1	1	2	2	2	2	2
Vegetable oil ³	1 tsp	2 tsp	1 Tbsp	1 Tbsp	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.	3 Tbsp.
Karo Syrup ⁴	1 Tbsp	1 Tbsp.	2 Tbsp.	3 Tbsp.	3 Tbsp.	3 Tbsp.	3 Tbsp.	4 Tbsp.	5 Tbsp.	5 Tbsp.
Cost/ kcal level ⁵	\$3.09	\$3.41	\$4.25	\$5.11	\$5.55	\$5.59	\$6.85	\$7.15	\$7.45	\$8.56

¹ Substitute lactaid milk if needed

² Pasteurized liquid whole egg can also be used

³ Suggest either: Sunflower, Corn or Soybean Oil (High essential fatty acid content and readily available)

⁴ Polycose liquid (Ross), can be substituted if necessary; available at www.rosstore.com

⁵ All items were priced at Super Wal-Mart using Gerber products 3/2005

⁶ Makes 1525 mL total volume

BLENDERIZED TUBE FEEDING RECIPES (CONT)

NUTRIENTS	DRIs ¹	CALORIE LEVELS ³									
		800	1000	1200	1500	1800	2000	2200	2400	2600	3000
Kcals	--	799	989	1205	1478	1784	1986	2216	2408	2600	3002
Protein (g)	--	40	48	58	63	71	79	93	96	99	112
Total Fat (g)	--	35	47	60	72	89	102	118	126	133	160
Saturated Fat (g)	--	16	21	25	32	42	48	51	57	61	68
Monounsaturated (g)	--	11	15	19	22	27	31	36	38	40	48
Polyunsaturated (g)	--	5	8	12	13	14	15	23	23	24	34
Carbohydrate (g)	--	84	95	112	151	181	197	202	234	263	289
Sugar (g)	--	35	46	57	79	82	83	91	114	124	137
Fiber (g)	--	4	4	4	7	7	9	9	9	9	9
Calcium (mg)	1200	673	965	1032	1195	1636	1729	1889	1965	2150	2391
Iron (mg)	10.5	17	17	18	19	33	34	35	35	42	50
Magnesium (mg)	370	154	187	199	250	329	344	374	394	430	488
Sodium (mg)	1500 ⁴	400	520	586	656	744	833	955	1006	1060	1124
Potassium (mg)	4700	1472	1842	1969	2516	2874	3096	3451	3767	3901	4370
Phosphorus (mg)	700	703	930	1019	1152	1491	1643	1815	1887	2029	2252
Zinc (mg)	9.5	6.1	7.0	8.0	8.8	10.1	11	13	14	14	16
Vitamin A (RE)	800	1565	1640	1673	1842	1991	2142	2148	2223	2288	2374
Vitamin C (mg)	82	97	100	101	149	151	195	198	239	240	283
Thiamin (mg)	1.1	1.1	1.2	1.2	1.4	2.2	2.3	2.4	2.5	2.9	3.5
Riboflavin (mg)	1.2	1.7	2.1	2.2	2.5	3.4	3.8	4.1	4.2	4.6	5.2
Niacin (mg)	15	14	14	17	17	26	27	29	29	34	41
Pantothenic Acid (mg)	5	2.8	3.5	4.1	4.8	5.3	6.3	7.0	7.4	7.6	8.5
Folate (mcg)	400	92	104	112	176	189	215	227	251	256	290
Vitamin B6 (mg)	1.5	0.7	0.8	1.0	1.1	1.3	1.4	1.6	1.7	1.8	2.1
Vitamin B12 (mcg)	2.4	3.6	4.5	4.9	5.2	5.8	6.6	8.0	8.2	8.4	8.9
Vitamin D (mcg)	10	133	230	234	250	294	330	394	403	413	423
Vitamin E (mg)	15	6.8	10.8	15	16	16	17	29	29	30	42
Vitamin K (mcg)	105	39	49	49	52	54	80	87	91	91	93
Water % ²	--	64	62	64	64	64	64	64	64	64	64

¹ The **average** recommended value for a healthy male or female adult. For more information: <http://www.nal.usda.gov/fnic/etext/000105.html>

² Water may need to be added to thin down the formula; furthermore, separate water bolus' will be needed to meet hydration needs.

³ Numbers shaded and in bold print highlight those nutrients that fall below the average DRI's for adults – a Centrum vitamin/mineral supplement (or equivalent) can be crushed and flushed 4-7 days per week as needed to ensure nutrient adequacy of tube feeding.

⁴ In some circumstances, additional sodium may need to be added to these mixtures.