

Blenderised tube feeding

# Your supportive guide



 Nestlé Health Science


**isoSource**<sup>®</sup>  
Junior mix



# Blenderised tube feeding

## *Your supportive guide*

Feeding difficulties	p.3
Tube feeding	p.4
Blenderised tube feeding	p.5
Important tips to know	p.6
Isosource® Junior Mix	p.7-8
Preparing blenderised feeds with Isosource® Junior Mix	p.9
Administering blenderised feeds	p.10
Other important points to take note of	p.11
Your homemade easy-to-prepare recipes	p.12-21
Improving your child's feeding routine	p.23
Managing tube feeding at social gatherings	p.24
Notes	p.25-26



## Your child might be suffering from feeding difficulties *and you are in search of answers*

### What are feeding difficulties?

Dysphagia\*, retching and reflux are common feeding difficulties and are associated with micronutrient deficiencies, undernutrition and growth failure.

### How do I know if my child has a feeding difficulty?

Your healthcare professional will ask you a few questions in order to assess feeding or swallowing problems, such as:

- How long does it take to feed your child?
- Are meals stressful?
- Is your child gaining weight adequately?
- Does your child show any signs of respiratory discomfort (such as coughing or shortness of breath) during or after mealtimes?


### What happens next?

Feeding difficulties can be stressful for the whole family, transforming a time that is supposed to be pleasurable into an interminable moment of trial and error.

When feeding difficulties persist, your child might not be receiving enough nutrition, and this might affect his/her growth and development.

**Your healthcare professional will guide you to the nutritional strategy that will best support your child.**

\*trouble swallowing food and/or fluids



## Your healthcare professional recommended tube feeding *for your child*

### What is tube feeding?

Tube feeding is a way of getting nutrition through a tube, by using a liquid form of diet.

### Why does my child need tube feeding?

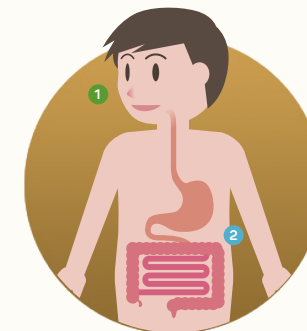
The decision to start tube feeding is very complex, and we encourage you to communicate with your healthcare professional to better understand and adapt to your child's nutritional needs.

Sometimes, even if your child is able to eat, tube feeding may still be recommended to ensure he/she is getting all of his/her nutritional requirements.

### Where is the tube located?

There are different locations and routes through which a feeding tube can be placed:

① Nasogastric (NG) and Nasojejunal (NJ) tube feeding: the feeding tube passes through the nose, down the throat and oesophagus and then into the stomach (NG) or small intestine (NJ).



② Percutaneous Endoscopic Gastrostomy (PEG) and Percutaneous Endoscopic Jejunostomy (PEJ): the feeding tube is inserted through the skin directly into the stomach (PEG), or the feeding tube is surgically inserted into the middle section of the small intestine (the jejunum) (PEJ). These forms of feeding are very discreet and convenient, as you can feed anywhere quite easily.

**Tube feeding is a quick, safe and reliable form of feeding that allows you to manage the amount of food and hydration your child is receiving.**



## What is blenderised tube feeding?

Blenderised tube feeding is a mixture of food and liquid that is pureed before administration through a feeding tube.

### Can my child have blenderised feedings?

You should consult with your healthcare professional before starting or switching to home-made blenderised feedings. Your healthcare professional will make sure it is right for your loved one and will give you specific instructions and individualised recipes to provide all of the daily required nutrients.

### What are possible concerns with blenderised feedings?

Home-made blenderised feedings, without guidance from your healthcare professional and monitoring done by a registered dietician, may have nutritional and safety concerns. Unpredictable nutrient content, low caloric values, as well as bacterial and coliform contamination, are examples of nutritional and safety concerns.

### Can I use a commercial formula as part of a home-made blenderised feeding recipe?

Yes, home-made tube feedings do not have to be “all or nothing”. Certain tube feeding commercial formulae can be used as a base and can be a part of your different recipes. With careful monitoring by your healthcare professional, a home-made tube feed can either be prepared exclusively from real food or with commercial formula that contains ingredients from real food, such as Isosource® Junior Mix.

**Remember to consult a registered dietician for exact nutritional information and recommendations.**



## What are important tips to know?

### Kitchen tips

- Use safe kitchen and food handling practices
- Wash hands for 20 seconds with soap and warm water
- Carefully wash cutting boards, dishes, utensils, equipment, and counter tops with hot, soapy water after preparing each food item and before moving on to the next item
- Avoid cross contaminating foods. Use separate cutting boards and knives for fresh produce and for raw meat, poultry, or seafood
- Use separate plates and utensils for raw and cooked foods

### Storage tips

- Keep food at a proper temperature: 4.4° Celsius or below for refrigerator and 0° Celsius or below for freezer
- Store unopened bottles of commercial tube feeding formulae at room temperature. Do not store near a heat source and do not freeze
- Cover and store opened bottles of commercial tube feeding formulae in the refrigerator for up to 24 hours. Do not freeze
- Cover and store unused blenderised feedings in an airtight container in the refrigerator for up to 24 hours. If the blend wasn't refrigerated, discard it after 2 hours
- If making multiple servings at once, divide the batch of blenderised feeding into individual servings. Store in tightly covered containers in the refrigerator for up to 24 hours
- Avoid microwave heating, as microwaves can heat unevenly. To warm a feeding that has been refrigerated, run the container under warm water

## Isosource® Junior Mix

*is a nutritionally complete and safe solution  
that contains ingredients from real food*



GREEN PEA POWDER



CHICKEN MEAT  
POWDER



ORANGE JUICE



GREEN BEAN POWDER



PEACH PUREE

## Isosource® Junior Mix

*can be used as a sole source of nutrition  
or as part of home-made blenderised  
tube feeding*



Ingredients that are easily recognised  
and familiar



Consistent nutrient content



Appropriate caloric values



Meets food safety requirements



Suitable viscosity



Suitable osmolality



## How do I prepare blenderised feeds with *Isosource® Junior Mix?*

### Preparation tips

- A high-speed blender is recommended
- Blend until mixture is completely smooth and liquefied – no chunks or pieces of food should be present
- If needed, strain to remove any remaining chunks or larger pieces of food
- Water may need to be added in order to blend each recipe to a smooth consistency:
  - About ½ - 1 cup of water may be added to recipes that use ½ bottle of Isosource® Junior Mix Tube Feeding Formula
  - About ¼ - ½ cup may be added to recipes that use 1 bottle of Isosource® Junior Mix Tube Feeding Formula; however, you may find that no additional water is needed when using 1 whole bottle
- Fresh herbs are used to add flavor and aroma, but the use of fresh herbs is optional. Chop herbs finely before blenderising so they do not clog the tube. If herbs are getting stuck in the tube, omit from the recipes
- To help make preparation easier and quicker, cut fruits and vegetables in advance and freeze in small containers or storage bags. Do not freeze Isosource® Junior Mix Tube Feeding Formula
- Make sure to read and to carefully apply the kitchen and storage tips presented on the page 4 of this leaflet!



## How do I administer blenderised feeds?

### Feeding tips

- Administer feedings at room temperature
- Feeds can be held for up to 2 hours at room temperature
- Discard unused feeds after 2 hours
- To prevent clogging and for ease of administration, a 14-French gastrostomy tube is best; smaller tubes are more likely to clog
- Bolus feeding with a syringe may work best and provides the pressure needed to administer a homemade formula through the feeding tube
- Remember to flush the feeding tube with water before and after each feeding. Water is essential for hydration, bowel function, skin integrity, urine production, and many other bodily functions





## Other important points to take note of before preparing blenderised feeds with Isosource® Junior Mix recipes

- Please remember to consult with your healthcare professional before switching to a home-made tube feeding formula
- Before preparing a recipe, review the ingredient list and take into consideration any special dietary needs or restrictions
- If a recipe does not contain the appropriate amount of calories, protein, fat, or any other nutrient to meet a specific need, check with your healthcare professional about using more or less of an ingredient
- Recipes that call for one bottle of Isosource® Junior Mix tube feeding formula can be decreased to ½ bottle, or recipes that call for ½ bottle can be increased to a full bottle
- Please note that if a different volume of Isosource® Junior Mix tube feeding formula is used, the nutritional information provided with the recipe will not be as accurate as listed. Your healthcare professional can help you determine the revised nutritional information

**Enjoy blenderising!**




## Your homemade easy-to-prepare Blue-nana Sunrise Breakfast

**Makes: 1 feeding**

### Ingredients:

- 1/2 bottle of Isosource® Junior Mix tube feeding formula (250 ml)
- 1/2 banana, small
- 1/2 cup oatmeal, plain, cooked
- 1/4 cup blueberries, fresh



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	440
Protein (g)	13
Total Fat (g)	15
Total Carbohydrate (g)	66
Dietary Fibre (g)	7
Sugars (g)	13
Sodium (mg)	150
Potassium (mg)	655

\*when prepared as directed



**USE UNDER MEDICAL SUPERVISION:** Please consult with your healthcare professional, dietician, or an allergist to determine if the recipe or its ingredients are appropriate and can be tolerated by your child. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.




## Your homemade easy-to-prepare Sweet Day Ahead Breakfast

Makes: 1 feeding



### Ingredients:

- 1/4 bottle Isosource® Junior Mix tube feeding formula (125 ml)
- 1/2 cup quinoa, cooked
- 1/4 cup apple sauce, natural, no added sugar
- 2 egg whites, cooked
- 1 tbsp. flax seed meal, ground
- 1/2 tsp cinnamon, ground (optional)



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	350
Protein (g)	17
Total Fat (g)	10
Total Carbohydrate (g)	48
Dietary Fibre (g)	7
Sugars (g)	8
Sodium (mg)	190
Potassium (mg)	490

\*when prepared as directed

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## Your homemade easy-to-prepare Rainbow Swirl Breakfast

Makes: 1 feeding



### Ingredients:

- 1/4 bottle Isosource® Junior Mix tube feeding formula (125 ml)
- 1/2 cup strawberries, fresh, sliced
- 2 cups spinach, fresh, chopped
- 1/4 cup Greek yogurt, plain, non-fat
- 1/4 cup oatmeal, plain cooked



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	350
Protein (g)	19
Total Fat (g)	13
Total Carbohydrate (g)	41
Dietary Fibre (g)	8
Sugars (g)	11
Sodium (mg)	170
Potassium (mg)	870

\*when prepared as directed

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## Your homemade easy-to-prepare Superhero Kale Lunch

Makes: 1 feeding

### Ingredients:

- 1/2 bottle Isosource® Junior Mix tube feeding formula (250 ml)
- 1 cup kale, fresh, finely chopped
- 1/2 cup blueberries, fresh
- 1/3 cup barley, cooked
- 1/4 cup parsley, fresh, finely chopped (optional)



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	440
Protein (g)	14
Total Fat (g)	14
Total Carbohydrate (g)	67
Dietary Fibre (g)	8
Sugars (g)	11
Sodium (mg)	180
Potassium (mg)	890

\*when prepared as directed

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## Your homemade easy-to-prepare Chick Boom Blend Lunch

Makes: 1 feeding

### Ingredients:

- 1/2 bottle Isosource® Junior Mix tube feeding formula (250 ml)
- 1/3 cup spinach, fresh, chopped
- 1/3 cup blueberries, fresh
- 1/4 cup chickpeas, cooked



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	380
Protein (g)	13
Total Fat (g)	13
Total Carbohydrate (g)	53
Dietary Fibre (g)	7
Sugars (g)	9
Sodium (mg)	340
Potassium (mg)	465

\*when prepared as directed

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## Your homemade easy-to-prepare Turkey Time Lunch

Makes: 1 feeding

### Ingredients:

- 1/4 bottle Isosource® Junior Mix tube feeding formula (125 ml)
- 30g turkey breast, roasted, diced
- 1/2 cup acorn squash, baked, cut into cubes
- 1/2 cup red bell peppers, cooked, chopped
- 1 tbsp. almond meal, finely ground
- 2 tsp rosemary, fresh, finely chopped (optional)



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	300
Protein (g)	16
Total Fat (g)	10
Total Carbohydrate (g)	39
Dietary Fibre (g)	8
Sugars (g)	14
Sodium (mg)	95
Potassium (mg)	845

\*when prepared as directed

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## Your homemade easy-to-prepare Veggie Dinner

Makes: 1 feeding

### Ingredients:

- 1/2 bottle Isosource® Junior Mix tube feeding formula (250 ml)
- 1/4 cup cantaloupe melon, fresh, diced
- 1/4 cup zucchini squash, sliced and cooked
- 1/4 cup lentils, cooked



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	370
Protein (g)	14
Total Fat (g)	13
Total Carbohydrate (g)	49
Dietary Fibre (g)	7
Sugars (g)	8
Sodium (mg)	150
Potassium (mg)	780

\*when prepared as directed

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## Your homemade easy-to-prepare Brocco Sam Dinner

Makes: 1 feeding



### Ingredients:

- 1/4 bottle Isosource® Junior Mix tube feeding formula (125 ml)
- 30 g salmon fillet, cooked
- 1/2 cup broccoli, fresh, cooked, chopped
- 1 tsp lemon juice
- 2 tsp dill weed, fresh, finely chopped (option)



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	230
Protein (g)	13
Total Fat (g)	10
Total Carbohydrate (g)	23
Dietary Fibre (g)	4
Sugars (g)	3
Sodium (mg)	120
Potassium (mg)	530

\*when prepared as directed

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## Your homemade easy-to-prepare Pink Parfait Snack

Makes: 1 feeding



### Ingredients:

- 1/4 bottle Isosource® Junior Mix tube feeding formula (125 ml)
- 1/3 cup Greek yogurt, plain, non-fat
- 1/3 cup raspberries, fresh
- 1 tsp mint leaves, fresh, finely chopped (optional)



Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	210
Protein (g)	12
Total Fat (g)	7
Total Carbohydrate (g)	25
Dietary Fibre (g)	4
Sugars (g)	6
Sodium (mg)	100
Potassium (mg)	250

\*when prepared as directed

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## Your homemade easy-to-prepare Pear It Up Snack

**Makes: 1 feeding**

### Ingredients:

- 1/4 bottle Isosource® Junior Mix tube feeding formula (125 ml)
- 1/2 cup pears, fresh, cut into cubes
- 1/3 cup cottage cheese, 1% fat
- 1 tsp ginger, fresh, peeled, finely chopped (optional)

Serving size: 1 feeding	Recipe Nutritional Information*
Calories (kcal)	250
Protein (g)	14
Total Fat (g)	7
Total Carbohydrate (g)	32
Dietary Fibre (g)	4
Sugars (g)	12
Sodium (mg)	380
Potassium (mg)	350

\*when prepared as directed



## Isosource® Junior Mix

helps you include more real food  
in your child's tube feeding routine


- ✓ Contains ingredients from real food, like vegetable and chicken meat powder, peach puree and orange juice
- ✓ Is safe and designed to meet stringent food safety requirements
- ✓ Contains macro- and micronutrients, especially formulated to meet the nutritional needs of children aged 1 to 13 years
- ✓ Is a nutritionally complete and safe solution, to be used as a sole source of tube feeding under medical supervision
- ✓ Can also be used as part of home-made blenderised tube feeding, following the recommended recipes and preparation given by your healthcare professional



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## How can you improve your child's feeding routine?





In order to make tube feeding an efficient and pleasurable moment for your child, it is essential for him/her to have comfortable postures and positions:

- ✓ Try sitting your child up in a chair or propping him/her up in a bed or couch in a half sitting position, with his/her head raised at least 30 degrees
- ✓ Never feed your child in a flat/horizontal position. Position your child so that you are at eye level
- ✓ Consider accessories to assist the feeding process, such as feedbag attachments and a pump holder for mobility devices, such as strollers and wheelchairs
- ✓ Remember that no single position or posture exists for all children. Try to find what works best for your child
- ✓ The general goal is to establish a safe position to protect the route of access and to offer a safe transit of food and liquid
- ✓ Make sure to monitor your child's fatigue level throughout the meal, as this can affect his/her ability to maintain correct and comfortable posture



## How can you manage tube feeding at social gatherings?

A feeding tube can make your child feel left out at social events, especially at parties or restaurants. Here are some helpful tips to help you overcome obstacles:

- ✓ We invite you to first speak to your child's healthcare team for guidance on managing feeds away from home
  - ✓ Speaking to friends and to your child's classmates about tube feeding will help alleviate any confusion and will allow your child to feel more comfortable in his/her surroundings
  - ✓ Encourage your child to take part in family mealtime and in mealtime preparations
  - ✓ Try to maintain as much normality as possible with all family members. Do your best to keep family routines and activities
- 
- 

**With tube feeding, there are many markers of progress!**  
**"Wins"—both big and small—are worth celebrating.**



## NOTES



## NOTES



Have fun preparing your home-made  
blenderised feedings with **Iso**source® Junior Mix

Balancing nutritional needs  
and caregivers' aspirations



Nestlé Health Science

**iso**source®  
Junior mix