

# FOOD FOR FEEDING TUBES: A BLENDED ENTERAL DIET STUDY (BLENDS)

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## FOOD FOR FEEDING TUBES - BLENDS

This information is also available online at [blends-project.co.uk](http://blends-project.co.uk)

This resource has been designed to help you find out about blended diet and help you to decide if it is a good choice for **you and your family**.

We are aware that there are lots of different ways in which families choose to use blended diet, but we hope that this resource will help you to navigate those choices and prepare you for conversations about blended diet with your healthcare team.



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*"IT IS ABOUT CHOICE, THERE ARE OPTIONS, AND THERE ARE DIFFERENT ROUTES YOU CAN TAKE"*

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This resource was developed with a group of parents who use blended diet; they have already travelled this route. Their experiences and top tips are highlighted throughout.

This resource was funded by Vygon (the people who provide MIC-KEY buttons). The project was developed by Professor Jane Coad, a Children's Nurse and leading academic and Dr Sarah Durnan, PhD, a children's home enteral feeding dietitian and researcher. Both Sarah and Jane work together at Nottingham Children's Hospital and The University of Nottingham University, in the UK. Sarah co-led the review of the BDA Practice Toolkit and some of the quotes used here come from her PhD research into parents experiences of blended diet.



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*"THERE IS NO RIGHT OR WRONG WAY; IT'S ABOUT FINDING WHAT WORKS FOR YOU AND YOUR FAMILY"*

”

**This resource was developed by parents and us to support you**

Making a choice to use blended diet opens up lots of smaller choices, there are lots to navigate and we hope this resource will help you find your own path through.

The forest theme was chosen because our work is based in Nottingham famous for its ancient forests.



Parent & Child Bond



Real, Natural Food



Choice



Tips



Caution

# WHAT IS BLENDED DIET?



The term 'blended diet' is often used to describe the diet of a tube-fed person who has everyday foods (the same foods people would eat orally) given through their feeding tube.

This can be either instead of, or as well as a commercially prepared enteral formula. Also, some people eat some food orally too.

Throughout this resource, we have chosen to refer to blended food because a blended diet is 'just food, which has been blended'. Much of the advice given here has come from healthy eating and food safety advice for the general (oral eating) population using resources such as the NHS Eat Well Guide and Food Standards Agency advice, this information aligns to advice given in the British Dietetic Association's Practise Toolkit.

The British Dietetic Association has guidance, which supports the use of blended food for tube feeding at home *The Use of Blended Diet with Enteral Feeding Tubes* | British Dietetic Association (BDA). This includes advice for when children who are normally given blended food at home by tube are admitted to hospital.

We have also included 'Top Tips' from a group of parents who have travelled this path ahead of you.

**We hope you find it useful in your Blended Diet journey.**



A chicken curry blend



## WHY DO FAMILIES CHOOSE TO USE BLENDED FOOD?

There are lots of reasons why families first have an interest in using blended food and there are also lots of different ways in which people use it as part of a tube-fed persons diet.

Let's look at some of the reasons:



### TO HELP REDUCED REFLUX, RETCHING AND VOMITING

Some children and young people who are tube-fed suffer from acid reflux, retching and vomiting symptoms. Often families are advised to give enteral formula at a very slow rate over a long period of time to help manage these symptoms - sometimes this doesn't work or it is impractical to do because the child is attached to the tubing and a feeding pump for a long time.

Doctors can provide medication to help manage these symptoms (antacids or anti-sickness or both) but for some these do not seem to work. These symptoms can have a big impact and limit what the child or young person is able to do day-to-day.

Many families have found that using blended food has improved these symptoms. It is possible to see an improvement in symptoms just from adding a very little blended food into the tube-fed person's commercial enteral formula. We don't really know why or how this can help. One theory is that the blended food is thicker than the commercial formula which helps it stay down.



*"IT WAS JUST SO TYING. SHE COULDN'T JOIN IN THINGS BECAUSE SHE WAS CONSTANTLY ATTACHED TO THE PUMP"*

*"I FELT LIKE WE HAD RUN OUT OF OTHER OPTIONS, HE WAS CONSTANTLY ON THE PUMP BEING FED AT A VERY SLOW RATE BUT STILL BEING SICK AND NOT THRIVING AT ALL"*





## TO HELP MANAGE CONSTIPATION AND DIARRHOEA

People who are tube-fed can be prone to either (or both) constipation or diarrhoea. To manage this doctors often prescribe medication. We know that introducing some blended food can help to normalise bowel habit. In the longer term, some families have found they have been able to reduce or even stop using bowel medication.

Again, the way in which this works is not clear, but one theory is that using blended food means lots of different types of fibre (such as fruit and vegetables and whole grains) can be included in the tube-fed person's diet. We know that fibre is very important to help the gastrointestinal tract function properly and encourage the growth of healthy gut bacteria.

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***"HE JUST COULD NOT GO WITHOUT HUGE INTERVENTIONS. HE COULD GO FOR MAYBE A FEW WEEKS WHICH IS NOT HEALTHY, IT USED TO BE UPSETTING SEEING HIM THAT UPSET AND IN THAT MUCH PAIN."***



***"[AFTER STARTING TO USE BLENDED FOOD] HE DID A POO FOR THE FIRST TIME IN HIS LIFE, A PROPER POO!"***

***"I CAN ADJUST IT, IF SHE'S GETTING MAYBE A LITTLE BIT CONSTIPATED, THE NEXT BLEND I COULD ADJUST THE FIBRE, I'VE GOT CONTROL."***

”





## TO HELP IMPROVE OVERALL HEALTH AND WELL-BEING

Parents who have started to use blended food often comment that their child seems to have brighter skin, glossier hair and that their fingernails grow more quickly.

They also seem less prone to coughs and colds. This is not something which is easy to measure, so it has not been looked at in medical trials. However, it does make sense particularly if the child or young person has stopped being sick as often; they will be keeping more food down and so be able to absorb more vitamins and minerals from their diet. We know that vitamins and minerals are very important for general health and well-being.

“

*"HER HAIR IS GLOSSY, THE SPOTS HAVE CLEARED FROM HER FACE, HER SKIN IS BRIGHTER AND HER NAILS GROW EVER SO QUICKLY."*



*"SHE GETS LESS COLDS AND FLUS, HER BODY RESISTANCE TO THOSE HAS IMPROVED A LOT. SHE WAS VERY VULNERABLE BEFORE, IF SOMEBODY LOOKED AT HER WITH A COLD, SHE WOULD CATCH IT."*

*"COMPARING [HER] TO HOW SHE WAS ON [COMMERCIAL] FORMULA, SHE SEEMS TO HAVE A BIT MORE ENERGY, SHE SEEMS TO BE MORE RESPONSIVE, SHE JUST SEEMS TO HAVE THAT BIT MORE SPARKLE IN HER EYE."*

”



## TO INCLUDE THEIR TUBE-FED CHILD IN FAMILY MEALS

Some families choose to give their tube-fed child exactly the same meals as the rest of the family, just blended. This can be a good option if the tube-fed child or young person does not have any special dietary needs (for example allergies or high energy needs) because it is easier to portion up a balanced meal.

Other families may only share the same foods as their tube-fed child on special occasions because they have to prepare special meals for their tube-fed child or have to eat at different times.



“

*"THAT KIND OF BINDS YOU TO THE FAMILY. YOU CAN GO HOME THINKING THERE'S FOUR PEOPLE IN THIS HOUSE ONE PERSON IS SEVERELY DISABLED AND FED BY A TUBE BUT GUESS WHAT WE ARE ALL SAT ROUND THE TABLE AND HAVING THE SAME DINNER, GREAT THAT'S JUST... YOU CAN'T PUT A PRICE ON THAT."*

”

“

*"VERY OFTEN PARTICULARLY ON SCHOOL DAYS SHE DOESN'T ACTUALLY EAT WITH US SHE WANTS TO LIE ON HER BED AS SOON AS SHE GETS HOME, SO I'LL DO HER FEED IN HER BEDROOM WHILE [YOUNGER SISTER] IS EATING HERS IN HERE SO IT'S NOT, OH WONDERFUL FAMILY TOGETHERNESS, BUT IT'S STILL ACTUALLY HERE COMES YOUR DINNER, YOU ARE HAVING FOOD."*

*"I WOULD LOVE TO BE ABLE TO JUST FEED HIM WHATEVER WE ARE EATING, BUT HE HAS A LONG LIST OF ALLERGIES, WE HAVE TO BE VERY CAREFUL WHAT HE GETS. I TEND TO COOK FOR HIM SEPARATELY."*

”

## TO INCLUDE 'REAL FOOD'



Using blended food means the tube-fed person has the chance to have 'real food' the same every day foods that people eat orally. Commercially prepared enteral formula can feel more like medicine than a food possibly because it is prescribed in set doses and volumes by a healthcare professional but also because it looks and smells the same every time.

The food we eat orally in comparison varies hugely. Most families who choose to use blended foods pick healthy, fresh and nutritious food ingredients to make their blend recipes, although most also include treats in moderation too.

Healthy food choices are likely to have a positive improvement in overall health and well-being too.



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***"MY FRIEND HAS AN ALLOTMENT; THEY'LL SAY WHAT CAN I GROW FOR [HER] I WANT TO GROW SOMETHING THAT SHE CAN HAVE, OR MY MUM MIGHT BRING SOMETHING FROM HER GREEN-HOUSE FOR HER. THEY FEEL LIKE THEY ARE CONTRIBUTING SOMETHING."***

”



A birthday cake blend



## **TO INCLUDE THEIR TUBE-FED CHILD IN SOCIAL OCCASIONAL WHICH INVOLVE FOOD**



It can be difficult to have a feeding tube particularly if you are unable to eat any food orally alongside. Some families have said they felt like their tube-fed child was missing social experiences that involve food (for example birthday cake).

On the other hand, for other some families find this is less important and they prefer to only put healthy low sugar and salt foods through the tube. This choice may depend on whether or not your child is able to have food orally as well as through their tube.

“

*"THERE'S ALWAYS FOOD INVOLVED, FOOD IS PART OF OUR LIFE, OF OUR EXISTENCE. I FEEL IF I DIDN'T GIVE [HER] NORMAL FOOD SHE WOULD MISS OUT ON THIS. FOR ME ON A PSYCHOLOGICAL LEVEL THAT IS EXTREMELY IMPORTANT."*



*"COGNITIVELY, HE WOULDN'T UNDERSTAND OR RECOGNISE WHAT A CAKE WAS SO I WOULDN'T CHOOSE TO BLEND ONE. OTHER CHILDREN MAY WELL OR THEIR SIBLINGS MAY WELL SO I CAN UNDERSTAND WHY SOME PARENTS CHOOSE TO."*

*"I ESPECIALLY LIKE CHRISTMASES AND BIRTHDAYS WHERE WE BLEND CAKE AND THINGS AND HAVE A BIT MORE FUN WITH THE BLEND AND IT'S JUST NICE TO KNOW THAT SHE'S HAVING THE FUN FESTIVE FOOD AND THE TREATS THAT YOU'RE ALL HAVING ITS QUITE NICE LIKE SHE NOT MISSING OUT ANYMORE."*

”

## THINGS TO CONSIDER BEFORE STARTING TO USE BLENDED FOOD

There are a number of things to consider before you decide to starting to use blended food including:

### THE TYPE OF FEEDING TUBE

Blended food works best with gastrostomy feeding tubes (these tubes are placed directly into the tummy). If you want to use blended food and your child has a nasogastric (a tube which goes through the nose to the tummy) or jejunal tube (further down into the small bowel) you can discuss the possibility of changing the type of tube with your child's healthcare team.

Professionals often advise it is best to use a balloon-retained tube because you can be trained to change this yourself at home- just in case the tube is blocked or damaged.

A blocked disc retained tube on the other hand would need to be replaced in hospital.

Better still, using a gastrostomy 'button' means it is far more likely the extension set would be the part to block. The extension set can easily be taken off and washed or replaced.

Feeding tubes come in a variety of widths this is measured in French gauge or Fr. The thinner the tube the thinner the blend recipe will need to be to pass through the tube this could mean it is too thin to help reflux, retching and vomiting symptoms. It also means more pressure is needed to push the blended food through the tube which could increase the risk of the tube splitting. Most families who use blended food have a 12Fr tube or wider.



## **NASOGASTRIC-TUBES**

Nasogastric tubes are very long and thin (6Fr or 8Fr) this means a lot of liquid has to be added to the blended food to make it thin enough to pass through the tube (which is likely to make it less effective at reducing reflux, retching and vomiting symptoms). Because the tube is long and thin more pressure is needed to push the blended food through the tube which increases the risk of the tube splitting.

What do I do if it splits?

If a nasogastric tube splits the blended food could go into the lungs which would lead to chest infection. If you have a nasogastric tube and would like to use blended food please discuss changing to a gastrostomy tube with your healthcare team.

## **FEEDING INTO THE SMALL BOWEL (JEJUNAL FEEDING)**

Jejunal feeding, further down the intestinal tract, past the stomach, is sometimes used to reduce reflux, retching and vomiting symptoms.

It could be dangerous to give blended food directly into the jejunum for three reasons:

1. There are no protective stomach acids, which could increase risk of getting an infection
2. The jejunum is not as stretchy as the stomach so cannot hold as much volume
3. Food would usually have been through several steps in digestion before getting to the jejunum, if added straight in it may pass quicker through (i.e. diarrhoea) and not be absorbed properly

Blended diet can be better tolerated, meaning it's possible to feed into the stomach. It is better to use the stomach if possible. Some children are fed blends into their stomachs in the daytime and enteral formula at night time into their jejunum. It's best to discuss all the options with your child's healthcare team.

## THE AMOUNT OF TIME AND WORK INVOLVED

Using blended diet is not an easy option and it involves a lot more time, effort and money compared with using a commercial enteral formula. For example, you will spend time planning meals and shopping for food ingredients. You may need to invest in new kitchen equipment such as a food blender or storage equipment and a second freezer if you are going to batch blend.

“

*"I DON'T WANT TO BE NEGATIVE BECAUSE WE'VE OBVIOUSLY ALL SEEN HOW MANY POSITIVES THERE ARE, BUT I THINK WE NEED TO BE HONEST, THIS ISN'T THE EASY ROUTE. IT IS TIME CONSUMING AND IT CAN BE EXPENSIVE."*

—

*"I SPEND EVERY SATURDAY, BATCH COOKING, BLENDED, FREEZING, AND PORTIONING, AND THAT JUST BECOMES PART OF YOUR LIFE."*

—

*"FROM A PRACTICAL POINT OF VIEW, IT [BLENDED DIET] IS ACTUALLY MORE AWKWARD BECAUSE WITH THE MILK [COMMERCIAL FORMULA] YOU GET IT DELIVERED AND YOU JUST STICK THE TUBE IN, HOOK IT UP AND IT'S GONE. WITH THE FOOD YOU'VE GOT TO BUY IT, YOU'VE GOT TO PREPARE IT, YOU'VE GOT TO MAKE IT, YOU'VE GOT TO KEEP IT FRESH AND REFRIGERATE IT, USE IT BEFORE IT'S GONE PAST IT, AND OF COURSE THERE IS MORE STUFF TO CLEAN UP TOO."*

”





A freezer full of batch made blends

Although blended diet takes more time and planning in comparison to ready to hang formula many parents enjoy being able to shop, prepare and cook for their tube-fed child.



**“YOU GET A KICK OUT OF IT. I HATE DOING IT SOMETIMES, ESPECIALLY WHEN I THINK HE’S GOT TWO MEALS LEFT AND I LOOK IN THE FREEZER AND THERE IS NOTHING, THAT IS A HORRIBLE FEELING. EVEN SOMETIMES WHEN I DON’T WANT TO DO IT AND I’M REALLY QUITE GRUMPY ABOUT HAVING TO DO IT I END UP ENJOYING IT. IT’S REALLY WEIRD, THERE IS SOMETHING ABOUT IT. IT FEELS REALLY GOOD.”**

**”**



## SUPPORT FROM YOUR CHILD'S TEAM



The idea that you can give blended food through a feeding tube is still relatively new. There were concerns that the use of blended food could increase the risk of tummy bugs, feeding tube blockages and micro nutrient deficiencies. However, families for many years have shown it is possible to provide safe, healthy, well-balanced diets using blended food without blocking the tube. To do this it is best to seek the support of your child's dietitian.

Many registered Children's Home Enteral Feeding dietitians now have experience supporting families who use blended food. Nurses and Doctors and the team around your child can also support you. Just ask your team.

It's worth considering where your child is fed, outside of the family home. Before you start using blended food you may wish to speak to the teams in these settings and ask if they would be able to prepare and give blended food through the feeding tube.

Each setting will be different; it will depend on the kitchen and storage equipment available and the confidence and abilities of the staff.



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*"THE HOSPICE THAT WE ARE ASSOCIATED WITH THEY ARE VERY PRO-BLENDED DIET THEY EVEN HAVE A BLENDER THERE AND FOR MOST CHILDREN THAT GO THERE WHO HAVE A BLENDED DIET IT IS TOTALLY NORMAL WHICH IS VERY NICE."*

*"NURSERY ARE HAPPY TO GIVE BLENDS NOW BUT HE STARTS SCHOOL IN SEPTEMBER SO I AM PREPARING MYSELF FOR ANOTHER BATTLE THEN"*

”

## FOOD CHOICES



Using blended food means you need to plan, shop, prepare, cook, blend and store food for your child, while many parents find this rewarding it can also be overwhelming particularly when you are first starting out. While some families choose to use only blended foods many choose to use blended food alongside a commercial enteral formula, which can give the best of both options and offer more flexibility.



“

***"MOST PARENTS USING BLENDED DIET HAVE PUT IN A LOT OF WORK TO MAKE SURE THEY ARE FEEDING THEIR CHILD REALLY GOOD HEALTHY NUTRITIOUS FOOD"***

”



## NUTRITIONAL ADEQUACY

Missing out certain vitamins or minerals in the diet leads to micro-nutrient deficiencies. Equally, very high levels of some vitamins and minerals can be harmful. You can easily avoid these problems by following age appropriate general healthy eating advice. Don't overuse any one particular food ingredient - opt for variety and if in doubt speak to a registered dietitian with experience of blended diet.

## BABIES AND TODDLERS



Expressed breast milk or first infant formula provides all the energy and nutrients your tube-fed baby needs until they are 6 months old.

At 6 months you could start to add blended food to the expressed breast milk or first infant formula. Babies have tiny tummies, so start by adding a small amount of blended food (5-10ml or 1-2 teaspoons) to their expressed breast milk or first infant formula.

Single vegetables such as broccoli, cauliflower, spinach, sweet potato or carrot are good options for first blended foods, as are fruits such as apple and pear.



“

***"IT IS LIKE WHEN YOU START WEANING A BABY. YOU START WITH SMALL AMOUNTS OF PUREE FRUIT OR VEGETABLE, I GUESS THAT IS EASIER IF YOU HAVE HAD EXPERIENCE WEANING A CHILD ORALLY."***

”



## FOOD CHOICES FOR CHILDREN 2+

The NHS Eatwell Guide provides healthy eating advice for the general population (age 2+) and many families have found it to be a useful starting point to help plan a healthy and well-balanced blended diet too.

The Eatwell Guide - NHS ([www.nhs.uk](http://www.nhs.uk))

The Eatwell Guide shows that to have a healthy, balanced diet, we should all try to:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base our meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (for older children at least 6 to 8 glasses a day)



Foods and drinks that are high in fat, salt and sugar, should be used less often and in small amounts. Choosing a variety of different foods from the 5 main food groups means there are a wide range of nutrients (vitamins and minerals) in the diet.

“

***"THE EAT WELL GUIDE IS A GOOD VISUAL. IT'S FAR LESS DAUNTING THAN TRYING TO CALCULATE EXACTLY WHAT'S IN FOOD WHICH IS AN EXTRA DIFFICULTY JOB YOU DON'T NEED."***



***"THERE HAS TO BE SOME GIVE AND TAKE, IT MIGHT NOT LOOK LIKE THE EATWELL GUIDE EVERYDAY- BUT THAT IS HOW PEOPLE EAT, IT IS A STARTING POINT."***

”



## **INTRODUCING POTENTIAL ALLERGENS**

There are 14 common food allergens: milk, eggs, soya, cereals containing gluten, peanuts, tree nuts, sesame seeds, fish, mustard, crustaceans (like crab), molluscs (for example mussels), lupin, celery and sulphur dioxide (sulphites).

Symptoms of food allergy include:

- Gut reactions such as tummy ache, vomiting and diarrhoea
- Skin reaction for example a rash, itch or swelling
- Respiratory reactions such as a wheeze, cough or in extreme cases anaphylaxis.

Introduce the foods that can trigger allergic reactions one at a time and in very small amounts so that you can spot any reaction. If there is a history of food allergy in your family, you should take particular care; you may wish to use a food and symptom diary to help you track this. If you think your child is reacting to a particular food, talk to your dietitian. Do not be tempted to cut out whole food groups; this way leads to nutrient deficiencies.

[Food Allergy | Allergy UK | National Charity]  
([www.allergyuk.org/types-of-allergies/food-allergy/](http://www.allergyuk.org/types-of-allergies/food-allergy/))

## DAY-TO-DAY PRACTICALITIES

### HOW SHOULD I PREPARE, COOK AND STORE BLENDED FOODS?

As with any food it is important to prepare, cook and store blended food properly to avoid contamination with and growth of germs which can cause stomach upset and illness.

The UK Food Standards Agency provides advice on how to safely prepare, cook and store food.

*Food safety and hygiene | Food Standards Agency.*

Babies have an undeveloped immune system so there are some particular foods to avoid

*Foods to avoid giving babies and young children - NHS ([www.nhs.uk](http://www.nhs.uk))*



“

*"IT MAKES YOU NERVOUS, IRRATIONAL EVEN. I HAVE SEEN PEOPLE [ON THE FACEBOOK GROUP] ASK IF THEY NEED TO COOK THIS INGREDIENT BEFORE BLENDING OR HOW LONG CAN THEY STORE A BLEND RECIPE FOR. YOU ARE LITERALLY GIVING YOUR CHILD THE FOOD THEY WOULD HAVE EATEN ORALLY, TREAT IT AS IT THEY WERE GOING TO EAT IT ORALLY"*

”



*MOST HARMFUL GERMS WHICH CAUSE ILLNESS GROW RAPIDLY AT TEMPERATURES ABOVE 8°C AND BELOW 63°C - THIS IS OFTEN CALLED THE 'DANGER ZONE'. FOR THIS REASON, THE FSA ADVICE IS TO KEEP FOOD IN THE DANGER ZONE FOR THE SHORTEST AMOUNT OF TIME POSSIBLE. THAT IS WHY THE FSA ADVISE THAT THE SAFEST WAY TO DEFROST FOOD IS IN THE FRIDGE OVERNIGHT.*



Getting the smooth consistency required can be a process of trial and error.

Some parents choose to use regular kitchen blender, others choose to invest in high-powered, expensive blenders. Some parents will choose to sieve the blend whereas others are happy not to.



“

***"GETTING THE CONSISTENCY OF THE BLEND RIGHT, I FOUND VERY DIFFICULT AND WE WASTED A LOT OF BLENDS IN THE PROCESS. THE RIGHT CONSISTENCY IS WHERE IT'S THICK ENOUGH THAT IT'S NOT LIKE THE MILK, AND THEREFORE DOES THEM GOOD BUT ISN'T TOO THICK TO BE TOO RISKY PUSHING THROUGH THE TUBE."***

”





## HOW CAN I GIVE BLENDED DIET THROUGH THE TUBE?

There are three different ways in which parents choose to give blended food:

- A slow plunge technique
- Gravity bolus
- A bolus using an enteral feeding pump

If the tube does become blocked, water (cold or warm) can be used to try and unblock it. Using a 60ml enteral syringe use a push/pull action to try to unblock the tube. If the 60ml syringe does not clear the blockage, try a 20ml enteral syringe. This needs to be done carefully to prevent any tube damage.

If you are unable to unblock the tube yourself you should, contact your healthcare team for advice.

“

*"WE DID PERFECTLY WELL WITH A SMALLER BLENDER FOR A LONG TIME, BUT DECIDED WE WERE GOING TO GO FOR IT AND MAKE AN INVESTMENT [IN A MORE POWERFUL BLENDER]"*



*"I WILL SIEVE AND SIEVE BECAUSE I JUST DO NOT WANT TO TAKE THE RISK OF BLOCKING THE TUBE."*

*"I'VE NEVER HAD A PROBLEM AND I KNOW THAT I CAN CHANGE HIS BUTTON, SO I'VE KIND OF RISK ASSESSED AND MADE THAT DECISION. I JUST DO NOT HAVE THE CAPACITY OR TIME TO DO THAT"*

”

## HOW TO KEEP GOING

Using blended food does become easier with time and practice.




“

*"I THINK IT'S IMPORTANT FOR PEOPLE TO KNOW ... YOU GET YOUR ROUTINE, YOU GET YOUR RHYTHM."*

”

### **Don't panic!**

You will likely make a mess



*"EVERYONE HAS AT SOME POINT FORGOTTEN TO PUT THE BLENDER LID ON. YOU END UP WITH FOOD SPLATTERED ALL ACROSS YOU, YOUR CHILD, THE WALLS, THE CEILING"*

### **Talk to others!**

There are support groups online run by parents for parents for example Blended Diet UK available from [www.facebook.com/groups/2787024721835551](https://www.facebook.com/groups/2787024721835551) (You will need to request access to join)



“

*"THE GROUP IS GREAT FOR MUM TO MUM TIPS. NEW FOODS TRIED, OFFERS IN SUPERMARKETS OR FINDING A LEAK PROOF STORAGE CONTAINER. EVERYONE HELPS EACH OTHER OUT."*

”

## HOLIDAYS ARE POSSIBLE!

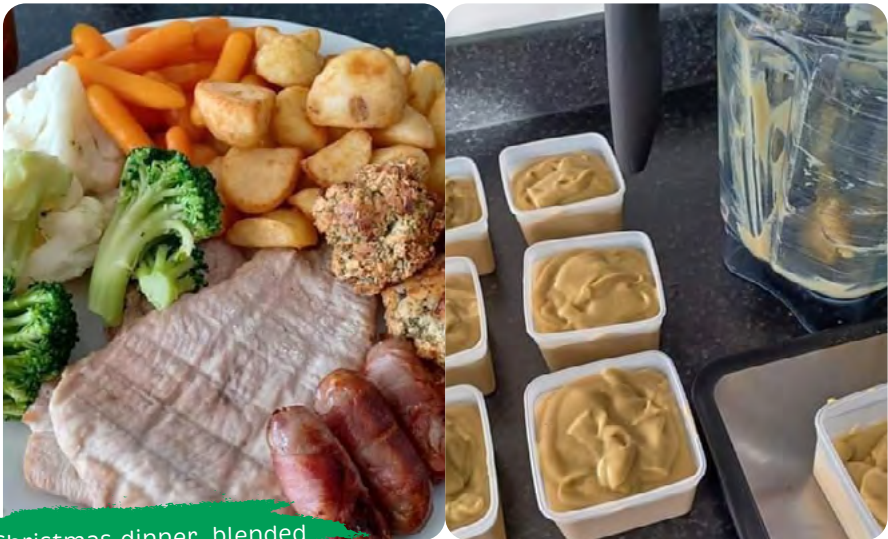
Many families using blended diet manage to travel.



“

*"HOLIDAYS ARE POSSIBLE WITH BLENDS! IT TAKES MORE PLANNING BUT YOU CAN DO IT. I HAVE A LITTLE BLENDER WHICH I TAKE AWAY WITH ME, WE'VE EVEN MANAGED TO GO CAMPING"*

”



Christmas dinner, blended

**We hope you have found this information useful and wish you all the best in the choices you make.**





**Acknowledgements** - A big thank you to our parent co-creators and the families and professionals who reviewed the resource. Thank you also to LowennaArt for the creative illustrations and Vygon for supporting the work.

None of this resource should be used without explicit permission from Coad (University of Nottingham) and Vygon.

