Blenderized Recipes with COMPLEAT® PEDIATRIC Formula

These recipes are easy to prepare. Ask your healthcare professional or dietitian if these options are appropriate for your child.
GETTING STARTED

Before starting or switching to a homemade tube-feeding regimen, consult with your healthcare professional to make sure it is right for your loved one. Your healthcare professional can give you specific instructions and individualized recipes to provide all the nutrients required each day.

Recipes are suggestions only. Before preparing a recipe, review the ingredient list and take into consideration any special dietary needs or restrictions your child has. Always work with a registered dietitian, allergist, or other healthcare professional to create recipes that fit your child’s specific nutritional needs. For some complex medical conditions, a homemade tube feeding may not be advised.

Homemade tube feedings are often referred to as blenderized diets, blended diets, or pureed foods for tube-feeding diets. Homemade tube feedings do not have to be “all or nothing.” With careful monitoring by your healthcare professional, a homemade tube feeding can be used for 100% of each day’s feedings or used in conjunction with a commercial tube-feeding formula. Homemade tube feedings can be made exclusively from conventional foods or a commercial formula, such as COMPLEAT®, COMPLEAT® PEDIATRIC, or COMPLEAT® PEDIATRIC REDUCED CALORIE, and can be used as the base to which conventional foods are added.

The recipes on www.MyCompleat.com use COMPLEAT®, COMPLEAT® PEDIATRIC, or COMPLEAT® PEDIATRIC REDUCED CALORIE Tube-Feeding Formulas as a base for breakfast, lunch, dinner, and snack recipes.

These recipes are not intended to be used as a daily or weekly meal plan. They are examples of recipes using one of the COMPLEAT® Tube-Feeding Formulas as a base for a homemade blenderized tube feeding. Remember to check with your healthcare professional before you begin preparing a homemade tube-feeding formula.

If a recipe does not contain the appropriate amount of calories, protein, fat, or any other nutrient for it to meet a specific need, check with your healthcare professional about using more or less of an ingredient. Recipes that call for one (1) carton of a COMPLEAT® Tube-Feeding Formula can be decreased to ½ carton, or recipes that call for a ½ carton can be increased to a full carton.

Please note that if a different volume of a COMPLEAT® Tube-Feeding Formula is used, the Nutrition Information provided with the recipe will not be accurate as listed. Your healthcare professional can help you determine the revised Nutrition Information.
NEW AND IMPROVED!
The COMPLEAT® family of formulas now includes:

- **More Fruit & Vegetable Ingredients** – Each complete feeding of Compleat® formula (1000-1500mL) includes 2 to 4 servings of a blend of 6 fruit and vegetable ingredients from real food such as tomatoes, peaches, green beans, carrots, cranberry juice concentrate, and peas*

- **Protein** – Contains a blend of protein from milk, chicken, and pea ingredients

- **Fiber** – Pea fiber, gum acacia, FOS, inulin, and fiber from fruit and vegetable ingredients

- **Suitable for lactose intolerance. Not for individuals with galactosemia**

- **Now with brown rice syrup** – No corn ingredients

- **No soy ingredients**

* Order of ingredients may differ based on specific formula
PREPARATION TIPS

• A high-speed blender is recommended.
• Blend until mixture is completely smooth and liquified – 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:
  1. About ½ - 1 cup of water may be added to recipes that use ½ carton of COMPLEAT® Tube-Feeding Formula.
  2. About ¼ - ½ cup may be added to recipes that use 1 carton of a COMPLEAT® Tube-Feeding Formula, however you may find that no additional water is needed when using 1 whole carton of a COMPLEAT® Tube-Feeding Formula.
• Fresh herbs are used to add flavor and aroma, but the use of fresh herbs is optional. Chop herbs finely before blenderizing 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 COMPLEAT® Tube-Feeding Formulas.

FEEDING TIPS

• Administer feedings at room temperature.
• Feedings can be held for up to 2 hours at room temperature. Discard unused feedings 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.

KITCHEN TIPS

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

STORAGE TIPS

• Keep foods at proper temperatures: 40° F or below for refrigerator and 0° F or below for freezer.
• Store unopened cartons of COMPLEAT® Tube-Feeding Formulas at room temperature. Do not store near a heat source and do not freeze.
• Cover and store opened cartons of COMPLEAT® Tube-Feeding Formulas in the refrigerator for up to 24 hours. Do not freeze.
• Cover and store unused blenderized tube feeding in an airtight container in the refrigerator for up to 24 hours. If not refrigerated, discard formula after 2 hours.
• If making multiple servings at once, divide the batch of homemade formula 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.
PREPARING BLENDERIZED RECIPES WITH COMPLEAT® PEDIATRIC FORMULA

- Please remember to consult with your healthcare professional before using a homemade 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 for it to meet a specific need, check with your healthcare professional about using more or less of an ingredient.
- Recipes that call for one (1) carton of a COMPLEAT® PEDIATRIC Tube-Feeding Formula can be decreased to ½ carton, or recipes that call for a ½ carton can be increased to a full carton.
- Please note that if a different volume of COMPLEAT® PEDIATRIC Tube-Feeding Formula is used, the Nutrition Information provided with the recipe will not be accurate as listed. Your healthcare professional can help you determine the revised Nutrition Information.

INSTRUCTIONS

1. Place all ingredients in the blender.
2. Blend until mixture is completely smooth and liquified--no chunks or large pieces of food should be present.
3. If needed, strain to remove any remaining chunks or larger pieces of food.
4. Fresh herbs are used to add flavor and aroma, but the use of fresh herbs is optional. Chop herbs finely before blenderizing so they do not clog the tube. If herbs are getting stuck in the tube, omit from the recipes.
5. Water may need to be added to the mixture to achieve proper consistency for tube feeding:
   - About ½ - 1 cup of water may be added to recipes that use ½ carton of COMPLEAT® PEDIATRIC Tube-Feeding Formula.
   - About ¼ - ½ cup may be added to recipes that use 1 carton of COMPLEAT® PEDIATRIC Tube-Feeding Formula, however you may find that no additional water is needed when using 1 whole carton of COMPLEAT® PEDIATRIC Tube-Feeding Formula.
6. The nutrient content of COMPLEAT® PEDIATRIC Tube-Feeding Formula is included in the Nutrition Information for each recipe. See chart for nutrient content of one 8 fl oz (250 mL) carton.

<table>
<thead>
<tr>
<th>Serving Size: 1 carton (250 mL)</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Potassium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>
**BREAKFAST**

*Sweet Day Ahead*

**Makes:** 1 feeding

**Ingredients:**
- 1/2 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
- 1/2 banana, small
- 1/2 cup Oatmeal, plain, cooked
- 1/4 cup Blueberries, fresh

**Recipe Nutrition Information**

<table>
<thead>
<tr>
<th>Serving Size: 1 feeding</th>
<th>Calories</th>
<th>330</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>9 g</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>210 mg</td>
<td></td>
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<tr>
<td>Potassium</td>
<td>520 mg</td>
<td></td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
<td>7 g</td>
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<tr>
<td>Protein</td>
<td>18 g</td>
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*When prepared as directed*
BREAKFAST
Rainbow Swirl

Makes: 1 feeding

Ingredients:
1/2 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
1/2 cup Strawberries, fresh, sliced
2 cups Spinach, fresh, chopped
1/2 cup Greek yogurt, plain, nonfat
1/4 cup Avocado, fresh, cut into cubes
1/4 cup Oatmeal, plain, cooked

Recipe Nutrition Information*
Serving Size: 1 feeding
Calories 330
Total Fat 12 g
Sodium 190 mg
Potassium 900 mg
Total Carbohydrate 40 g
Dietary Fiber 7 g
Sugars 9 g
Protein 19 g

*When prepared as directed

USE UNDER MEDICAL SUPERVISION: Please consult with your healthcare professional, dietitian, 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.

LUNCH
Superhero Smoothie

Makes: 1 feeding

Ingredients:
1 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
1 cup Kale, fresh, finely chopped
1/2 cup Blueberries, fresh
1/3 cup Barley, cooked
1/4 cup Parsley, fresh, finely chopped (optional)

Recipe Nutrition Information*
Serving Size: 1 feeding
Calories 390
Total Fat 11 g
Sodium 230 mg
Potassium 940 mg
Total Carbohydrate 65 g
Dietary Fiber 8 g
Sugars 8 g
Protein 15 g

*When prepared as directed

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### LUNCH
**Chick Boom Blend**

**Makes:** 1 feeding

**Ingredients:**
- 1 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
- 1/3 cup Spinach, fresh, chopped
- 1/3 cup Blueberries, fresh
- 1/4 cup Chickpeas, cooked

**Recipe Nutrition Information***

<table>
<thead>
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<th>Serving Size: 1 feeding</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Sodium</th>
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<td></td>
<td>340</td>
<td>10 g</td>
<td>390 mg</td>
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<td>51 g</td>
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<td>13 g</td>
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### LUNCH
**Gobble Gobbler**

**Makes:** 1 feeding

**Ingredients:**
- 1/2 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
- 1 oz 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)

**Recipe Nutrition Information***

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<thead>
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<th>Serving Size: 1 feeding</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
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<td></td>
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<td>120 mg</td>
<td>870 mg</td>
<td>38 g</td>
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**DINNER**
Farm to Tube Veggie Medley

Makes: 1 feeding

Ingredients:
- 1 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
- 1/4 cup Cantaloupe melon, fresh, diced
- 1/4 cup Zucchini squash, sliced and cooked
- 1/4 cup Lentils, cooked

**Recipe Nutrition Information**

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<tbody>
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<td>330</td>
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<td>Total Fat</td>
<td>10 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>200 mg</td>
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<tr>
<td>Potassium</td>
<td>830 mg</td>
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<td>Total Carbohydrate</td>
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<td>Sugars</td>
<td>5 g</td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
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</table>

*When prepared as directed

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**DINNER**
Down by the Sea Special

Makes: 1 feeding

Ingredients:
- 1/2 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
- 1 oz Salmon fillet, cooked
- 1/2 cup Broccoli, fresh, cooked, and chopped
- 1 tsp Lemon juice
- 2 tsp Dill weed, fresh, finely, chopped (optional)

**Recipe Nutrition Information**

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<tbody>
<tr>
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<tr>
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<tr>
<td>Sugars</td>
<td>1 g</td>
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<tr>
<td>Protein</td>
<td>13 g</td>
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*When prepared as directed
SNACK

Ginger Pear Snack-a-Roo

Makes: 1 feeding

Ingredients:

1/2 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
1/2 cup Pears, fresh, cut into cubes
1/3 cup Cottage cheese, 1% fat
1 tsp Ginger, fresh, peeled and finely chopped (optional)

Recipe Nutrition Information*

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<thead>
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<th>Serving Size: 1 feeding</th>
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<tbody>
<tr>
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<td>Sugars</td>
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<tr>
<td>Protein</td>
<td>14 g</td>
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*When prepared as directed

SNACK

Berry Bounce Yogurt Parfait

Makes: 1 feeding

Ingredients:

1/2 carton COMPLEAT® PEDIATRIC Tube-Feeding Formula
1/3 cup Greek yogurt, plain, nonfat
1/3 cup Raspberries, fresh
1 tsp Mint leaves, fresh, finely chopped (optional)

Recipe Nutrition Information*

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<tbody>
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<td>Sugars</td>
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<tr>
<td>Protein</td>
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Where to buy COMPLEAT® Formulas: Visit NestleNutritionStore.com or call 1-888-240-2713