

## Can Very Young, Medically Complex Children Benefit from Blenderized Tube Feeding? Webinar References

Epp L, Blackmer A, Church A, et al. Blenderized tube feedings: Practice recommendations from the American Society for Parenteral and Enteral Nutrition. *Nutr Clin Pract*. 2023;38:1190-1219.

<https://doi.org/10.1002/ncp.11055>

McCormack S, Patel K, Smith C. Blended diet for enteral tube feeding in young people: A systematic review of the benefits and complications. *Journal of Human Nutrition and Dietetics* 2023;36:1390–1405.

<https://doi.org/10.1111/jhn.13143>

Johnson, T. W., Spurlock, A. L., Galloway, P. Blenderized formula by gastrostomy tube: A case presentation and review of the literature. *Top Clin Nutr*. 2013;28(1):84-92.

<https://doi.org/10.1097/TIN.0b013e31827dfa79>

Johnson TW, Spurlock AL, Epp L, Hurt RT, Mundi MS. Reemergence of blended tube feeding and parent's reported experiences in their tube fed children. *J Altern Complement Med*. 2017;24:369–73.

<https://doi.org/10.1089/acm.2017.0134>

Hron B, Fishman E, Lurie M, et al. Health Outcomes and Quality of Life Indices of Children Receiving Blenderized Feeds via Enteral Tube. *J Pediatr*. 2019;211:139-145.

<https://doi.org/10.1016/j.jpeds.2019.04.023>

Batsis ID, Davis L, Prichett L, et al. Efficacy and Tolerance of Blended Diets in Children Receiving Gastrostomy Feeds. *Nutr Clin Pract*. 2020;35(2):282-288. <https://doi.org/10.1002/ncp.10406>

Walker S, Johnson T, Carter H, Spurlock A, Johnson K, Hussey J. Blenderized Food Tube Feeding in Very Young Pediatric Patients with Special Health Care Needs. *Nutr Clin Pract*. 2023:1-8.

<https://doi.org/10.1002/ncp.10975>

Walia C, Van Hoorn M, Edlebeck A, Feuling M. The Registered Dietitian Nutritionist's Guide to

Homemade Tube Feeding. *JADA*. 2017;117(1):11-16. <https://doi.org/10.1016/j.jand.2016.02.007>

Murayi JA, Evenson E, Verkin-Siebert D, et al.. Thickness of commercial blenderized formulas adversely affects successful delivery via enteral feeding pumps. *Nutr Clin Pract*. 2023;38(6):1354-1359.

<https://doi.org/10.1002/ncp.11007>

USDA Approved Nutrient Analysis Software. US Department of Agriculture. Accessed February 1, 2024.

<https://www.fns.usda.gov/tn/usda-approved-nutrient-analysis-software>

Green Corkins K. Nutrition-focused physical examination in pediatric patients. *Nutr Clin Pract*. 2015 Apr;30(2):203-209. <https://doi.org/10.1177/0884533615572654>

## Recipe Development Tools

- [National Guidelines](#)
  - [WHO 2020 Guidelines Healthy Diet](#)
  - [USDA My Plate](#)
  - [Canada's Food Guide for Healthy Eating](#)
  - [Recommended Dietary Allowance \(RDA\)](#)
  - [Dietary Reference Intakes \(DRI\)](#)
  - [The Exchange Method](#)
  - [U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans 2020-2025](#)
  - [USDA Approved Nutrient Analysis Software](#)
- 

## Additional Resources

- [ASPEN Enteral Nutrition Formula Guide](#)
- [ASPEN Enteral Nutrition Resources](#) (includes BTF videos)
- [Blenderized Tube Feeding](#) (Seattle Children's)
- [Blend Teaching Sheets](#) (Children's Wisconsin)
- [Blenderized Tube Feeding Recipes](#) (UVA)
- [The Registered Dietitian Nutritionist's Guide to Homemade Tube Feeding](#)
- [Blenderized Tube Feeding Recipe Builder](#)
- [The International Dysphagia Diet Standardisation Initiative](#)