

Compleat®



Blenderized Recipes with COMPLEAT® Formula

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



NestléHealthScience

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.



USING A COMPLEAT® FORMULA IN A HOME BLENDERIZED RECIPE

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 Complete® 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

RESOURCES AND REFERENCES

WEBSITES:

www.cdc.gov/foodsafety
www.fightbac.org
www.foodsafety.gov
www.foodfortubies.org
www.mealtimeotions.com
<https://ndb.nal.usda.gov/>
www.oley.org
<https://ndb.nal.usda.gov/ndb/search/list>

JOURNAL ARTICLES:

Escuro AA. *Prac Gastrost.* 2014;136:58-66.
O'Flaherty T, et al. *ICAN:Infant Child Adolescent Nutrition.* 2011;3:361-364.
Pentiuik S, et al. *JPEN J Parenter Enteral Nutr.* 2011;35:375-379.
Walia C et al. *J Acad Nutr Diet.* 2016.
(<http://dx.doi.org/10.1016/j.jand.2016.02.007>).

BOOKS:

Dunn Klein M, Evans Morris S. *Homemade Blended Formula Handbook.*

Nutrition information for all recipes was generated using the Food Processor Nutrition Analysis Software, Ver. 10.12.0 which references the US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory, USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015. Internet: <http://www.ars.usda.gov/nea/bhnrc/ndll>.

Nutritional Information Based on National Nutrient Database for Standard Reference Release 28 slightly revised May, 2016 Software v.2.6.1

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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 contaminating 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.

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.

PREPARING BLENDERIZED RECIPES WITH COMPLEAT®

- 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® 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® 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.

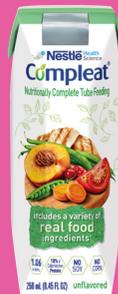


INSTRUCTIONS

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® Tube-Feeding Formula.
 - About ¼ - ½ cup may be added to recipes that use 1 carton of COMPLEAT® Tube-Feeding Formula, however you may find that no additional water is needed when using 1 whole carton of COMPLEAT® Tube-Feeding Formula.

6. The nutrient content of COMPLEAT® 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.

NUTRITION INFORMATION FOR COMPLEAT®



Serving Size: 1 carton (250 mL)	
Calories	265
Total Fat	10 g
Sodium	250 mg
Potassium	390 mg
Total Carbohydrate	34 g
Dietary Fiber	2 g
Protein	12 g

BREAKFAST

Banana Blueberry Wake-up

Makes: 1 feeding

Ingredients:

- 1 carton **COMPLEAT® Tube-Feeding Formula**
- 1/2 Banana, small
- 1/3 cup Oatmeal, plain, cooked
- 1/2 cup Blueberries, fresh

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	410
Total Fat	12 g
Sodium	250 mg
Potassium	680 mg
Total Carbohydrate	66 g
Dietary Fiber	6 g
Sugars	14 g
Protein	15 g

*When prepared as directed

BREAKFAST

Sweet Quinoa Delight

Makes: 1 feeding

Ingredients:

- 1/2 carton **COMPLEAT® Tube-Feeding Formula**
- 1/2 cup Quinoa, cooked
- 1/2 cup Applesauce, unsweetened
- 1/2 cup Avocado, fresh, cut into cubes
- 1/2 cup Butternut squash, cooked, cut into cubes
- 1 tbsp Flax seed meal, ground
- 1/2 tsp Cinnamon, ground (optional)

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	490
Total Fat	20 g
Sodium	140 mg
Potassium	1110 mg
Total Carbohydrate	71 g
Dietary Fiber	16 g
Sugars	15 g
Protein	14 g

*When prepared as directed

BREAKFAST

Power Hour Blend

Makes: 1 feeding

Ingredients:

- 1/2 carton **COMPLEAT® Tube-Feeding Formula**
- 1 cup Strawberries, fresh, sliced
- 3 cups Spinach leaves, fresh
- 1/2 cup Long grain brown rice, cooked
- 1/2 cup Avocado, fresh, cut into cubes

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	440
Total Fat	18 g
Sodium	210 mg
Potassium	1360 mg
Total Carbohydrate	62 g
Dietary Fiber	13 g
Sugars	9 g
Protein	14 g

*When prepared as directed

LUNCH

Farm Fresh Bounty

Makes: 1 feeding

Ingredients:

- 1 carton **COMPLEAT® Tube-Feeding Formula**
- 1 cup Kale, fresh, finely chopped
- 1 cup Blueberries, fresh
- 1/2 cup Barley, cooked
- 1/2 cup Parsley, fresh, finely chopped (optional)

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	490
Total Fat	12 g
Sodium	300 mg
Potassium	1170 mg
Total Carbohydrate	85 g
Dietary Fiber	11 g
Sugars	15 g
Protein	19 g

*When prepared as directed

LUNCH

Kale to the Chief

Makes: 1 feeding

Ingredients:

- 1 carton **COMPLEAT® Tube-Feeding Formula**
- 1 cup Kale, fresh, finely chopped
- 1 cup Blueberries, fresh
- 1/2 cup Chickpeas, cooked

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	500
Total Fat	12 g
Sodium	660 mg
Potassium	830 mg
Total Carbohydrate	83 g
Dietary Fiber	13 g
Sugars	16 g
Protein	22 g

*When prepared as directed

LUNCH

Everyday Thanksgiving Feast

Makes: 1 feeding

Ingredients:

- 1/2 carton **COMPLEAT® Tube-Feeding Formula**
- 2 oz Turkey breast, roasted, diced
- 1 cup Acorn squash, baked, cut into cubes
- 1 cup Red bell peppers, cooked, chopped
- 1/2 cup Applesauce, unsweetened
- 2 tbsp Almond meal, finely ground
- 2 tsp Rosemary, fresh, finely chopped (optional)

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	490
Total Fat	13 g
Sodium	180 mg
Potassium	1600 mg
Total Carbohydrate	73 g
Dietary Fiber	16 g
Sugars	15 g
Protein	30 g

*When prepared as directed

DINNER

Luscious Lentil Smash

Makes: 1 feeding

Ingredients:

- 1 carton **COMPLEAT® Tube-Feeding Formula**
- 1/2 cup Cantaloupe melon, fresh, diced
- 1/2 cup Zucchini squash, sliced, cooked
- 1/2 cup Lentils, cooked
- 2 tsp Coconut oil
- 1/4 tsp Thyme leaves, fresh, finely chopped (optional)

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	500
Total Fat	20 g
Sodium	270 mg
Potassium	1200 mg
Total Carbohydrate	63 g
Dietary Fiber	11 g
Sugars	9 g
Protein	23 g

*When prepared as directed

DINNER

Zesty Salmon Delight

Makes: 1 feeding

Ingredients:

- 1/2 carton **COMPLEAT® Tube-Feeding Formula**
- 2 oz Salmon fillet, cooked
- 1 cup Broccoli, fresh, cooked, chopped
- 1 cup Tomatoes, fresh, chopped, seeded
- 2 tsp Lemon juice
- 1/2 cup White kidney beans, cooked
- 1 tbsp Hemp seeds
- 2 tsp Dill weed, fresh, finely, chopped (optional)

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	510
Total Fat	17 g
Sodium	570 mg
Potassium	1310 mg
Total Carbohydrate	58 g
Dietary Fiber	14 g
Sugars	9 g
Protein	35 g

*When prepared as directed

SNACK

Greek Yogurt & Fruit Parfait

Makes: 1 feeding

Ingredients:

- 1/2 carton **COMPLEAT® Tube-Feeding Formula**
- 1/3 cup Greek yogurt, plain, nonfat
- 1/3 cup Raspberries, fresh
- 1 cup Watermelon, fresh, ground, seedless, diced
- 1/4 tsp Cinnamon, ground (optional)

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	240
Total Fat	5 g
Sodium	160 mg
Potassium	430 mg
Total Carbohydrate	37 g
Dietary Fiber	5 g
Sugars	14 g
Protein	14 g

*When prepared as directed

SNACK

The Perfect Pear

Makes: 1 feeding

Ingredients:

- 1/2 carton **COMPLEAT® 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)

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. Nutritional values are approximate and will vary based on the nature, brand, and quantities used.



Recipe Nutrition Information*

Serving Size: 1 feeding	
Calories	230
Total Fat	6 g
Sodium	430 mg
Potassium	360 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Sugars	10 g
Protein	16 g

*When prepared as directed



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MyCompleat.com | MyTubeFeeding.com

Where to buy **COMPLEAT®** Formulas:
Visit NestleNutritionStore.com or call **1-888-240-2713**

