

# ISOSOURCE® JUNIOR MIX BLENDED TUBE FEEDING GUIDE FOR PARENTS



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# INTRODUCTION

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This booklet contains all of the information you need if you are considering starting a blenderised diet for your child, or it can support you if you are already blending food and would benefit from including Isosource® Junior Mix as part of this diet.

This guide can help you to decide if a blenderised diet is suitable for your child and support you with how to get started. If you are considering making any changes to your child's diet, it is important that you talk with your child's dietitian first.



**More information can be found at:**

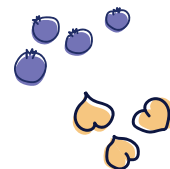
[www.nestlehealthscience.co.uk/isosourcejuniormix](http://www.nestlehealthscience.co.uk/isosourcejuniormix)



SCAN ME

# TUBE FEEDING

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There are many reasons why a child may benefit from receiving nutrients via a tube directly into their stomach. Children may need additional nutrition to help them grow. Some children have conditions which affect how food travels into the stomach, other children are unable to safely swallow food. Tube feeding can be used to overcome these feeding difficulties. It can either be used as the only form of nutrition or alongside food.

The decision to start tube feeding will have been made by your child's healthcare professionals and it is important to speak with them to make sure you are able to meet your child's nutritional needs at home.

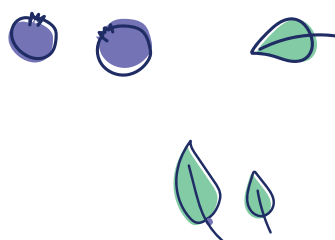
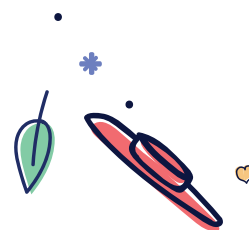
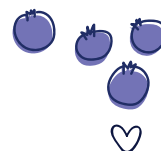
# ISOSOURCE<sup>®</sup> JUNIOR MIX

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## What is Isosource<sup>®</sup> Junior Mix?

Isosource<sup>®</sup> Junior Mix is a specialist formula containing the calories, protein, fats, minerals and vitamins that your child needs to grow and stay healthy. It can be given through a feeding tube into your child's stomach. It is the first and only feed for children over the age of 1 year old to contain ingredients that come from food. Isosource<sup>®</sup> Junior Mix may help to improve reflux (bringing up food) and constipation (difficulty passing poo) in tube fed children.

Isosource<sup>®</sup> Junior Mix can be used as your child's only form of nutrition or as part of a blenderised diet.



# WHAT DOES ISOSOURCE® JUNIOR MIX CONTAIN?

1000mls of Isosource® Junior Mix Contains...

12g protein from rehydrated chicken and rehydrated peas and green beans.



This is the same amount of protein as:  
1 grilled chicken breast (25g) + ½ serving of peas (40g) + ½ serving of green beans (40g)

5g of fibre from rehydrated fruit and vegetables.



This is the same amount of fibre as:  
½ serving of peas (40g) + ½ serving of green beans (40g) + ½ a peach

1 ½ portions of your child's 5 a day



# METHODS OF TUBE FEEDING

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There are different methods used for tube feeding. Your child's healthcare professionals will advise the way that is right for your child.

## 1 SHORT TERM FEEDING:

**Nasogastric feeding tube** - The feeding tube passes through the nose and into the stomach.

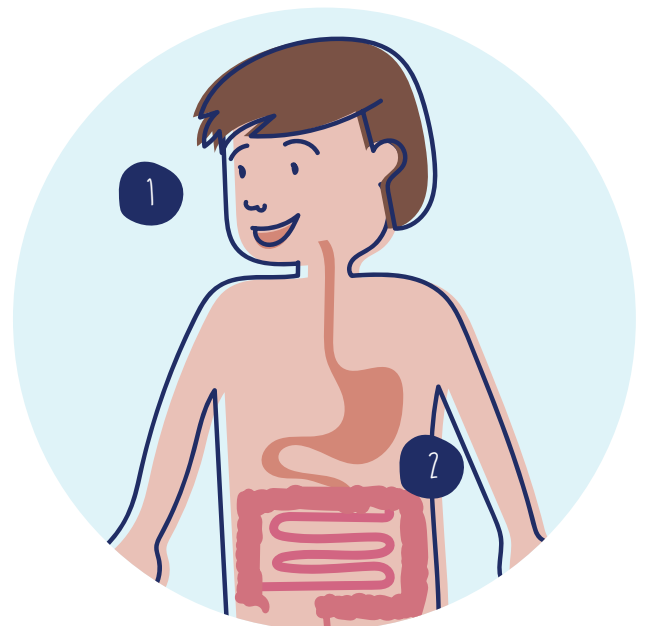
**Nasojejunal feeding tube** - The feeding tube passes through the nose all the way down past the stomach, into the small intestine (jejunum).

## 2 LONG TERM FEEDING:

These methods of tube feeding make feeding simple and can be hidden under clothing when not in use.

**Gastrostomy feeding device** - The feeding tube is inserted through an opening in the skin directly into the stomach.

**Jejunostomy feeding device** - The feeding tube is inserted through an opening in the skin into the middle section of the small intestine (jejunum).



# BLENDERISED TUBE FEEDING

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## What is blenderised tube feeding?

Blenderised tube feeding is a mixture of home-cooked food that is pureed and given through a feeding tube into the stomach.

## What are the benefits of blenderised tube feeding?

Many families have chosen to give their children home-cooked blended food instead of specialist tube feeds. Research has shown that the use of ingredients from food can improve symptoms of vomiting (sickness), reflux (bringing up food) and stool consistency (firmness of poo) in tube fed children. A blenderised diet has been found to improve the health and wellbeing of tube fed children. Being able to enjoy a favourite meal together is an important part of family life!

## Can a specialist tube feed be used as part of a home-made blenderised recipe?

It is possible to feed your child with a mixture of blended home-cooked meals and a specialist tube feed, such as Isosource® Junior Mix. This offers your child the health benefits and enjoyment of having a varied diet, whilst reducing the time and difficulty of meal preparation. Your dietitian will help you decide on a feeding plan that is suitable for your child.



# USING ISOSOURCE® JUNIOR MIX AS PART OF A BLENDERISED DIET

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Using Isosource® Junior Mix as an ingredient in blended home-cooked meals can help to make meal planning easier. Isosource® Junior Mix contains a fixed number of calories, protein, fats, minerals and vitamins, which can help make sure your child gets the nutrients they need.

A professional chef has worked with a dietitian to develop easy to prepare blenderised recipes using Isosource® Junior Mix. A range of meals and snacks have been adapted to pass easily through a feeding tube (size 14 Fr). The recipes can be used to add variety as part of a healthy and balanced diet for your child. Recipes include a traditional turkey roast and birthday cake, which will help your child to always feel included during family mealtimes and celebrations!

**Ask your dietitian for the Isosource® Junior Mix recipe cards.**

**These recipes were only tested using Isosource® Junior Mix. We do not recommend using any other tube feeds.**

## CAN MY CHILD FOLLOW A BLENDERISED DIET?

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A blenderised diet is not suitable for every child. It is important that you speak with your child's dietitian before starting a blenderised diet. Your child's healthcare professionals will carry out an assessment before a decision can be safely made.

### **Method of feeding**

Children with a nasogastric tube should not follow a homemade blenderised diet as there is a risk that the blended feed will block the tube. A blenderised diet is not suitable for children with a jejunostomy device (a feeding tube inserted into the middle section of the small intestine). The small intestine (jejunum) is not able to store a large amount of food and this method of feeding does not use all of the digestive system, which means food may not be properly digested.



A blenderised diet is only suitable for children with a gastrostomy feeding device. There are several different types of gastrostomy device that are commonly used and this will be considered by your child's healthcare professionals before deciding whether a blenderised diet is suitable for your child.

## **Pump feeding**

Feeding pumps are often used for children who require tube feeding. Manufacturers of feeding pumps do not support the use of a pump when following a blenderised diet.

## **Feeding equipment**

The community nursing team will check that the feeding equipment your child has is suitable for a blenderised diet.

## **What size of tube can be used for a blenderised diet?**

The minimum tube size recommended for a blenderised diet is a UK 14 Fr feeding tube.

Enteral UK recommends the use of UK 14 Fr feeding tubes (or larger tubes) with the Isosource® Junior Mix blenderised recipes.

## **Food safety**

It is important that food safety guidelines are strictly followed. Food can become unsafe when it comes into contact with bacteria (germs) that can cause illness. As you read through this leaflet, you will come across further information on how to prepare food in a safe way.

## **Nutrition**

It can be difficult to work out how many calories and how much protein and fat is in a homemade blended meal. Recipe planning and food preparation can take a long time. It is important to speak with your child's dietitian to find out how they can best support you to meet your child's nutritional needs.

# TOP TIPS FOR STARTING A BLENDERISED DIET

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## EQUIPMENT



A high-powered blender may reduce the risk of tube blockages.



A set of electric scales will help you to follow recipes correctly.



A sieve will be needed to make sure that the blenderised food is free of pips, seeds and skins.



Check that your fridge is working at the correct temperature for safe storage of food (1°C to 4°C).

## FOOD HYGIENE AND SAFETY



Wash your hands for at least 20 seconds with soap and warm water before handling food.



Check that all equipment and work areas are carefully cleaned before starting food preparation.



Do not store cooked and raw foods together. Use separate chopping boards, knives and cooking spoons for raw meat, chicken, fish and fresh foods.



Use separate plates, cooking spoons and knives for raw and cooked foods.



Avoid microwave heating as this can cause food to heat unevenly. When preparing and cooking meals, try not to overheat ingredients as this can destroy certain nutrients.

## FOOD STORAGE



Blenderised food should be prepared as close to meal times as possible. It can remain at room temperature for a maximum of 2 hours.



Blenderised food can be stored on the top shelf of the fridge (1°C to 4°C) for up to 24 hours. Any food not used during this time should be thrown away.



If using Isosource® Junior Mix, remove the outer purple cap. Pull away the tag and peel back the aluminium foil. There is no need to use a knife to pierce the aluminium foil. Once the SmartFlex bottle has been opened, any unused feed can be recapped and refrigerated. Throw away any unused feed within 24 hours of opening.



Isosource® Junior Mix should not be frozen on its own or when used as part of recipes supplied by Nestle Health Science.



Blenderised food that does not contain Isosource® Junior Mix can be frozen (< 18°C) and should be used within a month. It is helpful to label the food with the date it was frozen. Food safety guidance on defrosting should be followed.



Blended food should be stored in airtight food containers, clearly labelled with what it is and when it was made.



Follow the use by dates or best before date advice written on food packaging.



If you are going out, use cool bags with an ice pack to store containers of blended food. This will keep the food at the right temperature for short periods of time.

## TAKING CARE OF FEEDING TUBES AND EQUIPMENT



Flush the feeding tube with water before and after the feed is given as this helps to stop the tube from becoming blocked. Your dietitian will advise on how much water should be used to flush the feeding tube.



Feeding sets and syringes need to be washed after every use in hot soapy water. They should be rinsed and air dried before being stored in a clean, dry container with a lid. You will need to check with your child's community nursing team to check how often the feeding sets and syringes need replacing.



Do not heat blenderised food.



Take the blenderised food out of the fridge, leave it in a cool and dry place and allow it to reach room temperature before using.

## HOW TO GIVE A BLENDERISED FEED



Make sure your child is sitting upright in a chair with their head raised between 30 -45 degrees. Never feed your child in a flat position. Speak with your dietitian if you need help with this.



Blenderised food should be given via a 60ml syringe. The size of the meal will change with your child's age and weight. Only blenderised recipes advised by the dietitian should be given to your child.



Apply gentle pressure on the syringe plunger and look to see that the blenderised food passes through the syringe.



Your child may need short breaks between each syringe of blenderised food. It should take around 20-30 minutes to give your child a blenderised meal.



Giving a small flush of water between syringes of blenderised food can help to clear the tube and prevent blockages. Your dietitian will tell you how much water to give with each flush.

# A CHECKLIST FOR STARTING A BLENDERISED DIET:

- ✓ Please talk to your child's healthcare professionals (doctor or dietitian) before starting your child on a blenderised diet.
- ✓ You will need to make sure that you have all of the equipment mentioned in this booklet before starting your child on a blenderised diet.
- ✓ Before choosing a recipe, check the ingredient list to make sure it is suitable for your child. Please speak to your child's dietitian if you are not sure.
- ✓ When starting a blenderised diet, your child may need to be seen by their dietitian more regularly to make sure they remain well and continue to grow.
- ✓ **You can use the 'Isosource® Junior Mix Food Diary' to keep a record of their meals.**
- ✓ If your child becomes unwell, your child may need to stop having a blenderised diet until they have recovered. If your child is admitted to hospital, it is unlikely that they will be able to have a blenderised diet. Your child's dietitian will give you a feeding plan using a specialist tube feed for their stay in hospital.



Enjoy preparing your home-made blenderised meals with Isosource® Junior Mix

# KEY TERMS

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It can be difficult to understand medical terms. Here is a guide to all of the key terms mentioned in this leaflet.

14 french feeding tube	Feeding tubes come in a range of sizes to suit your child. Isosource® Junior Mix recipes have been tested using a 14 French feeding tube.
Blenderised Diet	Home-cooked food that is blended to a smooth mixture and given through a feeding tube into the stomach.
Constipation	Difficulty passing poo
Digestive system	The parts of the body that work together to turn food and drink into the fuel that the body needs to stay healthy.
Feeding tube	A tube that delivers liquid food directly into the stomach or small intestine.
Feeding set	A plastic tube attached to the bag or syringe containing the feed at one end and the feeding tube at the other.
Flush	Water given through a feeding tube before and after feed/medications to stop the tube from blocking.
Gastrostomy feeding device	A feeding tube that is inserted through an opening in the skin directly into the stomach.
Jejunostomy feeding device	A feeding tube that is inserted through an opening in the skin, into the middle section of the small intestine (jejunum)

Isosource® Junior Mix	The first and only feed for children over the age of 1 year old to contain ingredients that come from food.
Nasogastric feeding tube	A feeding tube that passes through the nose and into the stomach.
Nasojejunal feeding tube	A feeding tube that passes through the nose all the way down past the stomach, into the small intestine (jejunum).
Nutrients	The parts of food that give energy, help growth and keep the body healthy.
Pureed	Food that is blended to a smooth liquid.
Reflux	Bringing food back up the food pipe after it has been eaten or given through a feeding tube.
Syringe	A medical device that is used to give or remove liquid from a feeding tube.
Stool consistency	How hard or soft the poo is
Vomiting	Retching or being sick

