

## Blenderizing guidelines

Your child needs a balanced diet of easy-to-swallow, non-irritating foods while healing. Here are some ideas for blenderizing foods for your child.

Cut food into small pieces first, then put into a food processor or blender. Add a little liquid to make it easier to blend, and to add calories and protein. You can use whole milk, half-and-half, sour cream, gravy, cheese sauce, tomato sauce, or concentrated fruit juice. You can also add powdered milk, pasteurized eggs, butter, or margarine.

Strain after blending to remove any chunks, small seeds, or other solids.

Use blenderized food right away, or put it in the refrigerator. If not used within 2 days, throw it out.

You can also freeze blenderized foods in single-size portions to make mealtime easier. Plastic ice cube trays work great for freezing single portions. Once frozen, the cubes can be stored in a freezer bag and used as needed. **Always** thaw the food cubes in the refrigerator.

For other quick meals, blenderize prepared foods such as canned soups or casseroles, instant mashed potatoes, or cereals, and add liquid nutritional supplements such as Pediasure®, Carnation Instant Breakfast® or Boost®. Solid foods can also be blenderized—even hamburger and spaghetti. Try different flavor combinations, but remember that blending brings out food's sweet or salty tastes.

If a shake or pudding is too thick, try thinning it with a high-calorie liquid such as whole milk or half-and-half. Do not use sticky foods such as peanut butter or caramel.

If your child is constipated, add bran before blenderizing foods.

If your child uses a straw, shorten it to make sucking easier. If the blenderized food doesn't look appetizing, put it in a cup with a lid.

### Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, please call Nutrition Services at your hospital during daytime hours.

Children's - Minneapolis: (612) 813-6865

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For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: [www.childrensmn.org](http://www.childrensmn.org).

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