

# Evaluating Growth and Tolerance of Blenderized Tube Feeding Formulas

## NARRATIVE REVIEW

Adams RL. *Journal of Food & Nutritional Sciences*. 2021;3(1):18-33.

This recent narrative review of the literature presents data from the past 25 years on quality of life and clinical & anthropometric outcomes in children fed both homemade and commercial blenderized tube feeding (BTF). Results of this review summarize the evidence available in each of the main outcomes that have been studied with BTF.

The review concluded that homemade and commercial BTF formulas can support growth and promote tolerance in the pediatric population. While there is limited research on plant-based BTF formulas, a well-designed and carefully monitored, plant- and whole food-based diet for home enteral nutrition could promote growth and development, though nutrient supplementation or fortification may be required in some cases.

Some patients experience clinical benefits from a partially whole food-based blended diet, though there is limited data on quantity, frequency, or type of BTF formula needed for optimal clinical outcomes. RCTs comparing outcomes of particular types of BTF formulas and standard formulas for children are needed.

Healthcare professionals should educate themselves on the potential benefits and risks of both homemade and commercial BTF formulas, and plant-based diets for their pediatric tube-fed patients

The publication can be accessed [here](#).



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