



ONCOLOGY NUTRITION

BLENDERIZED FOODS

If swallowing is difficult, you may want to try blenderized foods to increase the variety of foods you can eat. Blenderized foods contain the same amount of nourishment as an equal amount of regularly prepared food. You can enjoy your favorite foods as long as you blend them.

The key to success is to add enough liquid to the mixture. You will have to experiment to determine the consistency of food that is easiest for you to manage.

Foods can be blenderized individually, or an entire meal can be blended together, whichever you prefer. Use a variety of liquids depending on the foods being blended. For example use: broth, gravy, cream soup, milk, juice or ice cream.

Extra or leftover pureed food can be frozen to save preparation time for future meals and snacks.

To Blend:

- ◆ Cut food into bite size pieces before blending.
- ◆ Add enough liquid when blending. Use the chart below as a general guideline and add more liquid or solid to achieve the correct thickness.
- ◆ Blend small amount of food at a time (eg. 1 cup). Too much food in the blender will not mix properly.

	<u>Amount of Food</u>		<u>Approx. Amount of Liquid</u>	
Meat or Poultry (cooked) (eg. Use gravy or broth)	250 ml	(1 cup)	180 ml	(3/4 cup)
Fruits (cooked, skins & seeds removed, or canned) (eg. Use juice, milk, cream, ice cream)	250 ml	(1 cup)	30-60 ml	(2-4 Tbsp)
Vegetables (cooked, skins & seeds removed or canned) (eg. Use veg/tomato juice, gravy, broth, soup stock)	250 ml	(1 cup)	45-90 ml	(3-6 Tbsp)

IMPORTANT: DO NOT OVER BLEND! (over blending results in a pasty product)

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.