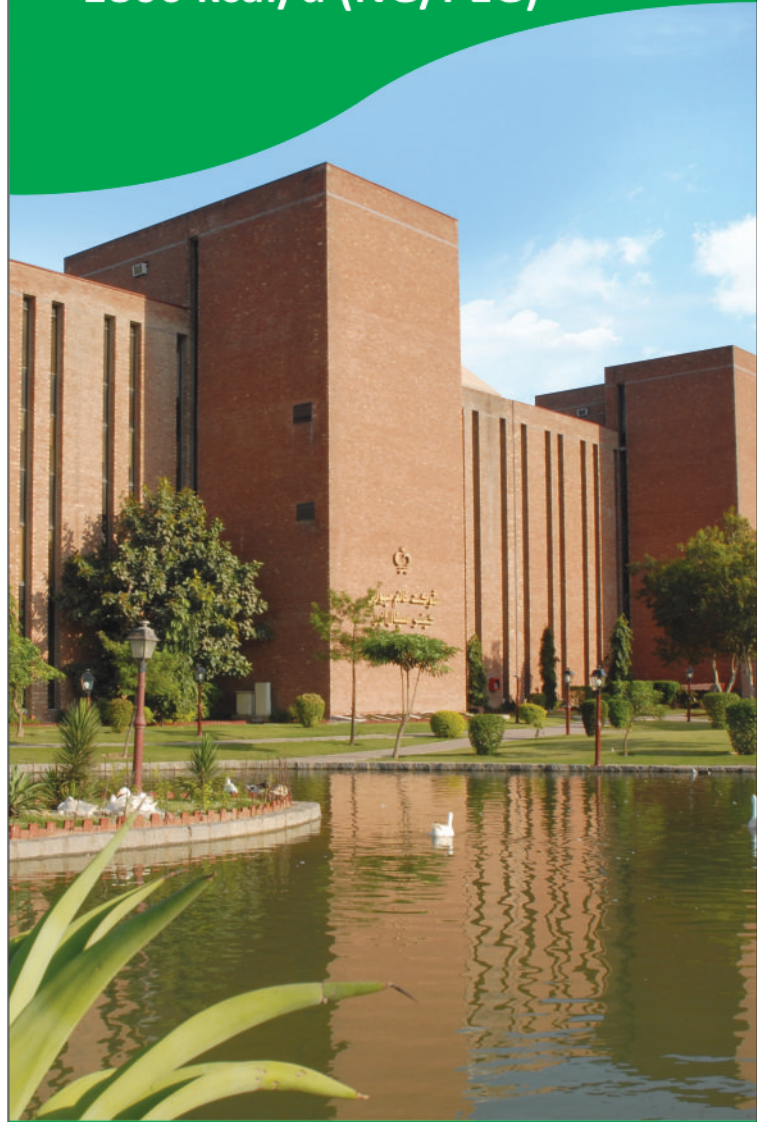


BLENDED DIET

1800 kcal/d (NG/PEG)

MISSION STATEMENT

To act as a model institution to alleviate the suffering of patients with cancer through the application of modern methods of curative and palliative therapy irrespective of their ability to pay, the education of health care professionals and the public and perform research into the causes and treatment of cancer.



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 **Shaukat Khanum**
Memorial Cancer Hospital
and Research Centre

BLENDED DIET 1800 kcal/d (NG/PEG)

Sr. No	Time	Feed	Qty.
01	6:00 am	Milk (1 cup) + Sugar (2 tbsp) + Fruit(apple, banana, mango)	250ml
02	9:00 am	Sago Dana (2 tbsp) + Milk (1 cup) + Sugar (2 tbsp)	250ml
03	12:00 pm	Soup (1 cup) + Cooked Daal/Rice (2 tbsp) + Cooking oil (1 tbsp)	250ml
04	3:00 pm	Juice (1 cup) + Bread (1/2 slice)	250ml
05	6:00 pm	Semolina / Suji (2 tbsp) + Milk (1 cup) + Cooking Oil (1 tbsp) + Sugar (1 tbsp)	
06	9:00 pm	Soup (1 cup) + Boiled Vegetable (2 tbsp) + Cooking Oil (1 tbsp)	
07	Bed Time	Milk (1 cup) + Bread (1 slice)	

SPECIAL INSRTRUCTIONS:

1. Finely blend the feed in blender and then sieve to remove chunks if any.
2. Feed must be dense like honey.
3. Pour feed into the tube gently and slowly.
4. Feed should neither be hot nor cold at the time being given.
5. Always give one syringe of clean water before and after feed.

6. Use freshly prepared feed at every serving.
7. Volume can be adjusted according to the demands of patient.
8. Avoid ready-made foods from stalls.
9. Spices should be used in minimal quantity.
10. Add two to three syringes of Sprite in the tube if it gets choked. If still the tube is blocked, please contact hospital emergency room.
11. Don't take food from mouth and tube simultaneously. Always give a gap of 60-90 minutes between taking food from mouth and tube.
12. Change in the diet plan should be made preferably after consultation with dietitian.

Reference:

Blended Tube Feeding: Suggested Guidelines to Clinicians. Carol Rees Parris M.S., R.D
Krause's food & the nutrition care process