

# Compleat®



## Blenderized Recipes with COMPLEAT® Formula

These recipes are easy to prepare. Ask your healthcare professional or dietitian if these options are appropriate for you.



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# Compleat<sup>®</sup>

The recipes in this booklet use COMPLEAT<sup>®</sup> as a nutrient-rich base for homemade tube feeding that may be used for breakfast, lunch, dinner, and snacks. They incorporate real food ingredients for a nutritionally balanced, homemade tube feeding.

The recipes are not intended to be used as a daily or weekly meal plan. They are examples of recipes using COMPLEAT<sup>®</sup> tube feeding formula as a base for homemade tube feeding formulas. If a recipe does not contain the appropriate amount of calories, protein, fat, or any other nutrients to meet a specific need, check with your healthcare professional about using more or less of an ingredient. Please note that if the volume of COMPLEAT<sup>®</sup> tube feeding formula or other ingredients is changed, the Nutrition Information provided with the recipe will also change. Remember to check with your healthcare professional before you begin preparing a homemade tube feeding formula.

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## GETTING STARTED

### *Kitchen Tips*

- Use safe food handling practices.
- Wash hands for 20 seconds with soap and running water before and after handling food.
- Wash cutting boards, dishes, utensils, equipment, and counter tops with hot, soapy water before you start and after preparing each food item and before you go on to the next item.
- Avoid cross-contaminating foods. Use a separate cutting board and knives for fresh produce and another cutting board and knives for raw meat, poultry or seafood. Use separate plates and utensils for raw and cooked foods. Wash all produce with fresh, cool running water before you begin food preparation.

### *Preparation Tips*

- The recipes provided in this booklet are suggestions only. It is always best to work

with a registered dietitian or other healthcare professional to create recipes that meet your specific nutritional needs.

- A high-speed blender is recommended to help make sure all food is a smooth consistency.
- Fresh herbs can be used to add flavour and aroma; their use is optional. Chop herbs finely before blending so they do not clog the feeding tube. If you find herbs are getting stuck in the tube, omit them from the recipes.
- To help make preparation quick and easy, cut fruits and vegetables in advance and freeze in small containers or storage bags. Do not freeze COMPLEAT® tube feeding formula.
- Water may need to be added in order to blend each recipe to a smooth consistency (see Preparation Instructions for suggested amounts).
- Blend until mixture is completely smooth and liquefied to make sure it flows through the tube. Chunks or pieces of food should not be present.

## Feeding Tips

- Administer the homemade tube feeding at room temperature.
- Typically, homemade tube feeding formulas keep for up to 2 hours at room temperature. Discard unused formulas after 2 hours.
- To help reduce chance of clogging and to make feeding easier, a 14-French feeding tube is recommended; smaller tubes are more likely to clog.
- Homemade tube feeding formulas may be thicker and may run through the feeding tube more slowly than commercial enteral formulas. Feeding with a syringe may work best, as you can provide gentle pressure on the syringe, when needed, to help improve formula flow through the feeding tube.
- Remember to flush the feeding tube with water before and after the administration of each tube feeding to help keep the feeding tube working well. Water is essential for hydration and many other functions in the body.

## Storage Tips

- Keep foods at proper temperatures: 4°C for refrigerator and -15°C or below for freezer.
- Store unopened cartons of COMPLETE® tube feeding formula at room temperature. Do not store near a heat source and do not freeze.
- Cover and store opened cartons of COMPLETE® tube feeding formula in the refrigerator for up to 24 hours. Do not freeze.
- If making multiple servings at once, divide the batch of homemade tube feeding formula into individual servings. Store in tightly covered containers in the refrigerator for up to 24 hours.
- To warm a formula that has been refrigerated, run the container under warm water. Avoid using a microwave, as microwaves may heat unevenly and overheating may destroy some of the nutrient content.

## Preparation Instructions

1. Please remember to consult with your healthcare professional before using a homemade tube feeding formula.
2. Before preparing a recipe, review the ingredient list and take into consideration any special dietary needs or restrictions.
3. Place all ingredients in the blender.
4. Blend until mixture is completely smooth and liquefied (no chunks or pieces of food should be present).
5. Water may need to be added to the mixture to achieve proper consistency for tube feeding:
  - About ½ to 1 cup (125 to 250 ml) of water may be added to recipes that use a half carton of COMPLETEAT® tube feeding formula
  - About ¼ to ½ cup (60 to 125 ml) of water may be added to recipes that use one carton of COMPLETEAT® tube feeding formula;

however, you may find that no additional water is needed when using one whole carton of COMPLETEAT® tube feeding formula

6. The nutrient content of COMPLETEAT® tube feeding formula is included in the Nutrition Information for each recipe. See chart below for nutrient content of one 250 ml carton.

### COMPLETEAT® Tube Feeding Formula 250 ml carton

Calories	265
Fat	10 g
Sodium	250 mg
Potassium	390 mg
Total Carbohydrate	33 g
Dietary Fibre	2 g
Protein	12 g

# Banana and Blueberry Oatmeal<sup>†</sup>

**Makes:** Approximately 2 cups (500 ml)  
Approximately 410 calories

## Ingredients:

- ½ Banana, small
- ⅓ cup (80 ml) Oatmeal, plain, prepared
- ½ cup (125 ml) Blueberries, fresh
- 1 carton (250 ml) **COMPLEAT<sup>®</sup>**  
**tube feeding formula**



## Nutrition Information\*

Calories	410
Fat	12 g
Sodium	250 mg
Potassium	682 mg
Total Carbohydrate	66 g
Dietary Fibre	6 g
Sugars	14 g
Protein	15 g

<sup>†</sup>A recipe example using COMPLEAT<sup>®</sup> as a base for a homemade tube feeding.\*When prepared as directed.

# Quinoa with Applesauce with Butternut Squash and Avocado<sup>†</sup>

**Makes:** Approximately 2–3 cups (500–750 ml)  
Approximately 490 calories

## Ingredients:

½ cup (125 ml)	Quinoa, cooked
½ tsp (3 ml)	Cinnamon, ground (optional)
½ cup (125 ml)	Applesauce, unsweetened
½ cup (125 ml)	Avocado, fresh, cut into cubes
½ cup (125 ml)	Butternut squash, cooked, cut into cubes
1 tbsp (15 ml)	Flax seed meal, ground
½ carton (125 ml)	<b>COMPLEAT<sup>®</sup></b> <b>tube feeding formula</b>



## Nutrition Information\*

Calories	490
Fat	20 g
Sodium	140 mg
Potassium	1105 mg
Total Carbohydrate	71 g
Dietary Fibre	16 g
Sugars	15 g
Protein	14 g

<sup>†</sup>A recipe example using COMPLEAT<sup>®</sup> as a base for a homemade tube feeding.\*When prepared as directed.

# Spinach and Strawberries with Rice and Avocado†

**Makes:** Approximately 2–2½ cups (500–625 ml)  
Approximately 500 calories

## Ingredients:

- ½ cup (125 ml) Strawberries, fresh, sliced
- 3 cups (700 ml) Spinach, fresh, chopped
- ½ cup (125 ml) Long grain brown rice, cooked
- ½ cup (125 ml) Avocado, fresh, cut into cubes
- ½ carton (125 ml) **COMPLEAT®**  
**tube feeding formula**



## Nutrition Information\*

Calories	500
Fat	22 g
Sodium	210 mg
Potassium	1360 mg
Total Carbohydrate	66 g
Dietary Fibre	17 g
Sugars	9 g
Protein	17 g

†A recipe example using COMPLEAT® as a base for a homemade tube feeding.\*When prepared as directed.



# Blueberry Kale Salad<sup>†</sup>



**Makes:** Approximately 2½–3 cups (625–750 ml)  
Approximately 490 calories

## Ingredients:

½ cup (125 ml)	Parsley, fresh, finely chopped (optional)
1 cup (250 ml)	Kale, fresh, finely chopped
1 cup (250 ml)	Blueberries, fresh
½ cup (125 ml)	Barley, cooked
1 carton (250 ml)	<b>COMPLEAT® tube feeding formula</b>

## Nutrition Information\*

Calories	490
Fat	12 g
Sodium	300 mg
Potassium	1072 mg
Total Carbohydrate	85 g
Dietary Fibre	11 g
Sugars	15 g
Protein	19 g

<sup>†</sup>A recipe example using COMPLEAT® as a base for a homemade tube feeding.\*When prepared as directed.

# Kale and Blueberries with Chickpeas<sup>†</sup>

**Makes:** Approximately 2–2½ cups (500–625 ml)  
Approximately 500 calories

## Ingredients:

- 1 cup (250 ml) Kale, fresh, chopped
- 1 cup (250 ml) Blueberries, fresh
- ½ cup (125 ml) Chickpeas, cooked
- 1 carton (250 ml) **COMPLEAT®**  
**tube feeding formula**



## Nutrition Information\*

Calories	500
Fat	12 g
Sodium	660 mg
Potassium	833 mg
Total Carbohydrate	83 g
Dietary Fibre	13 g
Sugars	16 g
Protein	22 g

<sup>†</sup>A recipe example using COMPLEAT® as a base for a homemade tube feeding. \*When prepared as directed.

# Squash and Peppers with Roast Turkey<sup>†</sup>

**Makes:** Approximately 2½–3 cups (625–750 ml)  
Approximately 490 calories

## Ingredients:

2 tsp (10 ml)	Rosemary, fresh, finely chopped (optional)
2 oz (60 g)	Turkey breast, roasted, diced
1 cup (250 ml)	Acorn squash, baked, cut into cubes
1 cup (250 ml)	Red bell peppers, cooked, chopped
½ cup (125 ml)	Applesauce, unsweetened
2 tbsp (30 ml)	Almond meal, finely ground
½ carton (125 ml)	<b>COMPLEAT® tube feeding formula</b>



## Nutrition Information\*

Calories	490
Fat	13 g
Sodium	180 mg
Potassium	1600 mg
Total Carbohydrate	73 g
Dietary Fibre	16 g
Sugars	15 g
Protein	30 g

<sup>†</sup>A recipe example using COMPLEAT® as a base for a homemade tube feeding. \*When prepared as directed.

## Cantaloupe, Zucchini and Lentils<sup>†</sup>

**Makes:** Approximately 2½–3 cups (625–750 ml)  
Approximately 500 calories

### Ingredients:

½ cup (125 ml)	Cantaloupe melon, fresh, diced
½ cup (125 ml)	Zucchini squash, sliced and cooked
¼ tsp (1 ml)	Thyme leaves, fresh, finely chopped (optional)
½ cup (125 ml)	Lentils, cooked
2 tsp (10 ml)	Coconut oil
1 carton (250 ml)	<b>COMPLEAT® tube feeding formula</b>



### Nutrition Information\*

Calories	500
Fat	20 g
Sodium	270 mg
Potassium	1250 mg
Total Carbohydrate	63 g
Dietary Fibre	11 g
Sugars	9 g
Protein	23 g

<sup>†</sup>A recipe example using COMPLEAT® as a base for a homemade tube feeding.\*When prepared as directed.

# Tomatoes and Broccoli with Salmon<sup>†</sup>

**Makes:** Approximately 3 cups (750 ml)  
Approximately 510 calories

## Ingredients:

2 oz (60 g)	Salmon fillet, cooked
1 cup (250 ml)	Broccoli, fresh, cooked and chopped
2 tsp (10 ml)	Dill weed, fresh, finely chopped (optional)
1 cup (250 ml)	Tomatoes, fresh, chopped, seeded
2 tsp (10 ml)	Lemon juice
½ carton (125 ml)	<b>COMPLEAT® tube feeding formula</b>
½ cup (125 ml)	White kidney beans, cooked
1 tbsp (15 ml)	Hemp seeds



## Nutrition Information\*

Calories	510
Fat	17 g
Sodium	570 mg
Potassium	1310 mg
Total Carbohydrate	58 g
Dietary Fibre	14 g
Sugars	9 g
Protein	35 g

<sup>†</sup>A recipe example using COMPLEAT® as a base for a homemade tube feeding. \*When prepared as directed.

# Watermelon and Berry Yogurt<sup>†</sup>

**Makes:** Approximately 1½–2 cups (375–500 ml)  
Approximately 240 calories

## Ingredients:

- ⅓ cup (80 ml) Greek yogurt, plain, nonfat
- ⅓ cup (80 ml) Raspberries, fresh
- 1 cup (250 ml) Watermelon, fresh, seedless, diced
- ¼ tsp (1 ml) Cinnamon, ground (optional)
- ½ carton (125 ml) **COMPLEAT® tube feeding formula**



## Nutrition Information\*

Calories	240
Fat	5 g
Sodium	160 mg
Potassium	430 mg
Total Carbohydrate	37 g
Dietary Fibre	5 g
Sugars	14 g
Protein	14 g

<sup>†</sup>A recipe example using COMPLEAT® as a base for a homemade tube feeding.\*When prepared as directed.

# Cottage Cheese with Pear and Ginger<sup>†</sup>

**Makes:** Approximately 1-1½ cups (250-375 ml)  
Approximately 230 calories

## Ingredients:

- ½ cup (125 ml) Pears, fresh, cut into cubes
- ⅓ cup (80 ml) Cottage cheese, 1% fat
- 1 tsp (5 ml) Ginger, fresh, peeled and finely chopped (optional)
- ½ carton (125 ml) **COMPLEAT® tube feeding formula**



## Nutrition Information\*

Calories	230
Fat	6 g
Sodium	430 mg
Potassium	360 mg
Total Carbohydrate	32 g
Dietary Fibre	4 g
Sugars	10 g
Protein	16 g

<sup>†</sup>A recipe example using COMPLEAT® as a base for a homemade tube feeding.\*When prepared as directed.



For additional information and resources, visit:  
[www.NestleHealthScience.ca](http://www.NestleHealthScience.ca)   [www.MyTubeFeeding.ca](http://www.MyTubeFeeding.ca)

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Nutrition information for all recipes was generated using the Food Processor Nutrition Analysis Software, Ver. 10.12.0 which references the US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28. Version Current: September 2015.

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