

# WHY BLENDERIZED WHOLE FOOD DIETS

## A Look at Recent Clinical Research

**Conclusions:** Blenderized diets are associated with decreased healthcare use, improved symptom scores, and increased patient satisfaction compared with conventional formulas



Health Outcomes and Quality of Life Indices of Children Receiving Blenderized Feeds via Enteral Tube

### HEALTH OUTCOMES AND QUALITY OF LIFE INDICES OF CHILDREN RECEIVING BLENDERIZED FEEDS VIA ENTERAL TUBE

— Publication date, May 2019 —

#### ABOUT THE STUDY

##### Location:

Aerodigestive Center, Boston Children's Hospital

##### Design:

- Prospective cohort
- N=70 Children (1-18) requiring enteral feeding
- Blenderized diets vs Conventional formula

##### End Points:

- Rate of hospitalization
- Visits to emergency department
- Satisfaction with feeding regimen
- Pediatric gastroesophageal reflux symptoms
- Quality of life questionnaire
- Pediatric life inventory
- Pediatric quality of life gastrointestinal symptoms

##### Investigators:

Bridget Hron, MD, Eliza Fishman, BA, Margot Lurie, BA, Tracie Clarke, MS, Zoe Chin, CPNP, Lisa Hester, CPNP, Elizabeth Burch, CPNP, and Rachel Rosen, MD

#### FINDINGS

##### Conclusions:

Blenderized diets are associated with decreased healthcare use, improved symptom scores, and increased patient satisfaction compared with conventional formulas

**Results demonstrated superior clinical outcomes in children receiving Blenderized diets.**

##### Blenderized Patients had...

- Significantly lower total emergency department visits
- Significantly lower total hospital admissions
- Significantly lower respiratory related admissions/year
- Greater satisfaction
- Lower symptom and total scores on PDQoL
- Better quality of life

**...and importantly, a significant reduction in healthcare usage/overall healthcare system cost.**

To download the full study visit: [www.jpeds.com/article/S0022-3476\(19\)30443-3/fulltext](http://www.jpeds.com/article/S0022-3476(19)30443-3/fulltext)

#### BLENDERIZED: N=42

N=17



Home-made + Conventional base

N=11



Home-made

N=9



Nourish\*

N=3



Liquid Hope\*

N=2



Real Food Blends\*

#### PRODUCTS USED

#### CONVENTIONAL: N=28

N=16  
Elemental

N=10  
Standard Milk-based

N=02  
Multiple Formulas



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