

Why seek the help of a Registered Dietitian when using Homemade Blended Formula?

By Jude Trautlein, RD

Families who are using homemade blended formula (HBF) for their g-tube fed children are reporting exciting successes. I have personally seen improvements in volume tolerance, bowel health and most importantly in growth, development and weight gain when children use HBF.

Instead of thinking of a g-tube as a medical device, I see it as an alternate route to the stomach. When viewed this way, it only makes sense to provide food thru the g-tube. This does not mean that there is no place for commercial formulas. They are a wonderful resource for families and often an important part of HBF.

Since children with g-tubes often have medical issues, optimizing their nutrient intake is imperative. Registered Dietitians (RDs) are the healthcare professionals best suited to help families ensure the adequacy of a child's diet, especially when a child has food allergies or intolerances. RDs also have the skills to guide families concerned about food and medication interactions and herbal therapies. We can help children meet all of their nutrient needs, not just protein, carbohydrates, fluids and fats but also fiber, vitamins and minerals as well as trace minerals. If a child is not growing appropriately, the RD will work with the family to change the homemade blended formula composition and feeding schedule as appropriate.

Families deserve professional guidance when choosing to use HBF. That is why my private practice is focused on helping families who are using HBF have the peace of mind that their loved ones are meeting their nutrient needs.

Jude Trautlein BA, BS, RD is a Registered Dietitian with 15 years experience working with children and their families, particularly children with Special Health Care Needs and g-tubes. Her company, Your Nutrition Coach, LLC specializes in working with families using HBF. She can be reached through her website: www.foodbytube.com or via e-mail: Jude@foodbytube.com

