## Comparing Mixing Methods to Reduce Viscosity of Blenderized Tube Feedings

Different blending methods for thinning commercially prepared blenderized tube feedings (BTFs) result in differences in viscosity



IDDSI\* test to compare viscosity changes in 13 commercial BTFs with different mixing methods







Target viscosity → <4 mL IDDSI value

\*International Dysphagia Diet Standardisation Initiative

Stir, Shake or Blend: A Comparison of Methods Used to Reduce Viscosity of Blenderized Tube Feedings Weston et al. (2022)

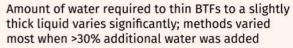
## Factors affecting BTF viscosity



## Mixing method

Stirring and shaking brings out similar viscosities, while blenderizing may potentially over thin BTFs





Presence of supplemental vitamins and minerals



Research needed on

Ideal mixing method based on BTF ingredients to get target viscosity Clinical effects of dilution on utility of these formulas in controlling symptoms Using viscometer along with IDDSI test

Ideal viscosity needed to reach medical benefit so that viscosity modifications do not diminish potential benefits

The method used to thin BTFs can affect their viscosity, and should be considered when a consistent viscosity level is desired

