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

Factors affecting BTF viscosity

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

Water added
Amount of water required to thin BTFs to a slightly thick liquid varies significantly; methods varied most when >30% additional water was added

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

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

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