Comparing Mixing Methods to Reduce Viscosity of Blenderized Tube Feedings

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*

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

- Stir
- Shake
- Blend

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)