

Table C: Blenderized Food Suggestions

- Any food can be blenderized, but solid foods will need to be thinned with some type of liquid.
 - Meats, fish, poultry, ham: blend with broths, water, milk, vegetable or V-8 juice, tomato sauce, gravies.
 - Vegetables: Blend with water, tomato juice, broths, strained baby vegetables.
 - Starches: potatoes, pasta: Blend with soups, broth, milk, water, gravies; add strained baby meats, etc to add protein if needed. Consider using hot cereals such as cream of wheat or rice, grits, etc as your “starch” at lunch and dinner.
 - Fruits: Blend with its own juice, other fruit juices, water, strained baby fruits.
 - Cereals: Make with caloric beverage such as whole milk, soy or rice milk, juice, Ensure or equivalent, etc., instead of water. Add sugars, honey, molasses, syrups, or other flavorings, butter or margarine for extra calories.
 - Mixed dishes: Lasagna, macaroni and cheese, spaghetti, chili, chop suey – add adequate liquid of your choice, blend well and strain.
- If the blenderized item comes out “lumpy”, you can strain it through a fine metal kitchen strainer (get at a kitchen store, Wal-Mart, etc) or cheesecloth (a fine material available at most fabric stores) such as Linens ‘N’ Things, or call 1-866-568-7378.
- If you do not have a blender, strained baby foods will work and can be thinned down as needed with milk, soy or rice milk, water, broth, etc.
- Always clean the blender well. Any food left on the blender could cause food poisoning.

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