



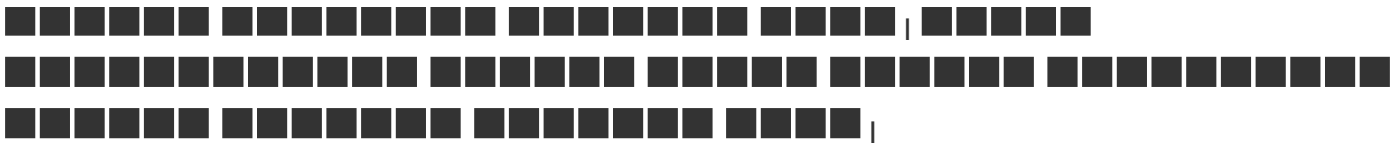
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- Eat foods rich in protein, such as chicken, fish, pork, beef, lamb, eggs, milk, cheese, beans, nuts or nut butters, and soy foods.
- Drink Double Milk and use it in recipes that call for milk or water, such as instant pudding, cocoa, omelets, and pancake mixes. To make Double Milk, mix 1 envelope (about 1 cup) of non-fat dry milk powder and 1 quart of whole milk in a blender. Store it in the refrigerator.
- Use Double Milk or ready-to-drink nutritional supplements (such as Ensure®) in hot or cold cereals.
- Add cheese and diced, cooked meats to your omelets or quiches.
- Add unflavored protein powder to creamy soups, mashed potatoes, shakes, and casseroles.
- Snack on cheese or nut butters (such as peanut butter, cashew butter, and almond butter) with crackers.
- Spread nut butters on apples, bananas, or celery.
- Try apple slices with cheese wedges and honey drizzled on top.
- Blend a nut butter into your shakes or smoothies.
- Snack on nuts, sunflower, or pumpkin seeds.
- Add nuts and seeds to breads, muffins, pancakes, cookies, and waffles.
- Try hummus with pita bread. Use hummus as a spread on sandwiches or add a spoonful to your salad.
- Add cooked meats to soups, casseroles, and salads.
- Add wheat germ, ground nuts, chia seeds, or ground flax seeds to cereals, casseroles, and yogurt.
- Choose Greek style yogurts over regular yogurt.
- Eat desserts made with eggs, such as pound cake, puddings, custards, and cheesecakes.
- Add extra eggs or egg whites to custards, puddings, quiches, pancake batter, French toast egg wash, scrambled eggs, or omelets.

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Bland, soft, puréed foods, such as:

- Plain casseroles, mashed potatoes, macaroni and cheese, and scrambled eggs
- Soft-cooked or puréed chicken and fish
- Creamed soups
- Cooked cereals
- Baby food (tapioca and plain flavors)
- Butter, sour cream, oils, and mild sauces (as tolerated) added to foods
- Breads, crackers, and other baked goods dipped in milk or tea

Cold foods, such as:

- Milkshakes, smoothies, yogurts, gelatin, custards, pudding, cottage cheese, and nutritional supplements like Ensure

Rough or dry foods, such as:

- Dry meats
- Dry breads, crackers, and pretzels
- Coarse, raw fruits and vegetables

Spicy, salty, and acidic foods, such as:

- Foods made with large amounts of spices, such as pepper or chili powder
- Foods high in salt or made with vinegar
- Citrus fruit products (such as orange juice and lemonade)
- Tomato products (such as pasta sauce, tomato juice, or tomato soup)

Preparation and Administration

Preparation and administration of enteral nutrition should be based on the patient's clinical condition, tolerance, and goals of care. The following information provides general guidelines for the preparation and administration of enteral nutrition.

Enteral nutrition should be administered through a feeding tube. The feeding tube should be placed in the stomach or small intestine. The placement of the feeding tube should be confirmed by X-ray or other appropriate methods. The feeding tube should be secured to the patient's nose or chin to prevent displacement. The feeding tube should be flushed with water before and after each feeding to prevent clogging. The feeding tube should be changed if it becomes clogged or if the patient is unable to tolerate the feeding.

Enteral nutrition should be administered at a rate that is appropriate for the patient's clinical condition. The rate of administration should be adjusted if the patient is unable to tolerate the feeding. The feeding should be stopped if the patient is unable to tolerate the feeding or if the patient is unable to swallow.

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If your food seems tasteless

- Change the texture of your foods. For example, you may like mashed potatoes more than baked potatoes.
- Change the temperature of your foods. Some foods may taste better cold or at room temperature.
- Choose and make foods that look and smell good to you.
- Use more spices and flavorings, as long as they don't cause discomfort. For example:
 - Add sauces and condiments (such as soy sauce or ketchup) to your food.
 - Marinate your meats or meat substitutes in salad dressings, fruit juices, or other sauces.
 - Use onion or garlic to flavor your vegetables or meats.
 - Add herbs (such as rosemary, basil, oregano, and mint) to your food.
 - Blend fruit into your milkshakes or yogurt. You can also try mint or coffee-flavored milkshakes.
- Try sour and tart foods. These may help stimulate your taste.
- Try alternating bites of different-tasting foods within a meal. For example, try:
 - Cottage cheese and pineapple.
 - Canned fruit and plain yogurt.
 - Grilled cheese and tomato juice.

If there's a bitter or metallic taste in your mouth

- Rinse your mouth with water before meals.
- If meats taste bitter, try marinating them in sauces or fruit juices or squeeze lemon juice on them. Only do this if your mouth isn't sore.
- Include meat substitutes (such as dairy products and beans) for protein.
- Use plastic utensils.
- Try sugar-free mints or gum.
- Avoid canned food items (such as sauces and soups). Choose items in a glass or

<ul style="list-style-type: none"> • Dry toast, crackers, and bagels • Angel food cake and vanilla wafers • Sherbet, low-fat ice cream, or frozen yogurt • Gelatin • Canned, unsweetened fruit <p>Cold foods, such as:</p> <ul style="list-style-type: none"> • Cold proteins, such as skinless chicken, cheeses, and yogurts • Light pasta salads • Popsicles • Chilled clear liquids, such as nutritional supplements (Ensure Clear) and juices diluted with water 	<ul style="list-style-type: none"> • Fried foods, such as eggs and French fries • Soups with heavy cream • Creamed vegetables • High-fat, high-sugar pastries, doughnuts, and cookies • Foods made with heavy spices, such as pepper or chili pepper, onion, hot sauce, or salad dressing <p>High-fat foods may stay in your stomach longer and are harder to digest. Many of these foods have strong odors or flavors that can cause nausea or make it worse.</p>
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General tips

- Pay attention to the amount of food you eat. Eating too much can stress your stomach.
- Try ready-made foods (such as take-out foods or frozen dinners) to prevent nausea while you cook or make foods. If you need to, ask others to cook for you.
- If food odors make you nauseated:
 - Try cold foods, such as a sandwich or salad. These foods don't smell as strong as hot foods.
 - Leave the area while hot foods are cooking, if you can.
 - Have someone else plate your food for you.
 - Let your food cool down for a few minutes before eating.
 - Avoid places with strong odors.
- Eat small, frequent meals. This can stop you from getting too full and help you take in more food throughout the day.
- Drink most liquids between your meals. This will help you keep from feeling full too fast or feeling bloated.
- Eat slowly and chew your foods well. Avoid activity right after meals. These things help with digestion.
- Eat your meals in a pleasant setting. For example:

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