

Gastric Tube Feed Creation Instructions

Ingredients

In the pitcher of a heavy duty blender like a Blendtec or Vitamix, or using a stick blender or regular blender (takes a long time and should be strained through a wire mesh strainer before serving). To avoid food intolerances, including those caused by leaky gut, do not use any products that contain wheat, dairy, egg, beans, or any artificial flavors, colors, or preservatives, and steer clear of nightshades and mushrooms.

*A stick blender or regular blender may be used, but the feed must be strained through a wire mesh strainer before serving (which removes some fiber)

- Carbohydrates: Three Kinds of Produce

Add equal amounts of each kind of produce (leafy greens, colors, sulfur) to the pitcher of a blender.



Roughly 2-3 fist sized portion of each kind of produce per day

*A more extensive list of ingredients can be found in the "Guide to Greens and Sulfur-Rich Vegetables" chart. (FeedaBrain.com/handouts)



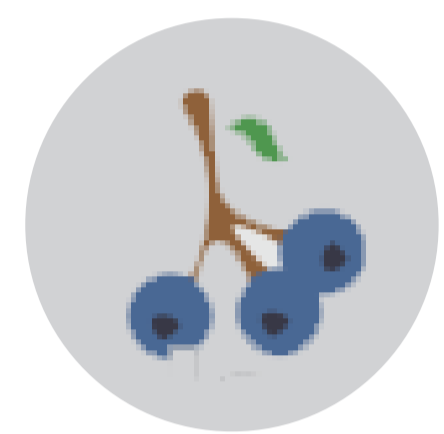
Leafy Greens

Lettuce (no iceberg)
Spinach
Arugula
Kale
Mustard Greens
etc ...



Sulfur Veggies

Broccoli
Brussels sprout
Garlic
Onions, all colors
Radishes
Turnips



Colored

*Oranges	Melons
*Grapefruits	Celery
Beets	Carrots
Berries	Asparagus
Grapes	Avocado
*Squash	Zucchini (with skin)

About 0.1 - 0.15oz/lbs (6-9g/kg) of body weight per day.

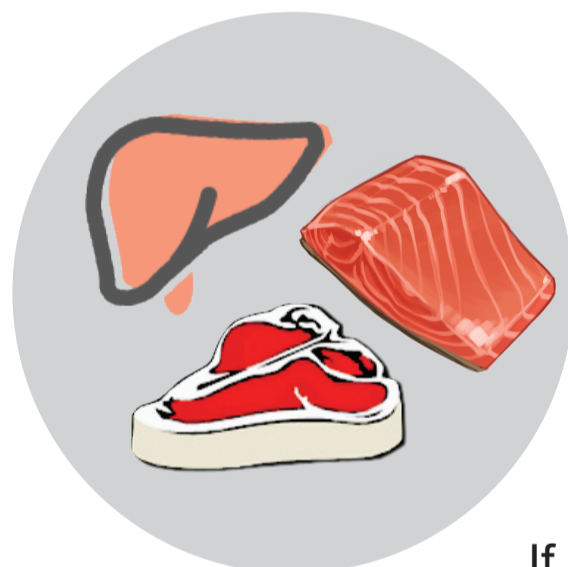
This is roughly equal to 2-3 portions of about the size of the individual's hand formed into a closed fist.

- Protein

Add any cooked meat or fish that is desired. General macronutrient guidelines tend to be measured as grams of the macronutrient protein, but not grams of a protein containing food like meat some dietician like to use this guideline as a ballpark:



Roughly 1-3 fist sized pieces of meat per day



0.06 - 0.09 ounces of meat per pound of body weight (3.69 grams - 5.67 grams of meat per kg of body weight) per per day.

Red meat, especially organ meat, and fatty fish like salmon is desirable

If vegetarian or vegan, use foods with complete amino acid profiles (avoid soy) and work with a dietitian. Keep in mind that vegetarian sources of protein are not optimal because they also contain carbohydrates, which may replace the carbohydrates from the amount of brain building produce that we want to consume

- Fat

Fat is very important to brain health and recovery. Supply essential Omega-3 and Omega-6 fatty acids (favor Omega-3s) using the "Brain-Supportive Fats and Oils" on the chart below:

Only use fats on this list. Do not use canola oil, vegetable oil, corn oil, cottonseed oil, grape-seed oil, peanut oil, "buttery spreads", hydrogenated or partially hydrogenated oils, trans fats, margarine, vegetable shortening, rapeseed oil, rice bran oil, safflower oil, soybean oil, sunflower oil, or wheat germ oil and do not heat oils above smoke temp specified.



Avocado Oil (520° F)
Ghee (482° F)
Palm Oil (450° F)
Almond Oil (430° F)
Tallow (420° F)
Extra Virgin Olive Oil (400° F)

Macadamia Oil (390° F)
Lard (390° F)
Poultry & Duck Fat (375° F)
Coconut Oil (350° F)
Sesame Oil (350° F)
Cocoa Butter

Fish Oil
Cod Liver Oil
Flaxseed Oil
MCT Oil
Truffle Oil

We can get our Omega-3s from liquid fish oils, or we can use capsules in a high power blender. Because Omega-3s have been shown to be neuroprotective in high dosages (of up to 15 ml, which is about 13g, twice a day of Nordic Natural UltimateOmega), consider supplementing with extra Omega-3s. You can find these supplement at Feeda.com/shop

*For a vegetarian option that still supplies adequate EPA and DHA, we can blend Nordic Naturals - Algae Omega capsules in a high power blender.

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