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Blended Diet

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Blended Diet

It is important to eat well to take care of yourself. When your jaws are wired or you have elastics in place, you will need to make a few changes to your diet to get the nutrition your body needs. This booklet provides tips to help you get the nutrition you need.

Good nutrition is important to:

1. Help your body heal.
2. Prevent infection.
3. Maintain your body weight.

The Diet

- + Your diet will be made up of liquids and blended food for 3 to 8 weeks. You will need a blender, food processor, or hand mixer.
- + It is important to eat at least 3 meals and 3 snacks every day.
- + Some drinks, like coffee, tea and pop are not nutritious. Drink these only after you have finished your meal or snack. If you are thirsty, drink milk, nutritional drinks, or juice.

If your jaw is wired

You may need to follow a liquid only diet to allow food to pass through the space you have between your teeth and wires. It is recommended that you strain all soups and consume smoothies and/or milkshakes that are free of berry seeds.

If you have elastic wires on your teeth

You may have enough space to allow thicker food that is smooth and the texture of baby food in addition to liquids.

Tips for Eating

- + Do not use straws after surgery as this will build up pressure in your mouth.
- + A juice box" with a spout can be used. Turn it upside down and squeeze the box to push food into the mouth. This works well when there is a missing tooth or space between teeth.
- + You may also want to try a large syringe. Use this to place food near an opening in your teeth.

(Syringes may be given to you prior to your hospital discharge. Should you require more, please visit your local pharmacy.)

If you have Diabetes

- + Make sure you eat at regular times. Do not skip meals.
- + You may find it helpful to drink special drinks for people with diabetes, like Glucerna® or Resource Diabetic®. Choose these drinks when having it as a snack or a part of a meal. You can buy these drinks at drug stores.
- + Avoid sugary foods like sugar, honey, molasses, syrup, regular pop and sweetened juice.

If you are Lactose Intolerant

- + You can substitute low-lactose milk (like Lactaid ®) or soy milk in recipes.
- + If you are able to eat yogurt, choose a higher fat brand.
- + Try sherbet in place of ice cream.
- + Many nutrition supplements (like Ensure® and Boost®) are lactose-free. You can drink these for extra calories and protein.
- + Do not use skim milk powder.

If Constipation is a Problem

- + Drink prune juice.
- + Drink more liquids.
- + Add Benefibre® to drinks and soft foods
 - o Add to water, milk, coffee, pudding, hot cereal, applesauce, yogurt, soups, or pasta sauces.
 - o Do not use in very acidic foods or carbonated drinks.
 - o Use 1-2 tsp up to 3 times per day.
- + Eat more blended fruits, vegetables, or whole grain noodles.
- + Look for nutrition supplements with fibre (try Ensure with Fibre®).
- + Add more activity to your day, if you are able.

Important Things to Remember at Home

To prevent cavities or an infection in your mouth, it is important to rinse your mouth well after every time you eat or drink. Your doctor may order a special mouth rinse. If not, you can use salt water.

Weigh yourself once a week. If you lose more than 5 pounds a week for 2 weeks, you need to eat more. Try the ideas in this booklet to add more calories. You may also want to drink extra nutrition supplements every day. Call the dietitian for ideas if you continue to lose weight.

For Your Safety

- + Keep all homemade drinks and blended food in the fridge. They can be kept in the fridge for 24 hours. After that, you can freeze food or throw it out.
- + Store-bought drinks that have been opened should only be kept for 24 hours in the fridge.
- + Do not use raw eggs in recipes. You can use Egg Beaters®, which have been pasteurized. These are available in the frozen or refrigerated section of your grocer.

Nutritional Drinks you can Buy

Homemade nutritional drinks can give you the nutrition your body needs. You may also want to try store-bought nutrition drinks. These are especially helpful if you will be away from a fridge for more than 2 hours or if you do not feel up to making your own drinks.

Carnation Breakfast Anytime®, Boost®, Ensure®, PC Nutritotal®, and Equate® are some of the nutrition drinks you can buy at grocery and drug stores.

If you are not eating very much or you are losing weight, look for supplements with "Plus" on the label. These drinks have extra calories and protein. Each one is about the same as drinking 1 1/2 boxes of the regular drinks.

Store-bought drinks do not have to be kept in the fridge, unless they are opened. Once opened, you can keep in the fridge for 24 hours. After that, throw it out.

Sample Menu

Breakfast

1/2 cup (125 ml) applesauce

blended with 1/4 to 1/2 cup (60 - 125 ml) apple juice
1/2 cup (125 ml) Cream of Wheat

thinned with 1/2 cup (125 ml) whole milk
1 cup (250 ml) commercial eggnog

Snack

1 cup (250 ml) Carnation Breakfast Anytime®

Lunch

1 1/2 cups (375 ml) all-in-one blended meal

1 cup (250 ml) whole milk

1/2 cup (125 ml) fruit cocktail

blended with 1/2 cup (125 ml) yogurt

Snack

1/2 cup (125 ml) butterscotch pudding

mixed with 1/4 to 1/2 cup (60 - 125 ml) whole milk

Supper

1 cup (250 ml) blended Cream of Vegetable
Soup 1 cup (250 ml) blended macaroni and
cheese

1 cup (250 ml) whole milk

1/2 cup (125 ml) peaches

blended with 1/2 cup (125 ml) ice cream

Snack

1 cup (250 ml) Carnation Breakfast
Anytime®

blended with 1/2 cup (125 ml) ice cream and fruit

Blending suggestions for this sample menu can be
found on pages and 8-9. Recipes are available on
pages 14-17.

Blending Suggestions

Mix solid foods with your choice of liquids. To make food thinner, add more liquid.

Solid Foods	Liquids
1/2 cup (125 ml) Meat or Fish	1/2 cup (125 ml) <ul style="list-style-type: none">• whole milk• cream• broth• gravy• soup
1/2 cup (125 ml) Well-cooked Vegetables	1/2 cup (125 ml) <ul style="list-style-type: none">• whole milk• cream• broth• vegetable juices
1/2 cup (125 ml) Mashed Potatoes	1/2 cup (125 ml) <ul style="list-style-type: none">• whole milk• cream• margarine• sour cream

Solid Foods	Liquids
1/2 cup (125 ml) Fresh or Canned Fruit	1/4 to 1/2 cup (60 -125 ml) <ul style="list-style-type: none"> • fruit juice • whole milk • cream • yogurt • ice cream • cottage cheese
1/2 cup (125 ml) Casserole (try spaghetti, macaroni and cheese, or lasagna)	1/2 to 3/4 cup (125 - 185 ml) <ul style="list-style-type: none"> • meat sauce • cheese sauce • tomato sauce • whole milk • cream • cream soup
1/2 cup (125 ml) Cooked or Cold Cereal	1/2 to 3/4 cup (125 - 185 ml) <ul style="list-style-type: none"> • whole milk • fruit juice • cream

Blending Tips

- Most foods blend well, but avoid foods with nuts, seeds, or coconut.
- Foods with tough skins and hulls (like corn or split lentils) can leave particles that may get caught in the wires.
- You may find it helpful to strain foods to remove particles.
- Keep baby food on hand for times when you don't feel like cooking. Junior meals should be blended. Try adding some spices for flavour as baby foods have no salt added.
- Chunky-type soups also blend well. Add 1/4 to 1/2 can of whole milk or broth to thin it out.
- Melt cheese and solid fats (like butter or margarine) before blending. This will make it easier to blend.

Smoothie Making Tips

- Freeze the fruit for a frostier drink (bananas work well).
- Almost all fruit tastes good in a smoothie, except for grapes.
- Avoid using fruit sweetened in syrup - this may make the drink too thick and sweet.
- If the drink is too thick, try adding more milk.
- If the drink is too thin, try adding more fruit.
- If the drink is too tart, try adding sugar, honey, or 2 Tbsp silken tofu.
- If the drink is too sweet, try adding lemonade, lemon, or 2 Tbsp tofu.

Ways to Add Energy (Calories)

Choose foods high in calories to get the most nutrition from every bite. This will help you to gain or maintain weight. If you are losing weight try these ideas to add more calories to your diet.

Try these ideas to add more energy (calories) to your diet:

Foods To Use	Add To/Use In
Butter or margarine	<ul style="list-style-type: none"> • Potatoes, mashed potatoes, cooked vegetables, cream soups, gravies, sauces, casseroles and puddings (blended)
Heavy cream, whipping cream, evaporated milk, and half-and-half cream	<ul style="list-style-type: none"> • Soft fresh or canned fruit, mashed potatoes, cooked vegetables, and cream soup, puddings, ice cream and custards (blended) • Hot chocolate, milkshakes and smoothies
Sour cream	<ul style="list-style-type: none"> • Soups, sauces and vegetables (blended)
Jams, jellies, honey, brown sugar and syrup **	<ul style="list-style-type: none"> • Fruit, ice cream, desserts, smoothies or milkshakes, plain yogurt or puddings, custards (blended)
Nut butters (peanut butter, almond butter or hazel nut spread)	<ul style="list-style-type: none"> • Sauces and shakes
Sweetened condensed milk **	<ul style="list-style-type: none"> • Puddings (blended) and milkshakes
Plain yogurt (choose a higher fat brand) ** *some brands may be higher in sugar	<ul style="list-style-type: none"> • Sauces (can replace sour cream) • Add to mashed potatoes and blend

Foods To Use	Add To/Use In
Flavored yogurt (choose a higher fat brand) ** *some brands may be higher in sugar	<ul style="list-style-type: none"> • Mix with canned fruit and blend with milk or cream • Blend with fruit, juice, or whole milk to make a smoothie
Flaxseed Oil	<ul style="list-style-type: none"> • Use up to 1 tbsp per day • Add to soups and shakes
Olive or Canola Oil	<ul style="list-style-type: none"> • Add to soups, casseroles and milkshakes
Pesto Sauce	<ul style="list-style-type: none"> • Fish, chicken and mashed potatoes (blended)
Ice Cream, frozen yogurt, sherbet (avoid ice cream with chunky pieces as these don't blend well) **	<ul style="list-style-type: none"> • Canned fruit (blended) • Milkshakes and smoothies

** Foods with this symbol are higher in sugar. People with diabetes should eat these foods in moderation.

Ways to Add Protein

Protein helps your body to heal and fight infection. Foods high in protein include meat, fish, poultry, milk products, eggs, nuts and beans (chick peas, kidney beans).

Try these ideas to help get the protein you need:

Foods To Use	Add To/Use In
Well cooked eggs	<ul style="list-style-type: none"> • Casseroles and mashed potatoes (blended) • Use beaten eggs in soups
Skim milk powder	<ul style="list-style-type: none"> • Cold foods like drinks, milkshakes, yogurt, puddings and custard • Hot foods like casseroles, sauces, mashed potatoes, soups, gravies and blended meats • You can also add it to milk to make 'double milk' (see Recipe section)
Whole milk, Soy milk, Buttermilk, Evaporated milk, and yogurt	<ul style="list-style-type: none"> • Milkshakes and smoothies • Cream soups and vegetables (blended) • Fruit (blended)
Dairy/soy cheese	<ul style="list-style-type: none"> • Casseroles, potatoes, soups and cooked vegetables (blended)
Cottage/Ricotta/Feta Cheese	<ul style="list-style-type: none"> • Casseroles, canned or soft fresh fruit, soft cooked vegetables (blended)
Smooth peanut and almond butter	<ul style="list-style-type: none"> • Milkshakes and smoothies
Meat, fish and poultry	<ul style="list-style-type: none"> • Casseroles and soups (blended)
Tofu	<ul style="list-style-type: none"> • Soups, sauces, chowders, casseroles, pasta, smoothies (blended)

Recipes

Vegetable-Meat Combo

1/2 cup (125 ml)	Cubed, cooked beef, ham, chicken, or fish
1/2 cup (125 ml)	Cooked Vegetables
1/4 cup (60 ml)	Whole Milk

Blend until smooth. Heat and serve.

All-In-One Blended Meal

2/3 cup (150 ml)	Minced Meat
1/3 cup (75 ml)	Mashed Potatoes
1/3 cup (75 ml)	Cooked Vegetables
3/4 cup (175 ml)	Cream Soup
2 Tbsp. (30 ml)	Broth or Gravy

Blend until smooth. Heat and serve.

Cream of Vegetable Soup

2 cups (500 ml)	Whole Milk
2 cups (500 ml)	Cooked Vegetables
3 Tbsp. (45 ml)	Margarine
1 Tbsp. (15 ml)	Flour
1/4 tsp. (1 ml)	Onion Powder
1/2 tsp. (2 ml)	Salt

Blend until smooth. Heat until mixture thickens and bubbles. Stir occasionally. Simmer for 1 more minute.

Mushroom Soup

1 1/2 cups (375 ml)	Soup Stock
3 oz. (90 g)	Cheddar Cheese, cut in cubes
1/3 cup (75 ml)	Skim Milk Powder
1/4 cup (60 ml)	Mushrooms (cooked or canned)

Warm the stock and put in blender. Add cheese and milk powder. Blend at low speed until smooth. Add mushrooms and blend again. Heat and serve.

High Protein Milk (Double Milk)

1 cup (250 ml)	Whole Milk
1/4 cup (60 ml)	Skim Milk Powder

Add milk powder to milk. Stir until dissolved. Refrigerate.

Can be used:

- as a beverage
- in milkshakes
- for blending fruits and vegetables
- in soups and puddings

High Protein Milkshake

1/2 cup (125 ml)	Whole Milk
2 Tbsp. (30 ml)	Skim Milk Powder
1/2 cup (125 ml)	Vanilla Ice Cream
1/2 tsp. (2 ml)	Vanilla Extract

Place all ingredients in blender and mix well. Serve cold.

(To change the flavor, try adding chocolate or strawberry syrup.)

High Protein Egnog

1/2 cup (125 ml)	Egnog Base (see below)
1/4 cup (60 ml)	Whole Milk
1 Tbsp. (15 ml)	Skim Milk Powder
Sprinkle	Cinnamon or Nutmeg (optional)

Place all ingredients in a blender and mix well. Add a tiny sprinkle of cinnamon or nutmeg on top of egnog, if you like. Serve cold.

High Protein Egnog Base

1-2 tsp (5-10 ml)	Sugar
1 cup (250 ml)	Whole Milk
1/4 tsp. (1 ml)	Vanilla
1 Tbsp. (15ml)	Egg substitute (like Egg Beaters®) - do not use raw eggs

Beat eggs slightly. Add sugar, beat well. Gradually add milk to egg mixture, beating well. Blend in vanilla. Refrigerate. If not used within 48 hours, throw it out.

Chocolate Banana Shake

1/3 cup (75 ml)	Chocolate Milk
1/3 cup (75 ml)	Evaporated Skim Milk
2 Tbsp. (30 ml)	Skim Milk Powder
1/2 medium	Banana

Place all ingredients in a blender and mix well. Serve cold.

Peach Yogurt Smoothie

1/2 cup (125 ml)	Sliced or Canned Peaches
1/2 cup (125 ml)	Plain Yogurt
1/2 cup (125 ml)	Whole Milk
1 Tbsp. (15 ml)	Honey

Place all ingredients in a blender and mix well. *Serve cold.*

Orange Pro Frost

1/2 cup (125 ml)	Orange Juice
1/2 cup (125 ml)	Ice Cream
2 Tbsp. (30 ml)	Skim Milk Powder

Place all ingredients in a blender and mix well. *Serve cold.*

Chocolate Peanut Butter Shake

1/2 package	Carnation Breakfast Anytime Powder®
2 Tbsp. (30 ml)	Smooth Peanut Butter
1 cup (250 ml)	Whole Milk
1/2 cup (125 ml)	Chocolate Ice Cream

Combine all ingredients in blender and mix well. *Serve cool.*

Creamsicle Shake

1/2 cup (125 ml)	Orange Sherbet
1/2 cup (125 ml)	Vanilla Ice Cream
1 cup (250 ml)	Whole Milk
1/4 cup (60 ml)	Skim Milk Powder

Combine all ingredients in blender and mix well. *Serve cool.*

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