

Blenderized Diet

You may need a blenderized diet if you have mouth or throat problems or if your jaw is wired. This diet consists of foods that have been blenderized and are thin enough to drink through a straw. Your medical team will inform you if you are not allowed to use a straw. You may need to strain foods if your jaw is tightly wired.

With planning, this diet can provide all the nutrients your body needs to heal. Use this guide to plan meals in order to get enough calories and protein.

Tips to prepare food

Supplies

- Blender, food processor, or food mill
- Fine wire strainer
- Plastic straws
- Wire whip or fork
- Plastic container
- Plastic spoons

Tips

- Use cooked foods. Avoid fresh fruits and vegetables and tough or gristly meats, as they are hard to puree.
- Avoid nuts, seeds, whole grain or bran cereals, starches, and foods with tough skins or hulls. These foods will leave small pieces that can get trapped in the wires.
- To liquefy in a blender:
 1. Put small pieces of solid food in a blender (1 serving = ½ cup)
 2. Add a small amount (¼ cup) of fluid
 - Liquids to use: milk, cream, cream soups, sour cream, half & half, broth, fruit juice, or vegetable juice
 - Other items to try: cottage cheese, smooth yogurt (without seeds or skins of fruit), ice cream (without nuts or chunks of fruit or candy)
 3. Blend until pureed
- Strained baby food and baby cereal may be used from the jar without further blending or straining. You should blend junior foods.
- Solid fats and cheese blend better if melted.
- Oil, salad dressing and cream can be added right to the puree.
- Do not use raw eggs. Frozen or pasteurized eggs, such as egg substitutes, reduce the risk of food poisoning.
- Frozen desserts and gelatin must melt before they can be eaten.
- Liquid foods should be lukewarm to prevent burning your mouth. You may find that you are not able to handle foods that are very cold.
- If you have been told that it is OK to use a straw you will want to use plastic straws. They are wider and easier to use. Cutting the bottom 2 inches off the straw can decrease the amount of suction needed.
- If straws are not allowed, plastic spoons may work better than metal ones.
- Eat balanced meals. Your body needs the calories, protein, vitamins, minerals, and fluid to heal. This is not a time to lose extra weight. Surgery is a stress that causes extra work for your body. Extra calories and protein are needed to fight infection and heal wounds.

How much should I be eating?

Milk & Beverages: (3 cups per day)

- Use milk as a beverage or to thin food in cooking.
- Whole milk products can boost your calorie intake. If you notice unwanted weight gain, switch to low-fat or non-fat dairy foods.
- If you cannot digest milk, try lactose free milk like Lactaid® for Dairy Ease®. You can also try non-dairy drinks such as fortified soy milk or fortified rice milk.

Ideas

- Milk, milk shake
- Puddings and custards thinned with milk
- All beverages: hot cocoa, coffee, tea, etc.
- Yogurt or smoothies without seed or fruit

Meat and Other Protein Foods: (1 ½ cup strained pureed meat/day)

- Meat, fish, poultry, eggs, and tofu are part of the protein group.
 1. Cook all protein foods until soft
 2. Liquefy in a blender until the desired consistency.
- Blended protein foods may be added to soups
- Melt pasteurized processed cheese, cream, Parmesan or cheddar cheese before serving. Some cheeses can be too stringy when melted to pass through the straw.

Ideas

- Pureed meats and poultry (baby strained) thinned with broth
- Try mixing vegetables or fruits with meats for different flavors:
 - Ham with pineapple
 - Pork with applesauce
 - Beef with sweet potatoes

Vegetables and Fruits: (2 cups or more/day)

- Fruit juices are the easiest way to include fruit in the diet.
- Include 1 serving (½ cup) of orange, grapefruit or tomato juice each day for vitamin C.
- Liquefy soft fruits in a blender.
- Cook vegetables until tender.
- Avoid fruits and vegetables with seeds, such as berries and tomatoes.

Ideas

- Fruit juices or pureed fruit thinned with fruit juice
- Juices may need to be strained to remove excess pulp for straw or syringe feedings
- Mashed white or sweet potato, thinned with soup
- Vegetable juices or purees thinned with soups

Breads, Cereals and Pasta (2 cups or more per day)

- Prepare cooked cereal with milk instead of water to increase calories and protein.
- Add brown sugar, cinnamon, or table sugar for flavor and calories
- Add margarine, vegetable oils, or melt in chocolate chips for extra calories

Ideas

- Hot cereal such as farina, cream of rice, and grits.
- Brands include Cream of Rice®, Cream of Wheat®, Malt-O-Meal®, Ralston®, or CoCo Wheats+®. Make with equal parts milk and cereal.
- Gravy, strained sauces, or soup

Supplements

- For premade high calorie and protein drinks, try one of the options below. You can find them at most grocery stores, drug stores, or online.
- Ensure® or Ensure Plus®
- Boost Breeze®
- Carnation Instant Breakfast Juice®
- Boost® or Boost Plus®
- Nestle Nutren®
- Carnation Instant Breakfast®
- PediaSure®
- ProBalance®

Dental Care

- Drink 2 to 4 glasses of plain water each day. This is on top of your other drinks.
- Rinse your mouth with water several times after every meal to wash away small pieces of food. This is even more important if you are not able to clean your teeth with a toothbrush.

Storage

- You may want to blend larger portions of foods for extra meals at home or away.
- Be sure to date and label all containers.
- Be sure to clean the blender well and refrigerate all foods.
- Refrigerated foods should be used within 48 hours.

Shopping list		
Carnation Instant Breakfast® yogurt canned refried beans gravy cheese sauce frozen fruits canned soups instant oatmeal peanut butter (smooth) plastic spoons	Regular or powdered milk egg substitute chicken broth tomato or V8® juice fruit juice canned vegetables rice cream of wheat graham crackers pudding cups/mix	straws (large diameter) pasta beef broth tomato sauces, salsa canned fruits frozen vegetables instant potatoes Saltines wheat germ Jello-O® cups/mix