

Diet for Oral Surgery/Wired Jaw

After oral surgery no chewing is allowed for a period of 4-8 weeks.

During this time you will need a blenderized or liquid diet.

This pamphlet will help you to get adequate nutrition to maintain health and weight, as well as aid in healing.

GENERAL TIPS:

- a blender or food processor is needed to prepare foods to the right consistency
- commercially made baby foods can be used (no “junior “foods)
- eat small amounts more often (6 to 8 times per day)
- never use raw eggs (egg beaters, simply egg whites, break-free eggs, or omega-pro eggs in the carton are acceptable)
- choose high fibre items to avoid constipation such as prune juice, natural bran or wheat germ added to cereal

HOME BLENDING TIPS:

- place liquids in the blender before solids
- warm, cooked foods and food cut into small pieces blend more easily
- mix equal parts of solids and liquids for most foods
- some foods which contain more water, such as fruits, need less liquid
- use broth, gravy, juices, cream soups, cheese or tomato sauces, or milk instead of water as the liquid to increase nutritional value, taste, and colour
- blend until smooth and thin in consistency
- keep all utensils clean to avoid the risk of bacteria infection
- store home made foods in the refrigerator up to 48 hours or freezer up to 3 months

OTHER SUGGESTIONS:

- make instant puddings with twice the milk, to thin the product
- add butter or margarine, cream soup or canned cheese soup to vegetables to increase calories
- add sugar, honey, or ice cream to fruits to increase calories
- for added protein add skim milk powder to foods and drinks
- use commercially available calorie/protein enhancers such as Boost, Carnation Anytime, Ensure, or Resource as needed for convenience or to help maintain weight
- Add seasonings, herbs or spices to increase flavour.

If you have additional questions, please call.

Dietitian: _____

Phone Number: _____

DIET FOR ORAL SURGERY/WIRED JAW

FOOD GROUPS	FOODS THAT BLEND WELL	FOODS THAT DO NOT BLEND WELL	SERVING SIZE	SERVINGS PER DAY
MILK AND ALTERNATIVES	milk, butter milk, egg nog, milkshakes, fortified milk*, cream, thinned puddings and custards, ice cream, frozen yogurt, sherbet, whipped toppings, sour cream, cheese sauces, cottage cheese	any ice cream ,yogurts, or frozen yogurts with nuts, seeds or skins	250 mL (8 oz.)	4
MEATS AND ALTERNATIVES	meats, chicken, fish, cooked eggs, casseroles, stews, chowders	fried meats, sausages, wieners, poultry skins, fish with bones, anchovies, fried eggs, hard cheeses, nuts	90 grams (3 oz.)	2
GRAIN PRODUCTS	smooth cooked cereals, soaked cold cereals, baby pablum, noodles or pastas, waffles or pancakes or french toast, soft breads	breads with nuts and seeds, or dried fruits grainy cereal granola cereals fried rice fried noodles	125 mL or 4 oz. or ½ cup	5+
VEGETABLES AND FRUIT	all cooked or canned fruits, ripe bananas, fresh ripe apricots, peaches, cantaloupe and honeydew melons, fruit juices and nectars, all cooked and canned vegetables such as beans, carrots, cauliflower, peas, squash, turnip vegetable or tomato based juices, sauces	fruits with seeds, membranes or tough skins such as strawberries, raspberries, watermelon, pineapple, oranges, grapefruits, cherries, grapes or dried fruits raw or fried vegetables vegetables with tough skin or membranes such as asparagus, celery, corn, potato skins	125 mL or 4 oz. or ½ cup	5+
OTHER	Cakes, muffins, jams, jelly, butter, margarine, oil, gravy, smooth sauces, herbs, spices, mustard, ketchup	nuts, seeds, coconut, raw or dried fruits chocolate or flavoured chips or chunks, salsas marmalade, relishes		

SAMPLE MENU



BREAKFAST

Fruit juice or blender fruit
Smooth cereal with fortified milk or cream
Fortified milk

LUNCH

Blender soup
Blender beef stew
Fortified milk
Blender fruit

SUPPER

Blender soup
Blender pasta and meat sauce
Blender vegetable
Fortified milk
Ice cream

SNACKS

Fortified milk
Fruit shakes
Milkshakes
Puddings/custard
High calorie/protein drink

RECIPES



FORTIFIED MILK

1 litre of milk
250 mL (1 cup) dry skim milk powder

Pour liquid milk into a bowl and dry milk and beat slowly with mixer until dry milk is dissolved and refrigerate.

You can use this fortified milk to prepare: soups, cereals, custards, puddings, shakes

FRUIT SHAKE

125 mL (1/2 cup) fortified milk
125 mL (1/2 cup) canned peaches
250 mL (1 cup) vanilla ice cream

Blend all ingredients until smooth. For variety, substitute other fruits.

MILKSHAKE

125mL fortified milk
1 scoop vanilla ice cream
1 banana

Blend all ingredients until smooth. For variety, substitute other fruits

BLENDER FRUITS

125 mL (1/2 cup) canned or soft cooked fruit, cut into cubes

50 mL (1/4 cup) juice or liquid from canned fruit

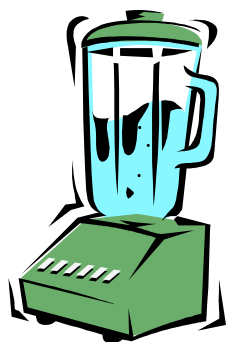
Combine in blender and process for 15-45 seconds until smooth

BLENDER VEGETABLES

125 mL (1/2 cup) soft, cooked and cubed vegetable pieces

50 mL (1/4 cup) cooking water, cream soup, sauce or cheese sauce

Combine in a blender and process 1-2 minutes until smooth .



BLENDER SOUP

50-125 mL ($\frac{1}{4}$ - to $\frac{1}{2}$ cup) blender meat or baby food meat

50-125 mL ($\frac{1}{4}$ -to $\frac{1}{2}$ cup) blender vegetable or baby food vegetable

125 mL ($\frac{1}{2}$ cup) any variety of cream soup

Blend all ingredients together, heat and serve.

BEEF STEW

125 mL ($\frac{1}{2}$ cup) blender beef or baby food beef or small cut up cooked beef cubes

50 mL ($\frac{1}{4}$ cup) mashed potatoes or 1 small soft boiled potato

50 mL ($\frac{1}{4}$ cup) mashed carrots or cooked cut small carrot pieces

50 mL ($\frac{1}{4}$ cup) gravy

50 mL ($\frac{1}{4}$ cup) broth

Combine all ingredients in a blender and process until smooth.

COTTAGE CHEESE AND FRUIT PLATE

125 mL ($\frac{1}{2}$ cup) cottage cheese

50 mL ($\frac{1}{4}$ cup) canned peaches or 1 peach half

50 mL ($\frac{1}{4}$ cup) peach nectar or orange juice

Combine all ingredients in a blender and process until smooth.

PASTA AND MEAT SAUCE

125 mL ($\frac{1}{2}$ cup) cooked pasta

125 mL ($\frac{1}{2}$ cup) cooked ground hamburger

125 mL ($\frac{1}{2}$ cup) tomato sauce or tomato juice

250 mL (1 cup) water

Combine all ingredients in blender and process until smooth.

Produced by Dietitians of the Niagara Health System, 2006