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ORTHOGNATHIC SURGERY PATIENT INFORMATION

DAILY GUIDE

Milk Group

3 or more glasses of milk for children.

4 or more glasses for teen-agers.

2 or more glasses for adults.

Cheese, ice cream and other milk made foods can supply part of the milk.

Vegetables and Fruits

4 or more servings.

Be sure to include dark green or yellow vegetables

Especially eat citrus fruits (oranges) or tomatoes.

Meat Group

2 or more servings

Meat, fish, poultry, eggs, or cheese-with dry beans, peas, nuts as alternates.

Breads and Cereals

4 or more servings

Enriched or whole grain

Add milk! It improves the nutritional Value

**A great way to maintain a balanced diet is to drink ensure, boost or carnation products.

ORAL HYGIENE CONSIDERATIONS

1. Following each meal, clean your mouth properly. Child-size toothbrushes are small and can get in tight spots for better cleaning.
2. A water pik may be used beginning one week after jaw surgery. A good solution is made of 4 parts water and/or mouthwash and 1 part hydrogen peroxide.
3. Avoid relying solely on food containing high amounts of sugar. Sugar increases the chance for cavities and contains few nutrients.
4. If the teeth are sensitive to extreme temperatures, serve foods either lukewarm or slightly chilled.
5. Your surgeon may prescribe Peridex, a special mouthwash that helps eliminate plaque and debris from the teeth and braces. Peridex may stain teeth, but the stain can be removed by a general dentist.

SURVIVAL TIPS

The recipes in this packet are for patients who have had plastic, oral, or laryngeal surgery. If these foods are used for tube feedings they must be strained. Consult your physician. The calories are based on a daily requirement of 2,050. Select your meals and snack to meet your daily needs. If you have stomach or gastric problems, this packet will be of value to you only with advice of your physician. (All calorie values are approximates.)

BREAKFAST

Start the day with a hearty breakfast!

Bacon and eggs

1 glass of juice
2 slices of bacon, crisp
2 soft cooked eggs
½ cup hash brown potatoes
½ slice of buttered toast
1 cup of warm milk

Put bacon into blender. Process 1 cycle at CHOP. Add eggs, potatoes and toast. Process 1 cycle at MIX. Add milk and process 2 cycles at BLEND, or until smooth. Add more milk if thinner liquid is desired. Pour into 8 oz. glass.
750 calories.

Sausage and eggs

1 sausage patty
2 soft cooked eggs
½ cup hash brown potatoes
½ slice buttered toast
1 cup warm milk

Put sausage into blender. Process 2 cycles at CHOP. Add eggs, potatoes and toast. Process 1 cycle at MIX. Add milk, BLEND until smooth.
715 calories
If fewer calories are desired, do not add potatoes and toast.
150 calories

Ham and eggs

1 slice (1 oz.) of ham
2 soft cooked eggs
½ slice of buttered toast
1 cup of warm milk

Trim all fatty particles from ham, put into blender. Process 2 cycles at CHOP. Add eggs and toast. Process 1 cycle at MIX. Add milk and BLEND until smooth.
570 calories

Poached eggs

2 poached eggs
½ slice buttered toast
1 cup warm milk

Put all ingredients into blender, cover and process 2 cycles on BLEND, or until smooth.
485 Calories

Quick breakfast in a glass

1 cup milk
1 egg
½ cup strained fruit

Put all ingredients into blender, cover and process 1 cycle at STIR, 1 cycle at LIQUIFY, holding hand over cover.
370 calories
Different flavors of toppings can be purchased at the supermarket ex. Chocolate, vanilla, strawberry, pineapple, etc.

Hot milk toast and eggs

1½ cups milk
2 eggs
½ slice toast, buttered

Heat milk. Add eggs and seasoning. Simmer on stove until eggs are cooked as desired. Put all ingredients into blender. Process 2 cycles at BLEND, or until smooth.

575 calories

For variation add 2 teaspoons or sugar, or a dash of nutmeg and cinnamon.

Hasty Breakfast Hints**Cream of Wheat**

1 cup of cooked Cream of Wheat
1½ cups of warm milk
2 teaspoons sugar

Put all ingredients into blender. Process at BLEND until smooth.

Approx: 650 calories

Dry Cereals

1 cup dry cereal
1½ cups milk
2 teaspoons sugar

Put cereal into blender. Process at GRIND until finely chopped. Add sugar and milk, process 2 cycles at BLEND.

280 calories

There are other instant breakfasts on the market, such as Instant Cream of Wheat or oatmeal. Use according to directions on the package, add more milk as desired.

LUNCH**Chili dog**

1 hot dog
1 cup of chili con carne, without beans
1 cup of hot water
3 soda crackers
(salt to add taste)

Cut hot dog in small pieces, put with crackers into blender. Process 2 cycles at CHOP. Add chili and water. Process 2 cycles on BLEND. Pour into 8 oz. glass.

800 calories

Beef Stew

1 cup of cooked beef stew
1 cup of beef bouillon

Put into blender. Process 1 cycle on MIX, 1 cycle at PUREE, and 1 cycle at BLEND.

350 calories.

Oyster stew

1 cup oyster stew
½ cup warm milk
4 soda crackers
1 tablespoon butter
(salt to add taste)

Add butter to hot oyster stew, until melted. Put into blender. Process 1 cycle at CHOP. Add crumbled crackers, salt and milk. Process 2 cycles on BLEND. 425 calories

SOUPS

To increase calories, protein, and calcium, add non-fat dry milk to any soup.

Asparagus Soup

Good source of protein, calcium, vitamin A, iron

1 10³/₄ oz. can cream of asparagus soup
1 cup milk
1 tbsp. mayonnaise
Dash of Worcestershire sauce

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
450 calories

Avocado-at-Sea

Good source of protein, calcium, vitamin A

1 cup condensed clam chowder from a can
1 10³/₄ oz. can chicken broth
½ cup half and half
½ ripe avocado, mashed

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
600 calories

Avocado Chicken Soup

Good source of protein, potassium

1 10¹/₂ oz. can cream of chicken soup (reconstituted with ³/₄ cup of water).
3 cups chicken bouillon
1 ripe avocado, mashed
½ cup of celery, finely chopped
1 tbsp. liquid vegetable oil
½ tsp. onion salt

Heat all ingredients in saucepan. Pour in blender. Blend until smooth
765 calories

BBQ Soup

Good source of protein, calcium

1 cup beef bouillon
¾ cup cooked rice
½ cup milk
1 tbsp. liquid vegetable oil
½ tsp. onion juice
½ tsp. barbeque sauce
½ tsp. chili sauce
¼ tsp. prepared mustard
Dash of salt, pepper, and Tabasco

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
375 calories.

Baked Potato Soup

Good source of protein, calcium, vitamin C

1 cup milk
½ cup mashed potatoes
¼ cup shredded sharp cheddar cheese
2 tbsp. sour cream
1 drop onion juice
Salt, pepper for taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
475 calories.

Bean Soup

Good source of protein, vitamin C, vitamin A

¾ cup chicken bouillon
½ cup canned pinto beans, drained
½ cup canned carrots, drained
1 8" stalk celery, finely chopped
1 tbsp. deviled ham
½ tsp. onion juice
Dash garlic powder
Salt, pepper for taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth
200 calories.

Borsch

Good source of iron

1½ cups beef bouillon
1 cup canned beets, chopped
1 tbsp. sour cream
1 tsp. liquid vegetable oil
1 tsp. onion juice
1 tsp. lemon juice
2 drops garlic juice
Dash of hot pepper sauce, salt, and pepper

Blend until smooth. Serve cold
205 calories

Cauliflower Soup

Good source of protein, calcium, vitamin A, vitamin C, potassium

1 10 oz. pkg. frozen cauliflower, cooked
1 cup half and half
¾ cup milk
3 slices American cheese
1 tsp. flour
1 tsp. butter
Dash of Worcestershire

Heat butter and flour in a saucepan until smooth. Add remaining ingredients. Do not boil. Pour in blender. Blend until smooth.
755 calories

Cheddar Cheese Soup

Good source of all nutrients due to Ensure

1 11 oz can cheddar cheese soup
½ cup vanilla Ensure
½ cup water
1 tsp. Worcestershire sauce
Salt and pepper for taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
480 calories

Cheese Broccoli Soup

Good source of protein, calcium, vitamin A, iron

1 11 oz. can cheddar cheese soup
1 cup milk
½ of 10 oz. package frozen broccoli, cooked

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
500 calories.

Chicken Soup

1 cup chicken and noodles
1 cup of chicken bouillon

Put chicken into blender, process 1 cycle at CHOP, add bouillon. Process 1 cycle at MIX, 2 cycles at BLEND.
660 calories

Chicken Asparagus Soup

Good source of iron

1 10¾ oz. can chicken broth soup
½ cp mashed white asparagus
1 tbsp. sour cream
1 tbsp. deviled ham
1 tsp. flour
Salt and pepper for taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
315 calories

Cold Squash Soup

Good source of protein, vitamin A, vitamin C

1 cup cooked summer squash, diced
1 cup chicken bouillon
1/3 cup half and half
1 tsp. sugar
½ tsp. liquid vegetable oil
Dash of nutmeg, salt, and pepper

Blend until smooth. Serve cold.
175 calories

Corny Chicken Soup

Good source of protein, calcium, vitamin A

1 10½ oz. can cream of chicken sop
1¼ cups milk
½ cup creamed corn
½ cup water
1 drop hot pepper sauce
Dash of salt, pepper, and poultry seasoning

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. May require straining.
575 calories.

Crabmeat Soup

Good source of protein, calcium, vitamin A, iron

2 cups half and half
1 10½ oz. can cream of mushroom soup
1 10½ oz. can cream of asparagus soup
1 cup chopped crabmeat
½ cup water
Dash of white pepper

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. May require straining.
1200 calories.

Cream of pea soup

1 cup of cooked peas, hot
1 cup of hot milk
1 teaspoon butter
3 soda crackers
(salt to add taste)

Put peas into blender, process 1 cycle at PUREE. Add remaining ingredients, process 1 cycle at MIX, 2 cycles at BLEND.

295 calories

Most of the canned soups can be diluted with water, milk or bouillon-Very Tasty!

Cream Cheese Soup

Good source of protein, Vitamin A

1 3 oz. package of cream cheese, softened
1½ cups beef bouillon
Dash of curry powder, garlic powder, and pepper

Blend until smooth. May be served hot or cold.
300 calories.

Creamed Curry Soup

Good source of protein, calcium

1 cup plain yogurt
1 cup beef bouillon
1 tsp. liquid vegetable oil
¼ tsp. curry powder
Dash of garlic salt

Heat all ingredients in saucepan. Do not boil. Pour in blender. Blend until smooth.
200 calories.

Cucumber Soup

Good source of protein, calcium

2/3 medium cucumber
1/4 cup milk
1/2 cup chicken bouillon
1 tsp. cottage cheese
1 tsp. sour cream
1 tsp. minced onion
Dash of salt and pepper

Blend until smooth. May be served hot or cold.
160 calories.

Gazpacho

Good source of vitamin C, vitamin A

2 cups chicken bouillon
1 large tomato, peeled, seeded, chopped
1/2 cucumber, peeled, seeded, chopped
1 tsp. vinegar
1/2 tsp. garlic juice
1/2 tsp. sugar
1/4 tsp. salt
1 drop hot pepper sauce
Dash of pepper

Put all ingredients in blender. Blend until smooth. May be served hot or cold.
210 calories

Ham and Cheese Soup

Good source of protein, calcium

1 1/2 cups milk
1/4 cup pimiento cheese spread
1/4 cup deviled ham
2 tbsp. mayonnaise
Dash of Tabasco and salt

Heat all ingredients in saucepan. Pour in blender. Blend until smooth
700 calories.

Lobster Bisque

Good source of protein, calcium, vitamin A

1 cup half and half
3/4 cup chopped lobster meat
3/4 cup chicken bouillon
1 tbsp. liquid vegetable oil
2 tbsp. flour
1/2 tsp. onion juice
1/4 tsp. salt

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
585 calories.

Mushroom Soup

Good source of protein, calcium

10½ oz. can cream of mushroom soup
½ cup milk
½ cup chicken bouillon
1 tbsp. sautéed onions
Dash salt

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
335 calories.

New England Clam Chowder

Good source of protein, calcium, vitamin A, iron

1 10 oz. can minced clams, completely drained
½ cup milk
½ cup half and half
¼ cup mashed potatoes
1 tbsp. vegetable oil
½ tsp. onion juice
Salt and pepper for taste.

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
500 calories.

Potato Salad Soup

Good source of protein, calcium, vitamin A, vitamin C, potassium

1 10¾ oz. can chicken broth
1 cup canned potato salad
½ cup half and half
1 tsp. pickle juice
Dash of smoke flavored salt

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
560 calories

Quick homemade potato soup

1 cup of mashed potatoes
1½ cup hot milk
dash of onion and garlic salt*
*if spices are allowed

Put crackers into blender. Process 1 cycle at CHOP, add remaining ingredients. Process 2 cycles at BLEND.
600 calories.

Shrimp Soup

Good source of protein, calcium, iron

1 cup milk
1 4½ oz. can broken shrimp, drained
1 tsp. flour
1 tsp. butter
Dash of Tabasco

Heat butter and flour in a saucepan until smooth. Add remaining ingredients. Don't boil. Blend until smooth.
325 calories.

Spinach Soup

Good source of protein, calcium, vitamin A, iron

1 10 oz. package frozen chopped spinach, cooked
1 10¾ oz can chicken broth
1 cup half and half
½ cup milk
1 tbsp. lemon juice
1 tsp. butter
1 tsp. flour
Salt for taste

Heat butter and flour in saucepan until smooth. Add remaining ingredients. Don't boil. Blend until smooth.
525 calories.

Tomato-Cheese Soup

Good source of protein, calcium, vitamin A, vitamin C

1 10½ oz. can tomato soup (reconstituted with 1/3 cup water)
1 cup milk
½ cup shredded cheddar cheese
1 tbsp. mayonnaise
1 tsp. pepper juice
Dash of Worcestershire sauce
Salt, pepper to taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
675 calories

Tomato Juice Cocktail

Good source of vitamin C, iron

2 cups tomato juice
1 cup crushed ice
1 cucumber, peeled, seeded, chopped
1 8" stalk celery, finely chopped
1 tsp. lemon juice
½ tsp. salt
¼ tsp. Worcestershire

Put all ingredients in blender. Blend until smooth. Serve cold.
150 calories

Tomato-Rice Soup

Good source of protein, calcium, vitamin C

1 10½ oz. can tomato soup
½ cup milk
½ cup chicken bouillon
1/3 cup cooked rice
1 tbsp. sautéed onion
1/8 tsp. salt
Dash pepper

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
400 calories

V-8 Cocktail

Good source of vitamin C, vitamin A

1½ cups chilled V-8
1 tbsp. sour cream
2 drops Worcestershire sauce

Put all ingredients in blender. Blend until smooth. Serve cold
100 calories

Vegetable Broth

Good source of vitamin A, vitamin C

1 cup beef bouillon
¾ cup canned chicken broth
½ cup cucumber, peeled, seeded, chopped
½ cup tomato, peeled, seeded, chopped
¼ ripe avocado, mashed
1 tsp. sour cream
¼ tsp. onion juice
¼ tsp. wine vinegar
Salt and pepper for taste

Put all ingredients in blender. Blend until smooth. May be served hot or cold.
210 calories

Vegetable Soup

Good source of protein, calcium, vitamin A

1 cup mashed potatoes
1 cup milk
1 cup beef broth
1 4½ oz. jar strained baby food carrots
1 3½ oz. jar strained baby food beef
Salt pepper to taste

Heat all ingredients in saucepan. Stir until smooth.

Sandwiches**Liverwurst and Cheese on Rye**

1 slice of rye bread
1 slice of liverwurst
2 tbsp. of cream cheese
1 cup of milk, hot or cold

Put bread, broken in small pieces, liverwurst, and cheese in blender, process at CHOP for 2 cycles. Add milk, process 2 cycles at BLEND, or until creamy and smooth.
475 calories.

Hamburger

1 cooked hamburger patty, 2 oz.
½ hamburger bun
Season for taste
1 cup of beef bouillon

Put hamburger in blender, 1 cycle at CHOP. Add other ingredients. 2 cycles at BLEND.

Cheese

2 tbsp. of cheese spread
½ slice of bread
1 cup milk, hot

Put bread into blender, process 1 cycle at chop. Add cheese and hot milk, process 1 cycle at MIX, 2 cycles at blend.

DINNER

Turkey and Dressing

1 3oz. serving of turkey
½ cup dressing
½ cup mashed potatoes
1 cup of turkey gravy
¼ cup of hot water of bouillon

Put turkey, dressing and potatoes into blender. Process 2 cycles at CHOP. Add gravy and liquid, process 3 cycles at BLEND. Serve with 1 glass of cranberry juice
800 calories

Steak

1 3oz. serving of broiled steak
½ cup of mashed potatoes
½ cup of gravy
1 cup of warm milk

Cut steak into small cubes. Put into blender. Process 2 cycles at CHOP. Add remaining ingredients, process 1 cycle at MIX, 2 cycles at BLEND, or until smooth. Add more liquid if desired.
660 calories

Roast Beef

1 3oz. serving of roast beef
½ cup mashed potatoes
½ cup gravy
1 cup of beef bouillon

Put meat into blender. Process 2 cycles at CHOP. Add remaining ingredients, process 1 cycle at STIR, 2 cycles at BLEND.
670 calories

Hot Beef Sandwich

1 3oz. slice of beef
½ slice of bread
½ cup water, hot
¾ cup of gravy

Process meat 1 cycle at CHOP, add remaining ingredients. Process 2 cycles at BLEND.
400 calories

Pork Roast

1 3oz. lean slice of pork roast
1 medium size potato, boiled
¾ cup gravy
¾ cup hot water
Season for taste

Cut meat into 1" cubes. Put into blender. Process 2 cycles at CHOP, add quartered potato, gravy, and water. Process 2 cycles at BLEND. Serve with ½ cup of applesauce or apple juice.

Fried Chicken

2 of your favorite pieces of chicken
½ cup of mashed potatoes
½ cup cream gravy
1 cup hot milk
Salt for taste

Put chicken in blender, process 2 cycles at CHOP. Add other ingredients. Process 2 cycles at BLEND.
800 calories

Chicken and Noodles

1 cup boiled chicken and noodles
½ cup mashed potatoes
1 cup hot chicken broth

Put chicken, noodles, and potatoes into blender, process 1 cycle at CHOP. Add chicken broth. Process 2 cycles at Blend. Add more liquid if desired.
570 calories

Chicken and Dumplings

1 3oz. portion of chicken
1 dumpling
1 cup of gravy
½ cup hot milk
Put all ingredients into blender, process 1 cycle at mix, 2 cycles at blend, or until smooth.
550 calories

Spaghetti and Meat Balls

½ cup spaghetti
2 meat balls
½ cup spaghetti sauce
¾ cup hot water
Season for taste

Combine all ingredients into blender. Process 2 cycles at CHOP, 2 cycles at BLEND.
500 calories

Hamburger Steak

1 3 oz. hamburger patty
½ cup fried potatoes
1 cup hot onion soup

Put steak and potatoes in blender, 1 cycle at CHOP. Add hot soup 2 cycles at BLEND.
580 calories

Steak and Mushrooms

1 3oz. serving of steak
½ cup of mashed potatoes
¾ cup of mushroom gravy or soup
1 cup hot milk

Put steak into blender process 2 cycles on GRIND. Add potatoes, gravy and hot milk; process 1 cycle at STIR. 2 cycles at BLEND.
670 calories

Swiss Steak

1 3 oz. serving of Swiss steak
1 medium size cooked potato
1 small carrot
¾ cup of sauce from steak
¾ cup of hot water
Season for taste

Put steak in blender. Process 2 cycles at CHOP; add diced potatoes and carrots. Process 1 cycle at MIX. Add liquid. Process 2 cycles at BLEND, or until smooth.
520 calories

Ham Hocks and Lima Beans

1 2oz. serving of ham hock
½ cup of lima beans
½ cup bean juice
½ cup hot water
Dash on onion salt
(potatoes if desired or more liquid if desired)

Put all ingredients in blender. Process 1 cycle at MIX, 2 cycles at BLEND.
420 calories

Macaroni and Cheese

1 cup macaroni and cheese, baked
1 cup hot milk

Put into blender while hot, with hot milk. Process 1 cycle at CHOP, 2 cycles at BLEND.
850 calories

Meat Loaf

1 3oz. serving of meat loaf
1 small potato
1 small carrot
2 tbsp. meat gravy
1 cup of beef bouillon

Put cubed meat loaf, potatoes, and carrots in. Process 1 cycle at CHOP. Add liquids. Process 2 cycles at BLEND.
500 calories

Tuna Casserole

1 cup of prepared casserole
1 teaspoon of lemon juice
1 cup hot milk
½ cup hot water

Put all ingredients into blender. Process 2 cycles at STIR, 3 cycles at BLEND.
480 calories

Sauerkraut and Hot Dogs

1 hot dog
½ cup of sauerkraut
1 baked potato, small
½ cup of vegetable juice
½ cup hot water

Put hot dog in blender process 1 cycle at CHOP. Add sauerkraut, process 2 cycles at LIQUIFY. Add cubed potato, process 1 cycle at MIX. Add liquid, process 2 cycles at BLEND.
600 calories

Pork Chop and Dressing

1 pork chop, baked with dressing
½ cup dressing
½ cup mashed potatoes
1 cup of vegetable bouillon
½ cup of hot milk

Put pork chop in blender, process 2 cycles at CHOP. Add dressing and potatoes. Process 1 cycle at Mix. Add liquid. Process 2 cycles at BLEND.
880 calories

SALADS

Carrot and Apple

1 small apple, pared, cored, and cut into small pieces.
1 carrot, cut into 1" pieces
1 cup of apple juice

Put carrots and apples in blender, process at liquefy until you can't see pieces. Add juice. Process at MIX and add 3 ice cubes, one at a time. Continue Mixing until cubes dissolve.
95 calories

Cole Slaw

2 cups finely chopped cabbage
1 tablespoon of your favorite dressing
Salt for taste

Put cabbage in blender. Cover in cold water. Process 1 cycle at CHOP. Pour into strainer, drain well. Put cabbage back in blender, add dressing and seasoning. LIQUEFY until cabbage is no longer visible.
190 calories.

Cottage Cheese and Fruit

1 cup cottage cheese
½ cup cooked fruit
½ cup fruit juice

Put into blender. Process 2 cycles at LIQUEFY.
300 calories

BEVERAGES

Milk Shakes

Basic Milk Shake

1 cup milk
1 cup ice cream

Put milk and ice cream in blender, process at STIR until thoroughly blended. 1 cycle at WHIP.
470 calories

Apple Pie A La Mode

Good source of protein, calcium

1 cup apple pie filling
1 cup vanilla ice cream
½ cup milk
Dash of cinnamon

Put ingredients in blender. Blend until smooth
525 calories

Banana Berry

Good source of vitamin C, protein, calcium, potassium

1½ cups strawberries
1 cup half and half
1 cup crushed ice
1 ripe banana
¼ cup dry milk powder
2 tbsp. sugar
1 tbsp. peanut butter
1 tsp. wheat germ
½ tsp. vanilla extract

Blend.
785 calories

Berry-Berry Shake

Good source of protein, calcium, vitamin C

1 10oz. package frozen strawberries (unsweetened)
1 cup vanilla ice cream
1 cup crushed ice
2/3 cup canned pitted cherries, drained
¼ cup half and half
1 tbsp. honey
1 tsp. lemon juice
2 drops vanilla extract
Blend. 625 calories

Best Banana Bisque

Good source of protein, calcium, vitamin A, potassium

1½ cups crushed ice
1 cup half and half
1 large ripe banana, peeled
½ cup vanilla ice cream
1 slice crust less white bread, diced
2 tbsp. sugar
1 tsp. vegetable oil
Dash of cinnamon
Drop of almond extract

Blend.

750 calories

Buttermilk Yogurt

Good source of protein, calcium

1 cup vanilla yogurt
¾ cup club soda
¾ cup crushed ice
1 tbsp. sugar
2 drops vanilla extract
Dash of salt

Blend

250 calories

Cantaloupe Shake

Good source of protein, calcium, vitamin C, vitamin A

1½ cups vanilla ice cream
½ ripe medium cantaloupe, peeled, seeded, chopped
¼ cup milk
1 tbsp. sugar
2 tsp. lemon juice
¼ tsp. vanilla extract

Blend until smooth.

620 calories

Cherry Shake

Good source of protein, calcium

1½ cups ice cream
1 cup cherry pie filling
½ cup milk

Put ingredients in blender. Blend until smooth. May require straining.

750 calories

Chocolate Mint Shake

Good source of protein and calcium

1½ cups chocolate ice cream
¾ cup milk
1 drop peppermint extract

Blend till smooth

550 calories

Creamy Fruit Salad

Good source of vitamin C and A, protein, and calcium

¾ cup fruit cocktail
½ cup milk
½ cup half and half
1/3 cup liquid gelatin (any flavor)
1/3 cup cottage cheese

Blend.
475 calories.

Creamy Lime Sherbert

Good source of protein, calcium, and vitamin A

1 cup half and half
1 cup crushed ice
1/3 cup lime juice
¼ cup sugar
2 drops lime extract
1 drop green food coloring

Blend till smooth.
530 calories

Hawaiian Shake

Good source of protein, potassium, calcium, and vitamin C

1½ cups vanilla ice cream
¾ cup pineapple juice
1 medium banana

Blend till smooth.
650 calories

Honey Shake

Good source of protein, potassium, calcium, and vitamin C

2 small bananas
1½ cups ice cream
1 cup milk
1 package instant breakfast (any flavor)
3 tbsp. honey

Blend.
1275 calories

Italian Cream Berries

Good source of protein, calcium, and vitamin C

1¼ cups strawberries
1¼ cups milk
1 cup crushed ice
½ cup ricotta cheese
3½ tbsp. chocolate chips
½ tsp. vanilla extract

Blend.
660 calories

Lemon Lift

Good source of protein, calcium, and vitamin C.

1 cup liquid lime gelatin
½ cup pineapple juice
½ cup cottage cheese
½ cup half and half
2 drops vanilla extract

Blend.

480 calories

Malted Milk

Good source of protein, calcium, vitamin A

1 cup milk
½ cup vanilla ice cream
¼ cup half and half
2 tbsp. malted milk powder
½ tsp. vanilla extract

Blend till smooth.

520 calories

Mocha Orange Cream

Good source of vitamins A and C, protein, and calcium

1 cup crushed ice
½ cup heavy cream
½ cup orange juice
½ cup milk
¼ cup sugar
1 egg yolk
1 tbsp. instant coffee
2 drops orange extract

Blend.

770 calories

Nutty Chocolate Milk

Good source of protein and calcium

1 cup milk
2 tbsp. chocolate syrup
2 tbsp. creamy peanut butter
1 tsp. wheat germ

Blend. May be served hot or cold

430 calories

Orange Foam

Good source of protein, vitamin C, and calcium

1 cup orange juice
¾ cup vanilla ice cream

Blend till smooth.

350 calories

Peach Pillow

Good source of vitamin C and A, protein, and calcium

1 cup vanilla yogurt
1 jar strained baby food peaches
½ cup milk

Blend.

375 calories

Peaches a L'Orange Juice

Good source of protein, calcium, vitamin C and A, potassium

3 canned peach halves
1 cup crushed ice
5/8 cup half and half
¼ cup orange juice
1 tbsp. brown sugar
½ tsp. lemon juice

Blend.

400 calories

Peaches and Cream

Good source of protein, calcium, and vitamin A

1 cup milk
1 cup canned peaches
1 cup syrup
1 cup vanilla ice cream
¼ tsp. salt
2 drops vanilla extract

Blend till smooth.

630 calories

Pepper-Upper

Good source of all nutrients due to Ensure

1 cup Dr. Pepper
¾ cup vanilla ice cream
½ cup vanilla Ensure

Blend till smooth.

450 calories

Strawberry-Pear Cooler

Good source of protein, calcium, and potassium.

2 canned pear halves
½ cup cottage cheese
½ cup strawberry yogurt
½ cup milk
1 tbsp. sugar
2 drops almond extract

Blend.

400 calories

Vanilla Milkshake

Good source of protein, calcium, potassium, and vitamin A

3 cups vanilla ice cream
1¼ cups milk
1 banana
1 egg
½ tsp. vanilla extract

Blend till smooth. For variation add ¼ cup chocolate syrup or 1 cup canned peaches.
1500 calories

Yankee Malted

Good source of all nutrients due to Ensure

2 cups milk
1½ cups chocolate Ice cream
½ cup vanilla Ensure
1 egg
2 tbsp. malted milk powder

Blend till smooth.
1150 calories

Yogurt Nog

Good source of protein, vitamin C and A, potassium, and calcium

1 cup vanilla yogurt
½ cup orange juice
1 egg
1 small banana
1 tbsp. sugar

Blend till smooth.
410 calories

Hot Chocolate

1 square of unsweetened chocolate
¼ cup sugar
¼ teaspoon of vanilla extract
1 cup hot milk
Dash of salt

Mix ingredients in blender until chocolate dissolves. Add dash of whipped cream
300 calories

Cold Eggnog

1 cup milk
1 egg
2 teaspoons sugar
¼ teaspoon vanilla
Dash of salt
¼ cup crushed ice

Put everything into blender, process at liquefy until smooth.
300 calories

Fruit Punches

HINT: Fruit has little protein so combine it with yogurt, an egg, or half and half, whenever possible.

Apple Fizzy

good source of protein, calcium, potassium

¾ cup club soda

½ cup vanilla yogurt

3 oz. frozen apple juice concentrate

Blend till smooth.

190 calories

Banana Daiquiri

Good source of Vitamin C, potassium

2 cups apple juice

1 ripe banana

15 raisins

1 tbsp. sugar

½ tsp. cinnamon

Blend.

395 calories

Cranberry Fruit Punch

Good source of vitamin C

1½ cups orange sherbert

1½ cups cranberry juice cocktail

1½ cups crushed pineapple

½ cups water

1 tbsp. sugar

Blend till smooth.

900 calories

Fruit Punch

Good source of vitamin C, potassium

1 cup ginger ale

½ cup applesauce, unsweetened

½ cup orange juice

½ cup tea

1/3 cup sugar

1/3 cup lemon juice

Mix Ingredients

390 calories

Orange Berry Punch

Good source of vitamin C

1¼ cups orange juice

1 10oz. package sweetened strawberries (slightly frozen)

1 cup orange sherbet

Blend till smooth

770 calories

Orange Julie

Good source of protein, vitamin C, iron

2 cups orange juice
½ cups crushed ice
1 raw egg
2 tbsp. honey
¼ tsp. vanilla extract

Blend.

400 calories

Orange Sherbet Punch

Good source of vitamin C

1 pint orange sherbet
¾ cup ginger ale
½ cup pineapple juice
¼ cup grapefruit juice

Pear Icy

Good source of potassium.

4 canned pear halves, drained
1 cup crushed ice
¼ cup sugar
1 tbsp. lemon juice

Blend till smooth.

380 calories

Strawberry Crush

Good source of vitamin C, potassium

2 cups frozen strawberries, unsweetened
½ cup crushed pineapple
½ cup water
½ medium banana
6 tbsp. sugar
¼ cup lemon juice
2 tbsp. honey

Blend till smooth.

640 calories

Tooty Fruits

Good source of vitamin C, potassium

2 cups apple juice
¾ cup cranberry juice
½ cup orange juice
2 tbsp. sugar
½ tsp. cinnamon
½ tsp. cloves

Mix well. Serve hot or cold.

490 calories

Virgin Pina Colada

Good source of protein, calcium, vitamin C, potassium

1 cup crushed ice
½ cup pineapple juice
¼ cup cream of coconut
3 tbsp. milk
3 tbsp. cottage cheese
1 drop vanilla extract

Blend.

350 calories.

Basic Juices 8oz. glass

Orange Juice: 96 calories
Grapefruit Juice: 96 calories
Apricot Nectar: 144 calories
Grape Juice: 192 calories
Pineapple Juice: 144 calories
Prune Juice: 192 calories
Peach Nectar: 96 calories

Teas and Coffees

By themselves, tea and coffee are not very nutritious. Try to use fruit juices and heavy cream to increase calories and nutrient content.

Café Ole

Good source of vitamin A

1 cup hot coffee
1 tbsp. heavy cream
1 tsp. chocolate syrup
1 tsp. brown sugar
1 drop vanilla extract
Dash of cinnamon

Heat and stir.

90 calories

Cappuccino

Good source of protein, calcium, and vitamin A

¾ cup coffee
¾ cup half and half
1 tsp. sugar
½ tsp. cocoa

Heat and stir.

265 calories

Cranberry Tea

Good source of vitamin C

1 cup cranberry juice
¾ cup tea
1 tbsp. lemon juice
1 tsp. honey
Dash of cinnamon
Pinch of cloves

Mix all ingredients. Serve hot or cold.

160 calories

Mexican Cocoa

Good source of protein, calcium

1 cup milk
½ cup coffee
2 tbsp. chocolate syrup
Dash of cinnamon

Heat and stir.

260 calories

Tropical Tea

Good source of vitamin C

¾ cup strong tea
¾ cup orange juice
¼ cup pineapple juice
1 tbsp. sugar
Dash of cinnamon

Mix ingredients. Serve hot or cold

140 calories

Tea for Me

Good source of vitamin C

1 cup strong tea
½ cup pineapple juice
¼ cup orange juice
¼ cup grapefruit juice
1 tbsp. honey
Dash of cinnamon
1 drop of orange extract

Mix ingredients. Serve hot or cold.

165 calories

REMEMBER!

If alcoholic beverages are allowed by your doctor, drinking alcohol through a straw can cause you to become intoxicated quickly. Use caution when choosing to drink alcohol, or, even better, don't drink it at all.

DESSERTS

Desserts are good when you need additional calories in your diet.

Apple Pie

1 serving of pie
1 8oz. glass of cold milk

Put pie and milk in blender, process 1 cycle at CHOP, 2 cycles at BLEND. Add a scoop of ice cream to blender if you like. You can try all your favorite pastries in this manner.

Jell-O

Follow directions on package, drink while warm. Blend fruits if desired.

Puddings

¾ cup soft pudding
1 cup cold milk

Process 2 cycles at BLEND

Strawberry Shortcake

1 serving of cake
½ cup whipped cream
1 cup of cold milk

Add all ingredients to blender, process 2 cycles at BLEND.

FIBER

As a final note, following surgery, patients may complain of constipation. This is usually due to side effects of pain medication. Constipation can be cured with a diet high in fiber, which works as a laxative. It's best if a patient eats high fiber foods before and after surgery. Some examples of high fiber foods are: **Applesauce, Prunes, Apricots, Figs, Bran Muffins, Fresh Vegetable Soup, Dried Peas, Lentils, Barley, Carrots Celery Tomatoes, Lettuce, Cabbage, Scallions, Baked Potatoes, Squash, Broccoli, Green Beans, Onions, and Spinach.**