

## Minimum Daily Requirements of Food Groups:

### **Milk/Milk Products**—2-4 cups daily

Includes milk, buttermilk, chocolate milk, eggnog, malted milk, ice cream, yogurt, puddings, custard, cottage cheese. (Use 2% or non-fat milk and “light” ice cream to minimize fat intake.)

### **Fruit/Fruit Juices**—2-4 cups daily

Includes juices such as apple, orange, grape, cranberry, prune, pear, guava, tomato (V-8) and combination fruit juices. (Avoid artificially flavored, sugared drinks.) Other Pureed melons, (cantaloupe, watermelon, etc.), bananas, pears, peaches, plums. Remember: Vitamin C is an important vitamin in healing; oranges, grapefruit, tomatoes are high in vitamin C.

### **Vegetables**—2-4 cups daily

Mashed and pureed potatoes are a basic and can be mixed with various gravies, soups and sauces to give a smooth consistency. Any canned vegetable (carrots, green beans, spinach) and many fresh vegetables such as lettuce and tomatoes can be blended into juices. Corn and beans tend not to puree well and their “skins” will need to be strained.

### **Cereals & Breads**—4-5 cups daily

Plain oatmeal, cream of rice, cream of wheat, farina, pasta are all an excellent source of nutrition but must be thinned with milk, etc. Avoid cold cereals. Cut the crust off bread before eating. Breads can be soaked in gravy or blended into other dishes.

### **Soups & Meats**—6-8 ounces daily

*Soups:* Almost any soup can be blended to proper consistency and provide a tasty meal with little fuss. Creamed soups and broths can be blended into other dishes to thin the texture. Strain chowders & bean soups.

*Meats:* Almost any meat can be blended; stringy meats (chicken, beef) can be a hassle. Pre-grinding (e.g. hamburger instead of steak) will help minimize the problem. SMOOTH peanut butter, fish and eggs are excellent sources of protein (no raw eggs). Many can be combined and blended (wiensers & sauerkraut, macaroni & cheese with milk, tuna & noodle casserole, ravioli or spaghetti with extra sauce, stuffed green peppers with gravy, meatloaf with mashed potatoes and gravy.)

### **Protein/vitamin Supplements**—2-4 daily

Liquid drinks such as Ensure, Boost, Carnation Instant Breakfast and Powders (Myoplex, MetRx, etc.) can help your body gets the necessary vitamins & minerals needed for good nutrition. Avoid diet drinks such as Slim Fast Plus, as they are too low in calories, proteins and certain vitamins.

### **Fat Sources**—limited

You will get enough fat in your diet from margarine, cooking oils, gravy, etc. Too much fat is usually more of a problem than not enough!



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## Post Surgical Liquid Diet



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## INFORMATION FOR PATIENT ON A LIQUID DIET:

### INTRODUCTION:

Dr. Kewitt has recommended a special diet to aid in your oral surgery healing, therefore, you're not able to chew a normal diet and must consume food that is in liquid or near-liquid state. This diet can be inconvenient and monotonous unless you take efforts to make it tasty. This pamphlet will assist you in adjusting to this new way of eating, and give you some ideas on preparing food that will ensure nutrition and variety to your meals.

The menus and recipes on the reverse side of this pamphlet have been obtained from a variety of sources, including patients who have gone through this before. Your first need is an electric blender or food processor. Almost any food can be blended into a soupy liquid for better consistency. With experimentation you'll be able to come up with tasty combinations.

### FREQUENT MEALS AND SNACKS:

Your stomach will process the liquid diet very quickly, so you must eat more frequently on this diet. Think in terms of 6-7 liquid meals a day rather than 3 large meals. This will keep the hunger pangs away and assist in giving you the essentials nutrients you need. It is not unusual for patients to lose 5-10 pounds in the first week as they adjust to a new way of eating. If you continue to lose weight, it's a sign you aren't getting enough to eat. This is NOT a time to diet; your body needs the building blocks to heal! If you have a weight scale at home, develop a habit of weighing yourself several times a week immediately after getting up in the morning. Record your weight so you can follow changes over a period of time.

Your diet should ideally be high in calories, carbohydrates and protein, but low in fat. It should contain additional quantities of vitamins and minerals, which can be accomplished by adding commercial protein milk-shakes “snacks” to your diet. Remember to balance your basic food groups, including milk products, fruit and fruit juices, vegetables, breads and cereals, meat and other proteins.

### IMPORTANT:

You will be living on this diet for an extended period of time, so it is important that you make the effort needed to make it nutritious and enjoyable. Remember to drink lots of fluids each day (juices, water, sodas, etc.). Protein shakes and pre-made shakes are packed with vitamins and minerals and are a good choice for meal replacements that don't involve a lot of preparation. *Avoid using raw eggs.*

We will do everything we can to help you adjust! *Bon Appetite!*

# Soups



**Asparagus Soup** good source of protein, calcium, vitamin A, Iron

Combine: 1 can cream of asparagus soup, 1 cup milk, 1 Tbsp. mayonnaise, dash Worcestershire sauce

Heat ingredients in saucepan, blend until smooth (450 calories)

**Avocado-at-Sea** good source of protein, calcium, vitamin A

Combine: 1 can condensed clam chowder, 1 can chicken broth, 1/2 cup half & half, 1/2 ripe avocado, mashed

Heat ingredients in saucepan, blend until smooth (600 calories)

**Baked Potato Soup** good source protein, calcium, vitamin C

Combine: 1 cup milk, 1/2 cup mashed potatoes, 1/4 cup shredded sharp cheddar cheese, 2 Tbsp. sour cream, 1 drop onion juice, salt/pepper to taste

Heat ingredients in saucepan, blend until smooth (475 calories)

**BBQ Soup** good source of protein, calcium, iron

Combine: 1 cup beef bouillon, 3/4 cup cooked rice, 1/2 cup milk, 1 Tbsp. vegetable oil, 1/2 tsp. onion juice, 1/2 tsp. barbecue sauce, 1/2 tsp. chili sauce, 1/4 tsp. mustard, dash salt

Heat ingredients in saucepan, blend until smooth (375 calories)

**Bean Soup** good source of protein, calcium, vitamin A

Combine: 3/4 cup chicken bouillon, 1/2 can mashed pinto beans, 1/2 cup canned carrots, 1 Tbsp. deviled ham, 1/2 tsp. onion juice, dash garlic powder, salt/pepper to taste.

Heat ingredients in saucepan, blend until smooth (200 calories)

**Cauliflower Soup** good source of protein, calcium, vitamin A, vitamin C, potassium

Combine: 1 pkg. Frozen cauliflower, cooked; 1 cup half & half, 3/4 cup milk, 1/2 cup American cheese, 1 tsp. Flour, 1 tsp butter

Heat butter & flour until smooth (don't boil) add remaining ingredients in pan, blend until smooth (200 calories)

**Cheddar Cheese Soup** good source of nutrients due to Ensure

**Cheese Broccoli Soup** good source protein, calcium, vitamin A and iron



Combine: 1 can cheddar cheese soup, 1 cup milk, 1/2 10 oz. Pkg. Cooked frozen broccoli.

Heat ingredients in saucepan, blend until smooth (500 calories)

**Chicken Asparagus Soup** good source of iron

Combine: 1 can chicken broth soup, 1/2 cup mashed white asparagus, 1 Tbsp. Sour cream, 1 Tbsp. Deviled ham, 1 tsp., Flour, salt/pepper to taste

Heat ingredients in saucepan, blend until smooth (315 calories)

**Cream Cheese Soup** good source of protein, Vitamin A

Combine: 1 3-oz. Pkg. Cream cheese, softened, 1-1/2 cups beef bouillon, dash each of curry and garlic powder, pepper.

Heat ingredients in saucepan, blend until smooth (300 calories)

**Ham & Cheese Soup** good source of Vitamin C, Vitamin A

Combine: 1-1/2 cups milk, 1/4 cup pimiento cheese spread, 1/4 cup deviled ham, 2 Tbsp. Mayonnaise, dash of Tabasco, dash of salt.



Heat ingredients in saucepan, blend until smooth (700 calories)

**Lobster Bisque** good source of protein, calcium, Vitamin A

Combine: 1 cup half & half, 3/4 cup chopped lobster meat, 3/4 cup chicken bouillon, 1 Tbsp. vegetable oil, 2 Tbsp. flour, 1/2 tsp. onion juice, 1/4 tsp. salt.

Heat ingredients in saucepan, blend until smooth (585 calories)

**Mushroom Soup** good source of protein, calcium

Combine: 1 can cream of mushroom soup, 1/2 cup milk, 1/2 cup chicken bouillon, 1 Tbsp. sautéed onions, dash of salt

Heat ingredients in saucepan, blend until smooth (335 calories)

**New England Clam Chowder** good source of protein, calcium, Vitamin A, Iron

Combine: 1 can minced, drained clams, 1/2 cup milk, 1/2 cup half & half, 1/4 cup mashed potatoes, 1 Tbsp. vegetable oil, 1/2 tsp. onion juice, salt/pepper to taste.

Heat ingredients in saucepan, blend until smooth (500 calories)

**Spinach Soup** good source of protein, calcium, Vitamin A

Combine: 1 pkg. frozen chopped spinach (cooked) 1 can chicken broth, 1 cup half & half, 1/2 cup milk, 1 Tbsp. lemon juice, 1 tsp. butter, 1 tsp. flour, salt to taste.

Heat butter & flour in saucepan. Add remaining ingredients (do not boil); blend until smooth (525 calories)

**Tomato-Cheese Soup** good source of protein, calcium, Vitamin A, Vitamin C

Combine: 1 can tomato soup, reconstituted with 1/3 cup water, 1 cup milk, 1/2 cup shredded cheddar cheese, 1 Tbsp. mayonnaise, 1 tsp. pepper juice, dash Worcestershire sauce, salt/pepper to taste.



Heat ingredients in saucepan, blend until smooth (675 calories)

**Tomato-Rice Soup** good source of protein, calcium, Vitamin A

Combine: 1 can tomato soup, 1/2 cup milk, 1/2 cup chicken bouillon, 1/3 cup cooked rice, 1 Tbsp. sautéed onion, 1/8 tsp salt, dash pepper.

Heat ingredients in saucepan, blend until smooth (700 calories)

**Vegetable Soup** Good source of protein, calcium, Vitamin A

Combine: 1 cup mashed potatoes, 1 cup milk, 1 cup beef broth, 1 cooked, mashed carrot, 1 jar strained baby food beef (3.5 oz. Jar), salt/pepper to taste.

Heat ingredients in saucepan, blend until smooth (475 calories)

**Yam Good Soup** good source of protein, Vitamin A, potassium

Combine: 1 large cooked, mashed yam, 1 can chicken broth, 1/2 cup half & half, 1 tsp. Butter, salt/pepper to taste

Heat ingredients in saucepan, blend until smooth (475 calories)



# MILKSHAKES

Almost any concoction with milk can be called a “milkshake”. Don't overlook the value of cottage cheese, or yogurt, which adds protein, calcium, and calories, plus makes a creamier shake!

**Apple Pie A La Mode** good source of protein, calcium

Combine: 1 c. apple pie filling, 1 c. vanilla ice cream, 1/2 cup milk, dash of cinnamon—blend until smooth (500 cal.)

**Banana Berry** good source vitamin C, protein, calcium, & potassium

Combine: 1 1/2 cups strawberries, 1 cup half & half, 1 cup crushed ice, 1 ripe banana, 1/4 cup dry milk powder, 2 Tbsp. Sugar, 1 Tbsp. Peanut butter, 1 tsp. Wheat germ, 1/2 tsp. Vanilla extract — blend until smooth (785 calories)

**Cherry Shake** good source of protein, calcium

Combine: 1-1/2 cup ice cream, 1 cup cherry pie filling, 1/2 cup milk—blend until smooth (750 calories)

**Hawaiian Shake** good source protein, calcium, Vitamin C, potassium

Combine: 1 1/2 cups vanilla ice cream, 3/4 cup pineapple juice, 1 medium banana—blend until smooth (650 calories)

**Honey Shake** good source protein, calcium, Vitamin C, & potassium

Combine: 2 small bananas, 1 1/2 cups ice cream, 1 cup milk, 1 pkg. Instant breakfast, 3 Tbsp. honey—blend until smooth (1275 calories)

**Lemon Lift** good source protein, calcium, potassium

Combine: 1 cup lemon yogurt, 3/4 cup milk, 1 banana, few drops vanilla extract—blend until smooth (450 cal.)

**Lime Whip** good source protein, calcium, Vitamin C

Combine: 1 cup liquid lime gelatin, 1/2 cup pineapple juice, 1/2 cup cottage cheese, 1/2 cup half & half, 2 drops vanilla extract—blend until smooth (480 calories)

**Mocha Orange Cream** good source protein, calcium, Vitamin C, A

Combine: 1 cup crushed ice, 1/2 cup heavy cream, 1/2 cup orange juice, 1/2 cup milk, 1/4 cup sugar, 1 Tbsp. Instant coffee, 2 drops orange extract—blend until smooth (770 calories)

**Yankee Malted** good source of all nutrients due to Ensure

Combine: 2 cups milk, 1-1/2 cups chocolate ice cream, 1/2 cup vanilla Ensure, 2 Tbsp. malted milk powder—blend until smooth (1150 calories)