

Wired Jaw Diet

When your jaws are tightly closed by wires or elastics you are not able to chew your food.

You will need to put all of your food in a blender to make it thin enough to pass through the wires or elastics.

You may need to drink the blended food through a straw.

Name: _____

Dietitian/Dietetic Assistant: _____

Telephone: _____ Ext. _____

How long do I need to blenderize my food?

Your food will have to be blenderized or pureed until the wires or elastics have been taken out and your bones have healed. This takes 6 to 8 weeks.

How do I blenderize my food?

You can make your own food in a blender or food processor.

Blend or process your food until it is thin enough to pass through the wires or elastics. You may need to drink the blended food through a straw.

Steps to blenderize your foods:

- cook food until tender
- put into a blender or food processor
- add the amount of liquid listed below
- cover and blenderize

Food Group	Food and Liquid	Serving
Fruit	½ cup cooked fruits or canned 2 tsp juice	1 serving
Vegetables	½ cup cooked vegetables or canned 3 to 4 Tbsp cooking liquid	1 serving
Meat/Fish/Poultry	½ cup meat, cut into small cubes 3 to 4 Tbsp milk, soup, gravy or vegetable cooking liquid	1 serving
Grain Products	1 cup soft, cooked pasta Add tomato, cheese, alfredo sauce or broth	1 serving
	¾ cup hot cereal ¾ cup milk, cream or water	1 serving

Blenderizing tips

- Blend until thin enough to go through a straw. **You may need to add more liquid than listed above.** To thin blenderized food use milk, broth, juice, gravy or the liquid from canned or cooked fruits and vegetables.
- Fill the blender no more than ½ full each time.
- Refrigerate or freeze extra servings in closed containers right away.
- Blenderized foods can be kept in the refrigerator for 2 days. To store longer, single portions can be frozen in the freezer for 3 to 4 months.
- Try blenderizing casseroles and mixed dishes such as beef stew to add variety to your diet.
- Clean blender and blades well after each use with hot soapy water. Rinse well.



Can I eat prepared blended foods?

There are prepared foods that are already blended at your grocery store. You can eat these foods but they usually cost more than homemade blenderized foods.

Some examples include:

- baby foods that are pureed such as meat, vegetables and fruit
- canned or powdered milkshakes
- smoothies or drinkable yogurts

Can I eat ready-made or prepared foods?

Yes, but you will need to blenderize these foods.

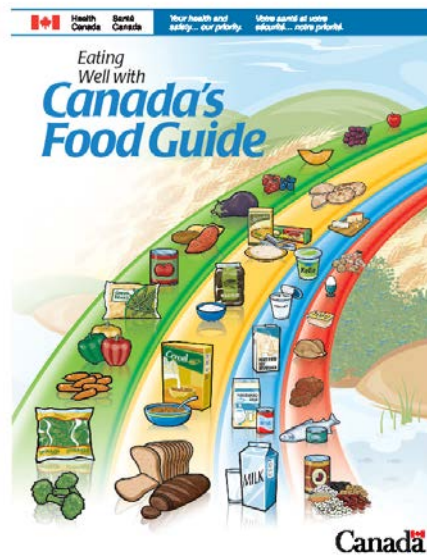
Some examples include canned or frozen foods such as:

- cream soups
- frozen entrees such as chicken pies, macaroni and cheese
- Hamburger Helper[®] or other similar products
- canned stews or pasta
- canned or frozen fruit
- canned or frozen vegetables

What you need to eat everyday

You need to follow Eating Well with Canada's Food Guide to maintain your weight and to help with healing. See the website at www.healthcanada.gc.ca/foodguide

Check the food guide for the number of servings that are right for you.



Examples of servings in Eating Well with Canada's Food Guide

Food Group	One Serving	Examples
Milk and Alternatives	1 cup	2 % MF or whole, chocolate or buttermilk, hot chocolate, eggnog, milkshake, soy beverage, cream soup
	$\frac{3}{4}$ cup	2 % MF or higher stirred yogurt, melted ice cream or frozen yogurt, pudding thinned with milk
	$\frac{1}{2}$ cup	blenderized cottage cheese
Meat and Alternatives	2 to 3 oz	blenderized cooked beef, pork, chicken, turkey or fish
	1 to 2	eggs (scrambled or hard boiled and added to a casserole for blending)
	$\frac{1}{4}$ to $\frac{1}{2}$ cup	pasteurized liquid egg products such as Burnbrae – Naturegg, Gold Egg, PC Blue Menu
	1 cup	blenderized casseroles such as shepherd's pie, chili, pasta dishes
Vegetables and Fruit	$\frac{1}{2}$ cup	blenderized cooked vegetables including potatoes, tomato or V8 Juice®, blenderized vegetable soup
	$\frac{1}{2}$ cup	blenderized fresh, peeled or canned fruits or juices
Grain Products	$\frac{3}{4}$ cup	cooked cereals such as Cream of Wheat®, oat bran, blenderized oatmeal
	1 cup	blenderized pasta

Sample Daily Menu

Breakfast

Prune juice
Cream of Wheat®
Greek yogurt thinned with milk
Tea or coffee

Lunch

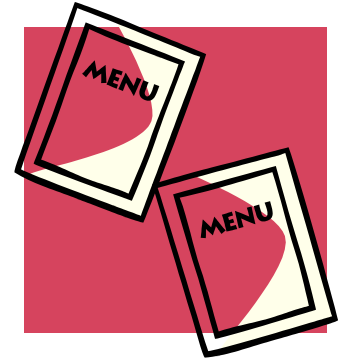
Tomato or vegetable juice
Meal-In-One (see recipe on page 11)
Milk
Applesauce, thinned with juice
Tea or coffee

Supper

Tomato or vegetable juice
Blenderized cooked spaghetti and meat sauce
Blenderized cooked carrots
Pudding, thinned with milk
Tea or coffee

Snacks between each meal

Milkshakes, eggnogs and thinned Greek yogurt or pudding



Helpful hints

- Eat 6 small meals a day.
- Always check the temperature of the food before eating to make sure it is not too hot.
- Include protein foods every day, such as meat, fish, poultry, eggs and dairy products. Add skim milk powder or pasteurized liquid egg products to milkshakes, casseroles, puddings and soups for extra protein.
- Weigh yourself every week. If you are losing weight, include high energy foods such as:
 - whole milk products such as homogenized milk, cream with 10% MF or higher, yogurts with 2% MF or higher, regular puddings and ice cream.
 - cream sauces such as Alfredo and other cheese sauces
 - mashed potatoes with butter and 14% MF sour cream
 - liquid nutrition supplements such as Ensure Plus Calories, Boost Plus Calories

To avoid constipation

- Drink at least 6 to 8 glasses of fluid, such as water, milk or juice, each day.
- Add natural bran, ground flaxseed to casseroles, soups and hot cereals.
- Include 7 to 10 servings of blenderized fruits and vegetables including prune juice.
- Exercise daily.



Do I need to take a liquid nutrition supplement?

There are products you can buy that can improve your intake such as Ensure Plus Calories[®], Boost Plus Calories[®] and Carnation Breakfast Essentials[®].

Your Dietitian or Dietetic Assistant suggest you use these products:

Do I need to take a multivitamin?

Ask your dietitian or doctor if you need to take a multivitamin.

What can I eat once the wires are removed?

Once the wires or elastics are removed, you may need to eat a soft diet as your jaw muscles may be stiff.

Examples of soft foods include puddings, casseroles such as macaroni and cheese and shepherd's pie, meat loaf, spaghetti, soft cooked vegetables and canned fruits.

Recipes

For smoothies:

- Put all ingredients in blender. Blend until smooth. You may need to add more liquid so you can drink it through a straw. Refrigerate any unused portion.
- For extra calories: Add cream instead of milk, or add oil to the recipe.
- For extra protein: Add skim milk powder, or a protein powder from soy or whey. Use Greek yogurt instead of regular. Add pasteurized liquid egg products.
- For extra fibre: Add oat bran, ground seeds such as flax, or vegetables such as frozen spinach or pureed squash.

Fruity protein smoothie

1/3 cup	soft tofu
2 Tbsp	sugar or pasteurized honey
1/2 cup	vanilla yogurt
1 cup	milk (add more milk if needed)
1/4 cup	skim milk powder
1	banana



Cinnamon peach smoothie

1 cup	diced peaches (fresh or frozen)
1/2 cup	yogurt
1/2 cup	homogenized milk or cream
1 bottle	Boost Vanilla (237 ml)
1/8 tsp	cinnamon (more or less to taste)
1 Tbsp	honey

Delicious fruit smoothie

1 cup	frozen strawberries
1/2 cup	orange juice
1 cup	yogurt
1	banana

Coco-nana breakfast smoothie

1	banana, small (cut up)
½ cup	homogenized milk or cream
¼ cup	skim milk powder
½ cup	yogurt
1 bottle	Ensure Plus Chocolate (237 mL)

Blenderized milk shake

1 cup	milk
¼ cup	skim milk powder
½ cup	ice cream without pieces
½ cup	canned peaches

Put all ingredients in a blender and blend at medium speed until smooth.

You may also add:

- 1 Tbsp smooth peanut butter and ½ banana
- ½ tsp instant coffee, 2 tsp chocolate powder or both
- pinch cinnamon, nutmeg or both

Breakfast-in-a-Mug

1 cup	2% milk
3 Tbsp	quick rolled oats
2 Tbsp	marmalade or honey
3 Tbsp	orange juice

- Combine milk and oats in double boiler, heat to a simmer and continue cooking 4 minutes longer until oats are cooked.
 - Remove from heat and cool.
 - Process oat mixture in blender until well blended.
 - Add remaining ingredients and process until smooth.
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Meal-in-One

- ½ cup cooked, cubed meat, fish or poultry
- ½ cup cooked vegetables
- ½ cup cooked potatoes or pasta
- ½ cup milk, broth, soup or tomato juice
- 1 Tbsp oil, gravy or non-hydrogenated margarine

Put all ingredients in a blender and blend at low to medium speed until smooth.

Refrigerate until ready to use. Heat to serve.

Dietitian's or Dietetic Assistant's suggestions

- 1. _____
- 2. _____
- 3. _____

Conversion chart

This chart may help you with serving sizes:

Metric and Imperial Sizes	
250 ml	= 1 cup
125 ml	= 1/2 cup
15 ml	= 1 tablespoon (Tbsp)
5 ml	= 1 teaspoon (tsp)
1 ml	= 1/4 tsp

Notes
