

Wired Jaw Diet

This diet consists of fluids and foods blenderized to a liquid form that can be consumed through wired jaws. If foods are selected from a wide variety of sources, the diet should adequately meet all vitamin and mineral needs. To be sure you are getting all necessary nutrients; it is good to take a liquid multivitamin daily (you can also crush and dissolve regular tablets in soups or other liquids.)

The diet needs to be high in calories and protein. High protein sources include meats, milk and milk products, cheese, and beans. Foods high in fat and sugar contribute calories to the diet. Be sure to include a good source of vitamin C daily from citrus juices.

It is suggested that you eat small, frequent meals (6 – 8 per day) because you will fill up fast but then get hungry quickly. Do not try to eat too much at one time. Plan for times when you will be away from home. Take a thermos or know where you can buy appropriate foods.

Watch your weight. You may lose some weight at first (6 – 10 lbs), but it should level off. If you are losing a lot of weight quickly, consult your doctor and dietitian. Nutritional supplements such as Instant Breakfast, Boost, Ensure, etc., can be used to provide additional calories and protein or be used as meal replacements. If you are gaining unwanted weight, cut down on foods that are high in sugar and fat.

It is important to get adequate fluids each day. Because eating and drinking is time-consuming with a wired jaw, try to make the liquids you choose count! Avoid “empty” calories like plain coffee, tea or diet soda. You should also avoid excessive use of sugary beverages that contribute nothing but calories and promote tooth decay. Fruit and vegetable juices are good choices because they are nutritious and thirst quenching. Alcohol isn’t recommended unless approved by your doctor.

Because of the nature of the blended diet, constipation may become a problem. To avoid this, be sure to drink adequate amounts of fluid and include fiber in your diet. Bran or wheat germ can be added to most blended foods to provide fiber.

Dietitian: _____

Phone: _____

Facility: _____

FOOD GROUPS	FOODS RECOMMENDED	ADDITIONAL TIPS
<p>Bread and Cereal 4 – 6 servings daily</p> 	<ul style="list-style-type: none"> • 1/2 cup cooked cream of wheat, strained oatmeal or fine grits • 1/2 cup blended and thinned pasta or rice • 1/2 cup whipped potatoes or blended and thinned sweet potatoes • Bread and crackers pureed with soups or casseroles 	<ul style="list-style-type: none"> • Choose iron-fortified cereals such as Cream of Wheat • Count potatoes as a bread or a vegetable • Use infant cereals • For additional flavor in cereal try extracts, ice cream or thin blended fruits
<p>Fruits 2 – 4 servings daily</p> 	<ul style="list-style-type: none"> • 1/2 cup cooked fruit • 3/4 cup fruit juice • 1/2 cup blended canned fruit • 1/2 cup blended fresh fruit such as peaches, apricots, strawberries or melon 	<ul style="list-style-type: none"> • Fruit should be blended • Juices with pulp or seeds should be strained • Fruits, juices, and strained baby food can be eaten plain or added to milk or cereal
<p>Vegetables 3 – 5 servings daily</p> 	<ul style="list-style-type: none"> • 1/2 cup vegetable juice • 1/2 cup cooked, blended vegetables • 1/2 cup blended / strained vegetable soup • 1/2 cup strained baby vegetables 	<ul style="list-style-type: none"> • Vegetables should be completely blended • Avoid seeds or skins • Blended vegetables or vegetable juice may be eaten plain or added to blended meats or strained cream soups
<p>Meats and Meat Substitutes 2 – 3 servings daily or 4 – 6 oz each day</p> 	<ul style="list-style-type: none"> • 1 oz. blended meat • 1 jar strained baby meat • 1 blended egg 	<ul style="list-style-type: none"> • Well-crushed herbs and spice may be added for flavor • May want to avoid pepper due to sneezing

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FOOD GROUPS	FOODS RECOMMENDED	ADDITIONAL TIPS
<p>Milk, Yogurt, Cheese 4 – 6 servings daily</p> 	<ul style="list-style-type: none"> • 1 cup milk • 1/2 cup evaporated milk • 1/3 cup powdered milk • 1 cup blended fruit yogurt • 1 cup pudding / custard • 1/2 cup cream or half & half • 1 ½ ounce cheese sauce 	<ul style="list-style-type: none"> • Use milk as a beverage and to thin meat, stews or casseroles • Use “double strength” milk to increase nutrition (mix 1 cup powdered milk with 1 quart regular milk) • Use whole milk if need to increase calories
<p>Fats, Sweets Add to improve flavor and increase calories</p> 	<ul style="list-style-type: none"> • Butter or margarine • Cream or cream substitutes • Gravy, cooking fats and oils • Jelly, honey, sugar • Maple, chocolate, strawberry or other syrups • Milkshakes, eggnogs, instant breakfast, sherbet, ice cream • Blended and thinned cake or pie 	<ul style="list-style-type: none"> • These foods can be added to improve calories and flavor • Remember to rinse your mouth after eating sweetened foods as these can promote tooth decay • Butter, margarine and gravy may be added to soups, meats, vegetables, and hot cereals • Sugar, syrup, honey, brown sugar, molasses, jelly and whipped toppings may be added to fruits, milk drinks, hot cereals or any foods

Suggested Meal Plan

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • ½ cup strained orange juice • 1 cup cream of wheat with milk, sugar and margarine • 1 cup whole milk 	<ul style="list-style-type: none"> • 1 cup cream of chicken soup blenderized with 4 saltine crackers • 3 oz. blended beef patty with beef broth • ½ cup thinned whipped potatoes • ½ c. blended green beans 	<ul style="list-style-type: none"> • 1 cup beef broth soup blended with mixed vegetables and saltine crackers • 3 oz. blended chicken and gravy over ½ c. thinned whipped potatoes • 6 oz. tomato juice
Mid-morning snack	Mid-afternoon snack	Evening snack
<ul style="list-style-type: none"> • 10 ounce milkshake made with whole milk, blenderized with a banana 	<ul style="list-style-type: none"> • ½ cup blended peaches • 1 cup whole milk 	<ul style="list-style-type: none"> • ½ cup blended fresh fruit • ½ cup thinned vanilla pudding • 1 c. whole milk

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Equipment and eating techniques

A good blender or food processor is essential for food preparation to liquefy solid or semi-solid foods. A metal strainer is useful to remove seeds or peelings that may remain in a blended product. Having your jaws wired or banded requires that you learn new eating techniques. Because the teeth are held tightly together, food has to go through or around them. Some people find they can use a jumbo-sized straw or even drink some liquids, especially thinner beverages. However, the most common method involves the use of a large plastic syringe. Blenderized food is drawn into the syringe and then “pocketed” inside the cheek, going behind the teeth and swallowed. You can see the importance of making sure all food is blended thoroughly. Remember to rinse your mouth soon after eating sweetened or starchy foods as these can promote tooth decay.

Eating away from home

Most blended foods can easily be taken along to work or school. Thermal containers that hold single portions are convenient for this purpose. Simple plastic or Styrofoam containers can be used if refrigeration and heating equipment are available. If you want to try restaurant foods, most restaurants serve soups, milkshakes, or juices.

Preparation tips

Before you begin preparing your blenderized diet, consider the following tips:

- Puree foods in a blender or food processor. Fill blender 1/3 to ½ full; adding the liquid first and then the solid food. For best results for heated items, blend food then heat to desired temperature
- Some foods don't blend well; yeast bread tends to be too glutinous to blend. Macaroni and spaghetti blend well but need to be thinned or used immediately.
- Almost all foods you normally eat can be blended if thinned with an appropriate liquid. For example, spaghetti with tomato juice. Beef stew with gravy or broth, cottage cheese with fruit juice, etc.
- You may want to freeze blenderized meats and vegetables in individual portions for later use.
- The use of raw eggs is not recommended as some eggs contain bacteria (salmonella) that can cause illness. Hard or soft cooked eggs blenderize well and can be used in most recipes as a substitute for raw eggs.
- Cut large pieces of foods into smaller pieces to avoid overworking your blender.
- Convenience foods such as frozen entrees or commercial baby food can be used as a base ingredient for a blenderized meal if food preparation time is limited.
- Very salty or acidic foods may be avoided initially
- If you are unable to brush your teeth, spicy or gas-forming foods are best avoided.

Recipes

The following recipes are included as guidelines. Experimentation and development of your own recipes is encouraged.

Breakfast

Bacon and Eggs

- 2 slices crisp bacon
- ½ slice buttered toast
- 2 soft cooked eggs
- 1 cup warm milk
- ½ cup hash browned potatoes

Put bacon into blender; process at CHOP. Add eggs, potatoes and toast; process on MIX. Add milk and process on BLEND until smooth. Add more milk if thinner liquid is desired.

Ham and Eggs

- 1 oz ham slice ½ slice buttered toast
 - 2 soft cooked eggs 1 cup warm milk
- Trim all fat from ham and put into blender; process on CHOP. Add eggs and toast; process on MIX. Add milk and BLEND until smooth.

Poached Eggs

- 2 poached eggs 1 cup warm milk
 - 1 /2 slice buttered toast
- Put all ingredients into blender; cover and process on BLEND until smooth.

Quick Breakfast in a Glass

- 1 cup milk ½ cup strained fruit
 - 1 soft cooked egg
- Put all ingredients into blender; cover and process on LIQUIFY until smooth.

Cream of Wheat

- 1 cup cooked Cream of Wheat 1 ½ cups milk
 - 2 tsp sugar
- Put all ingredients into blender; process on BLEND until smooth.

Hot Milk Toast and Eggs

- 1 ½ cups milk 2 eggs
 - ½ slice buttered toast salt / seasonings as desired
- Heat milk, add eggs and seasoning; simmer on stove until eggs are cooked as desired. Put all ingredients into blender; process on BLEND until smooth.
- For a variation – add 2 tsp sugar or dash of nutmeg and cinnamon.

Dry Cereals

- 1 cup dry cereal 1 ½ cups milk
 - 2 tsp sugar
- Put cereal in blender; process on GRIND until finely chopped. Add sugar and milk; process on BLEND until smooth.

Soups

Borscht

- 2 cups sour cream
- ½ lemon, peeled and seeded
- ¼ tsp salt
- ¼ tsp celery salt
- ¼ tsp onion salt
- 1 cup diced, cooked beets

Combine 1 ¾ c. sour cream and remaining ingredients in blender; cover and process until smooth. Serve ice cold and garnish with remaining sour cream

Potato Cheese Soup

- 1 cup whole milk
 - ½ c. prepared mashed potatoes
 - ¼ c. shredded cheddar cheese
 - 2 tbsp. sour cream
 - Dash onion powder
 - Salt and pepper to taste
- Blend all ingredients together until smooth; heat.

Quick Homemade Potato Soup

- 1 cup mashed potatoes
 - 1 ½ cup hot milk
 - Dash onion salt
 - Dash garlic salt
 - Crackers
- Put crackers in blender; process on CHOP. Add remaining ingredients; process on BLEND until smooth.

Chicken Soup

- 1 cup chicken and noodles
 - 1 cup chicken bouillon
- Put chicken and noodles into blender; process on CHOP. Add bouillon; process on BLEND until smooth.

Cream of Pea Soup

- 1 cup cooked hot peas
 - 3 saltines
 - 1 cup hot milk
 - 1 tsp. butter
 - Salt to taste
- Put peas into blender; process on PUREE. Add remaining ingredients; process on BLEND.

Cheese Vegetable Soup

- 1-10 ounce package frozen cooked vegetables (cauliflower, broccoli, asparagus or spinach is good)
 - 1 cup half-and-half
 - 3 slices American cheese
 - ¾ c. whole milk
 - 1 tbsp. Flour
 - 1 tbsp. butter
 - Dash Worcestershire sauce
- Heat butter and flour, beat until smooth. Add remaining ingredients and blend. Heat but do not boil

Greek Lemon Soup

- 1 – 10 ¾ oz. chicken rice soup
 - ½ can water
 - 3 tbsp. lemon juice
 - 3 tbsp. sour cream
- Combine and blend all ingredients. Heat.

Hurry-Up Soup

- 1- 10 ¾ oz can cheddar cheese soup
 - 1 cup whole milk
 - 5 ounces cooked frozen broccoli
- Combine and blend all ingredients. Heat.

Entrees

Chili Dog

- 1 wiener
- 3 soda crackers
- 1 cup chili con carnie, without beans salt to taste
- 1 cup hot water

Cut wiener into small pieces; put with crackers into blender; process on CHOP. Add chili and water; process on BLEND until smooth.

Beef Stew

- 1 cup cooked beef stew
 - 1 cup beef bouillon
- Put into blender; process on Mix, 1 cycle at PUREE and on BLEND.

Hamburger

- 1 cooked hamburger patty
 - 1 cup beef bouillon
 - ½ hamburger bun season to taste
- Put hamburger into blender; process on CHOP. Add bun in pieces, seasoning and bouillon; process on BLEND.

Chili

- 1 lbs. ground beef
 - 1-12 ounce pkg macaroni, uncooked
 - 1 medium onion, chopped
 - 1-32 ounce can tomato juice
 - 2 – 15 ½ ounce cans kidney beans
- Cook macaroni. Brown ground beef and onion, adding salt and pepper to taste. Cook all ingredients together and bring to a boil. Blend with extra tomato juice to desired consistency.

Spaghetti and Meat Sauce

- 1 cup prepared meat sauce
 - ½ cup cooked spaghetti noodles
 - 1 oz. American cheese
 - 1 ½ cups tomato juice
 - 1 tsp butter
 - 2 tsp Parmesan cheese
 - Basil, oregano, garlic powder to taste
- Blend all ingredients together. Add additional tomato juice if necessary. Heat.

Macaroni and Cheese

- 1 cup cooked macaroni
 - ¼ cup Cheese Whiz
 - 1 cup whole milk
- Season with pepper, if desired
- Blend all ingredients in blender until smooth. Heat, but don't boil.

Chicken Delight

- 1 jar baby food chicken or 3 oz. finely chopped cooked chicken
 - 1/3 cup chicken gravy
 - ½ cup chicken broth
 - ½ cup prepared mashed potatoes
 - ½ cup mixed vegetables, cooked
 - Pinch onion powder
- Blend all ingredients until smooth. Thin with additional broth, if necessary. Heat and serve.

Turkey and Dressing

3 oz. cooked turkey
½ cup mashed potatoes
½ cup dressing
1 cup gravy
¼ cup hot water or bouillon

Put turkey, dressing and potatoes into blender; process on CHOP. Add gravy and liquid; process on BLEND. Serve with glass of cranberry juice.

Spaghetti and Meatballs

½ cup cooked spaghetti noodles
¾ cup hot water
2 – 1 oz. meatballs
½ cup spaghetti sauce
Season to taste
Combine all ingredients into blender; process on BLEND

Roast Beef

3 oz. cooked roast beef
½ cup gravy
½ cup mashed potatoes
1 cup beef bouillon
Put meat into blender; process 2 cycles at CHOP. Add remaining ingredients; process on BLEND.

Meatloaf

3 oz. cooked meatloaf
2 tbsp. gravy
1 small cooked potato
1 cup beef bouillon
1 small cooked carrot
Put cubed meatloaf, potatoes and carrot into blender; process on CHOP. Add liquids; process on BLEND.

Steak

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

Cut the steak into small cubes, put into blender; process on CHOP. Add remaining ingredients; process on BLEND until smooth. Add more liquid if desired

Tuna Casserole

1 cup tuna casserole
1 cup warm milk
1 tsp lemon juice
½ cup hot water
Put all ingredients into blender, process on BLEND

Fried Chicken

3 oz cooked, boned chicken
½ cup cream or chicken gravy
½ cup mashed potatoes
1 cup hot milk
Season to taste
Put chicken into blender; process on CHOP. Add potatoes, gravy, salt and hot milk. Process on BLEND until smooth.

Salads

Carrot and Apple Salad

1 small apple, pared, cored and cut into small pieces

1 carrot, cut into 1 inch pieces

1 cup apple juice

Put carrots and apple into blender; cover and process at LIQUIFY until pieces are no longer visible.

Add apple juice; process on MIX. To chill, add 3 – 4 ice cubes, one at a time. Continue processing until cubes are dissolved.

Potato Salad

1 cup potato salad

1 cup milk

Put potato salad into blender; process on PUREE. Add milk; process on BLEND.

Macaroni Salad

1 cup macaroni salad

1 cup milk

Put all ingredients into blender, process on MIX and BLEND.

Cole Slaw

2 cups finely chopped cabbage

1 tbsp. salad dressing

Salt to taste

Put cabbage into blender with enough cold water to cover; process on CHOP. Pour into strainer; drain well. Put cabbage into blender, add dressing and seasoning; process on LIQUIFY until cabbage is no longer visible.

Jello Salad

2 tbsp. flavored gelatin powder

½ cup fresh or cooked fruit

1 cup boiling water

Put gelatin into boiling water; stir until dissolved. Pour gelatin and fruit into blender; process on LIQUIFY. Drink before jelled.

Cottage Cheese and Fruit

1 cup cottage cheese

½ cup cooked fruit

½ cup fruit juice

Put into blender and process on LIQUIFY

Beverages

Note: Directions for all shakes and beverages are the same: blend all ingredients together until smooth. Calories can be increased by adding flavored syrups, whipped cream, half and half, sugar or honey.

Café Mocha

1 cup hot coffee
1 tsp chocolate syrup
Dash vanilla
1 tbsp. heavy cream

Hot Cocoa

1 cup chocolate milk
2 tbsps. whipped cream
1 tsp chocolate syrup
Dash cinnamon

Cocoa Diablo

1 tbsp. sugar
1 tbsp. cocoa
1 tbsp. instant coffee
Dash cinnamon
Dash salt
1 cup whole milk

Ginger Fizz

$\frac{3}{4}$ cup ginger ale
 $\frac{1}{2}$ cup plain yogurt
3 oz. frozen apple juice concentrate

Vegetable Cocktail

1 $\frac{1}{2}$ cup chilled vegetable juice
1 tbsp. sour cream
Dash Worcestershire sauce

Cheesy Fruit Drink

$\frac{1}{4}$ cup cottage cheese
1 canned peach half

Blend together and thin with fruit juice. Can use different fresh or canned fruits

Cold Egnog

1 cup milk
1 soft-cooked egg
Dash salt
 $\frac{1}{4}$ tsp vanilla
2 tsp sugar
 $\frac{1}{4}$ cup crushed ice

Milkshake

1 cup milk
1 cup ice cream

Fruited Milk Beverage

1 cup milk
1 tbsp. honey
 $\frac{3}{4}$ cup diced fruit (plain or mixed)
6 ice cubes, crushed

Easy Blender Lunch

1 banana
1 apple, cored
1 pear, cored
 $\frac{1}{2}$ cup orange juice
2 tbsps. raisins

Banana Milk Drink

(serve hot or cold)
1 soft cooked egg
1 tbsp. nonfat dry milk powder
2 tbsps. honey
 $\frac{1}{2}$ tsp peanut butter
 $\frac{1}{2}$ banana
4 cups milk

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Fruit Smoothie

1 cup yogurt, any kind
1 cup fruit (strawberries, peaches, banana, or orange sections)
1 ½ cup fruit juice, any kind
1 tbsp. honey
6 crushed ice cubes

Orange Strawberry Wake-Up

1 cup orange juice
1 cup fresh strawberries
1 soft-cooked egg
½ cup nonfat dry milk powder
½ cup water

Yogurt Shake

1 cup plain yogurt
1 cup orange juice
1 ripe banana
2 tbsps. honey

Banana Smoothie

1 ½ cup whole milk
1 large banana
1 tbsp. honey
¼ tsp vanilla
2 tbsps. dried nonfat dry milk powder

Orange Julius

¼ cup orange juice
¼ cup whole milk
½ tsp sugar
½ tsp vanilla
½ cup vanilla ice cream

Berry Milkshake

½ cup frozen strawberries or other berries
½ cup vanilla ice cream
½ cup whole milk

High Protein Milkshake

½ cup whole milk
½ cup ice cream
2 tbsps. non-fat dry milk powder
2 tbsps. chocolate syrup, butterscotch sauce or your favorite syrup

Sherbet Shake

1 cup orange or raspberry sherbet
½ cup orange juice or cherry juice
To make high protein: add 2 tbsps. nonfat dry milk powder

Citrus Fizz

½ cup pineapple juice
1 tbsp. lemon or lime juice
1 tbsp. sugar
¾ cup lemon or lime sherbet
½ cup lemon-lime soda

Dreamsicle

¼ cup whole milk
¼ cup orange juice
1 cup orange sherbet
¼ cup nonfat dry milk powder

Chocolate Bran Shake

¾ cup whole milk
2 tbsps. all bran cereal
1 cup chocolate ice cream
2 tbsps. nonfat dry milk powder
Syrup or flavor, if desired
(May increase the bran to 4 tbsps. per shake, depending on your previous fiber intake.)

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Pie in a Glass

1 cup apple or cherry pie filling

1 cup vanilla ice cream

½ cup whole milk

For apple: add dash of cinnamon

For cherry: add dash of almond extract.

May require straining after blending.

Fruity Cheese Drink

¾ cup canned fruit

½ cup whole milk

½ cup half & half

1/3 cup liquid gelatin (complimentary to fruit choice)

1/3 cup cottage cheese

Honeysuckle Nectar

1 tsp honey

1 cup milk

1 tbsp. of the following: grape juice, orange juice, lemonade or limeade concentrate

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