Blenderized Diet for Jaw Wiring

These guidelines are for persons who need a blenderized diet after surgery for jaw wiring. This diet is well balanced with enough calories and protein to meet your body’s needs. It will help keep you from losing weight and will help your wounds heal.

All foods must be in a liquid form - thin enough to go through a syringe or drink from a glass. You should not need to chew. Food must be strained to remove chunks of foods, seeds or fibers that can get caught in the wires. Chunks of food can lead to poor mouth care, tooth decay or choking. Clean your mouth after each meal to prevent infection.

Preparing blenderized food

Gather these supplies:
- Blender, food processor or food mill
- Fine wire strainer
- Wire whip or fork
- Plastic container with labels for freezing

Use cooked foods.

Avoid using these foods that can leave food particles trapped in wires:
- Fresh fruits and vegetables
- Tough or gristly meats - they are hard to puree
- Nuts and seeds
- Whole grain or bran cereals and starches
- Foods with tough skins or hulls.

How to liquefy food in a blender:
1. Put small pieces of solid food in blender (one serving = ½ to ¾ cup).
2. Add a small amount (¼ cup) of liquid.
3. Blend until pureed.
4. Strain through jelly strainer to remove particles.

Liquids to use:
- Broth
- Clear soups
- Cream
- Cream soups, strained
- Fruit juice
- Half & Half
- Milk
- Smooth yogurt, without chunks of fruit or nuts
- Sour cream
- Ice cream, without chunks of nuts, fruit or candy
- Tomato or vegetable juice

Strained baby food and baby cereal may be used from the jar without further blending or straining. Junior foods should be blenderized.

Solid fats and cheese blend more easily if they are first melted. Oil, salad dressing and cream can be added directly to the puree.

Frozen desserts and gelatin must be melted to a liquid before they can be eaten.
Eat balanced meals
Balanced meals have the calories, protein, vitamins, minerals and fluid your body needs. This is not the time to lose extra weight. Surgery is a stress that causes extra work for your body. To fight infection and heal wounds, your body needs more calories and protein than normal.
To support the work your body is doing:

- Drink 8 to 10 glasses of fluid a day.
- Eat a variety of food from all food groups.
- Consider taking a liquid multivitamin/mineral supplement to ensure you are getting enough vitamins and minerals.

For more calories, eat extra servings from the four food groups and include fats, sweets, desserts and nutritional supplements. Adding fats such as olive oil, canola oil and other plant oils are a heart healthy way to increase calories in your diet.

Milk group
Consume 2 cups or equivalent each day. Drink whole or skim milk, soy milk, low-fat buttermilk or smooth yogurt.
Milk can be used as a beverage or as a liquid to thin cream soups or ice cream for milkshakes.
Make pudding and custard with double the usual amount of milk, so it is thin.

Meat group
Consume 6 ounces of meat or more, 3 jars of baby food or 1½ cups of strained pureed meat each day. Meat, poultry, fish and eggs are part of the meat group.
Cook meats until they are soft and then liquefy them in a blender.
Avoid using raw eggs to prevent the chance of food poisoning.
Use a pasteurized egg product instead of fresh eggs.
Cottage cheese must be blenderized. Melt pasteurized processed cheese, cream, parmesan or cheddar cheeses before serving. Some cheese may be too stringy when melted to pass through the jaw wires.
Avoid fried meats or eggs, meats or cheeses with casings, whole spices or seeds, and tough meats with a lot of cartilage.

Fruit and vegetable group
Consume 2 cups or more each day. Fruit juices provide the easiest way to include fruit in the diet. Include a serving (½ cup) of orange, grapefruit or tomato juice each day for Vitamin C.
Liquefy soft fruits or canned fruits in a blender. Strain and thin these fruits with a similar fruit juice.
Cook vegetables until tender and liquefy in a blender. Strain and thin them to the desired consistency.
Avoid fruits and vegetables with seeds, such as berries or tomatoes.
Avoid tough skins or hulls on vegetables. This includes corn, lima beans, and dried or raw fruits and vegetables.

Bread and cereal group
Consume 4 servings or 2 cups each day. Thin refined, enriched cooked cereals such as Farina, Grits, Malt-O-Meal, Cream of Wheat or Cream of Rice with milk.
Mash cooked white or sweet potatoes and thin with milk.
Soups with noodles, rice or vegetables may be liquefied in a blender.
Use gravy, strained sauces or soup to thin enriched white rice and pasta made from refined, enriched flour.
Avoid whole grain or bran cereals and starches, and starches with nuts or seeds.
Do not eat cooked dried beans unless they are split and the hulls removed (split peas, split lentils).

**Nutritional supplements**

Use nutritional supplements if you need to increase your calories.

**To increase protein intake:**

- Add 2 Tablespoons fat free milk powder or other protein powder to oral supplements and blend well. Examples of oral supplements include Ensure Plus and Carnation Instant Breakfast. Ask your dietitian or pharmacist about other oral supplements.
- Add 2 Tablespoons of fat free milk powder or other protein powder to each cup of cooked cereal, mashed potatoes, milk drinks, puddings and soups.

**To increase calories,** add any of these to blendereized foods:

- Melted butter, margarine, cream cheese, smooth peanut butter
- Vegetable oil, mayonnaise, smooth salad dressing
- Strained gravy, cream sauces
- Sugar, honey, plain syrups

**High protein milkshake recipe**

½ cup ice cream without nuts
½ cup milk
2 Tablespoons fat free milk powder or other protein powder

Make a paste of the milk and powder. Mix until smooth. Add ice cream and beat with mixer or blender. Flavor as desired.

**Other tips**

**Season blenderized foods** with salt, ground pepper, any ground spice and seasoned salts. **Use condiments** that do not have whole spices in them such as prepared mustard, catsup, steak sauce or Tabasco sauce. Avoid anything that has bacon bits, whole spices, seeds, nuts or coconut in it.

**Foods should be refrigerated or frozen within an hour after preparation.** Blenderized foods are an excellent medium for the growth of bacteria. Extra portions can be frozen in meal size amounts in covered ice cube trays.

If straws are allowed, plastic straws that have flexible tips are easier to use and are wider in diameter. It may be helpful to cut 1 to 2 inches off of the straw because shorter straws need less suction.

**Weigh yourself weekly.** It is common for weight to vary 2 to 3 pounds a week. If you lose 5 pounds or more in one week, call your doctor or dietitian. You may not be eating or drinking enough.

**Questions?**

Talk to your doctor or call Nutrition Services at (614) 293-8036 if you have questions about your diet.

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**Talk to your doctor or health care team if you have any questions about your care.**

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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