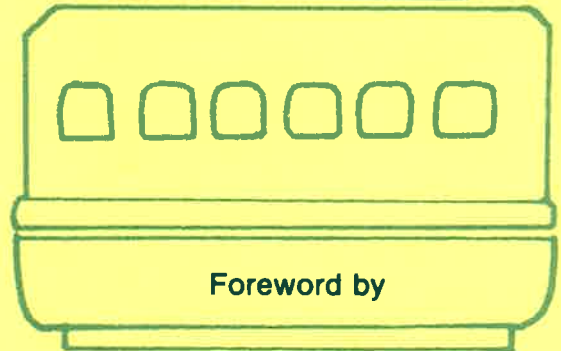


**DRINK TO  
YOUR HEALTH**

**75 Nutritional and Tasty  
Recipes For Blended Diets**

**Denise Wolford, R.D., D.D.S  
Dallas, Texas**



**Foreword by**

**LARRY M. WOLFORD, D.D.S.  
Oral and Maxillofacial Surgeon at  
Baylor University Medical Center  
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Denise LeBlanc Wolford, R.D., D.D.S.

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DENISE WOLFORD • 3409 WORTH ST. • SUITE 400 • DALLAS, TX 75246  
(214) 828-9115 • FAX (214) 828-1714

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## Contents

Diet and Headache .....	5
Your Diet. ....	6
Nutritionally Speaking .....	7
Daily Requirements .....	8
Oral Hygiene Considerations .....	9
Soups .....	10
Milkshakes .....	21
Fruit Punches .....	29
Teas and Coffees .....	33
Sample Menu .....	36
High Fiber Foods .....	37
Index .....	38



## *Foreword*

I would like for you to refrain from strenuous physical activity for 8-16 weeks following surgery. This includes jogging and aerobics. Avoid contact sports for a minimum of 4-6 months, such as football, basketball, and soccer. Avoid any situation where you might be hit or jarred—the bones don't need any additional trauma to the area while healing is taking place. Also, do not lift any heavy objects, for the jaw muscles may become tight and place a strain on healing bones.

When you begin eating solid food, do not attempt to open your mouth too wide, such as with a large hamburger or raw apple. Cut your food very small and chew slowly. It is important that you avoid stress to the TMJ area. If you have chronic TMJ pain, you may need to always be careful about your eating habits.

Do not bend over for the first few weeks because it may make the jaws and TMJ ache more. Avoid clenching and gritting your teeth because this puts pressure on the healing bones, muscles, and joints.

LARRY M. WOLFORD, D.D.S.  
Oral and Maxillofacial Surgeon at  
Baylor University Medical Center  
Dallas, Texas

## *Diet and Headache*

The following foods may cause migraine headaches. Keep track of the foods you have eaten before a migraine attack and see whether their removal reduces or eliminates the headaches.

Ripened cheeses (Cheddar, Gruyere, Brie, Camembert)  
Herring  
Chocolate  
Vinegar (except white vinegar)  
Anything fermented, pickled or marinated  
Sour cream, yogurt  
Nuts, peanut butter  
Hot fresh breads, raised coffeecakes, donuts  
Pods of broad beans (lima, navy, pea)  
Foods containing MSG (Chinese foods)  
Onions  
Canned figs  
Citrus fruits (no more than one orange daily)  
Bananas (no more than ½ banana daily)  
Pizza  
Pork (no more than 2-3 times per week)  
Excessive amounts of tea, coffee or cola beverages  
Avocado  
Fermented sausage (bologna, pepperoni, salami, hot dogs)  
Chicken livers  
Alcoholic beverages

## *Your Diet*

This book was written to help you through this special time. The 75 tested and tasty recipes include listings of calorie counts and important nutrients in each. Try to maintain your weight—this is not the time to diet! Normally, men require about 2600 calories daily, while women require about 2000. For proper healing, you may need *more* calories, protein, and vitamins than normal. To help meet these requirements, eat more frequently (6-8 times daily). Make double batches and freeze in small containers for later use.

For work, carry hot soup in a thermos bottle, or take Instant Breakfast powders to mix with milk. Supplemental drinks, such as Sego, Slender, Ensure, Metrecal, Nutrament, etc., are also convenient.

Physical activity should be minimized for 2-3 months following surgery, or as recommended by your surgeon. This includes all activities where the jaws would have a tendency to be hit or jarred. Strenuous work, such as lifting heavy objects, could cause stress and displacement of the healing jaw segments.

If you are having surgery on your TMJ joints, it is essential that you follow a *soft* diet for about 3 months following surgery. The joints take a long time to heal, and undue stress on the joints from biting on hard foods, or opening the mouth too wide, can cause a terrific amount of pain. Do not become overconfident about the healing ability of your joints one month after surgery and begin eating raw vegetables. Go Slowly!

Almost anything you are accustomed to eating and drinking can be blended and thinned to the right consistency for you. Some foods may require the use of a metal strainer as well. Bon Appetit!

## *Nutritionally Speaking*

It is helpful to know a few nutritional terms and their functions.

**Protein** functions in the growth and maintenance of tissues. **Calcium** is important in bone formation and blood clotting. **Vitamin A** is vital in the formation and maintenance of skin. **Vitamin C** is important in the development of bone matrix, cartilage, and collagen. **Potassium** helps maintain the body's water balance. **Iron** is essential in maintaining the blood supply, and is absorbed better when eaten with foods containing **vitamin C**.

Continue taking vitamins if you do so. Whole vitamins can be smashed in a cloth with a hammer and dissolved in juice or soup. Prescribed liquid vitamins may also be taken.

Raw eggs may be used if rinsed carefully before cracking, and the egg mixture is used within two hours. Egg shells may be the source of salmonellae and other harmful bacteria.

Bowel movements may become less frequent. Do not be alarmed. Rather, try adding bran or wheat germ to your diet for needed bulk.

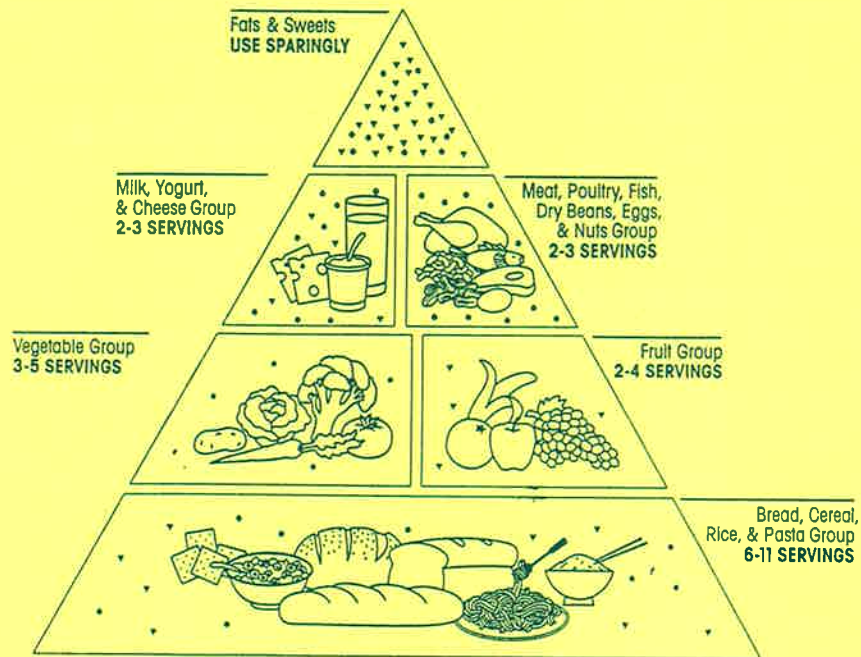
If you have any pre-existing conditions, such as diabetes, high blood pressure, heart condition, etc., whereby a specific diet plan has been prescribed, continue to follow the diet recommendations of your physician.

Negative pressure can be harmful for healing if you have had maxillary (upper jaw) surgery. To avoid negative pressure, sneeze and cough through your nose. If you **must** blow your nose, do so gently by placing both hands firmly over your cheeks. Also, don't sip through a straw.

Highly acidic and sweetened foods may cause decalcification and discoloration of your teeth over a long period of time. So, when eating these foods, such as fruit juices, carbonated beverages, milkshakes, etc., practice good oral hygiene.

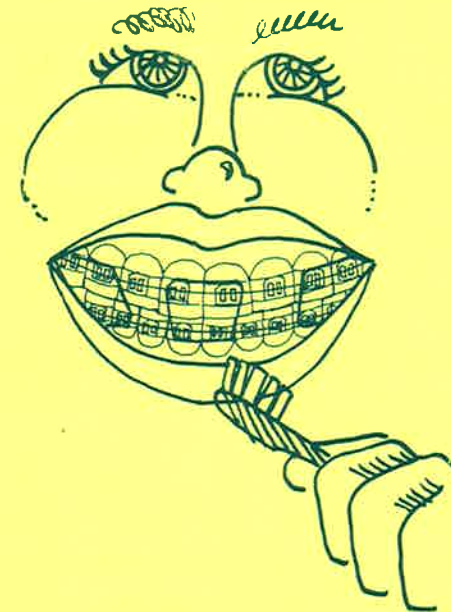
## Daily Requirements

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain healthy weight.



## 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 to 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 leave a stain on the teeth which can be removed by your general dentist.

## *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 10<sup>3</sup>/<sub>4</sub>-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 10<sup>3</sup>/<sub>4</sub>-oz. can chicken broth  
1/2 cup half and half  
1/2 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 10<sup>1</sup>/<sub>2</sub>-oz. can cream of chicken soup (reconstituted with <sup>3</sup>/<sub>4</sub> c. water)  
3 cups chicken bouillion  
1 ripe avocado, mashed  
1/2 cup celery, finely chopped  
1 Tbsp. liquid vegetable oil  
1/2 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 bouillion  
3/4 cup cooked rice  
1/2 cup milk  
1 Tbsp. liquid vegetable oil  
1/2 tsp. onion juice  
1/2 tsp. barbecue sauce  
1/2 tsp. chili sauce  
1/4 tsp. prepared mustard  
dash each of salt, pepper, tabasco

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

### **Baked Potato Soup**

good source of protein, calcium, vitamin C

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

### **Bean Soup**

good source of protein, vitamin C, vitamin A

*3/4 cup chicken bouillion*  
*1/2 cup canned pinto beans, drained*  
*1/2 cup canned carrots, drained*  
*1 8" stalk celery, finely chopped*  
*1 Tbsp. deviled ham*  
*1/2 tsp. onion juice*  
*dash garlic powder*  
*salt, pepper to taste*

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

### **Borsch**

good source of iron

*1 1/2 cups beef bouillion*  
*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 each of hot pepper sauce, salt, 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*  
*3/4 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*  
*1/2 cup vanilla Ensure*  
*1/2 cup water*  
*1 tsp. worcestershire sauce*  
*salt, pepper to 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*  
*1/2 of 10-oz. pkg. frozen broccoli, cooked*

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

### **Chicken Asparagus Soup**

good source of iron

*1 10 3/4-oz. 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 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 bouillion*  
*1/3 cup half and half*  
*1 tsp. sugar*  
*1/2 tsp. liquid vegetable oil*  
*dash each of nutmeg, salt, 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 soup*  
*1¼ cups milk*  
*½ cup creamed corn*  
*½ cup water*  
*1 drop hot pepper sauce*  
*dash each of salt, pepper, 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 Cheese Soup**

good source of protein, Vitamin A

*1 3-oz. pkg. cream cheese, softened*  
*1½ cups beef bouillion*  
*dash each of curry powder, garlic powder, 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 bouillion*  
*1 tsp. liquid vegetable oil*  
*¼ tsp. curry powder*  
*dash of garlic salt*

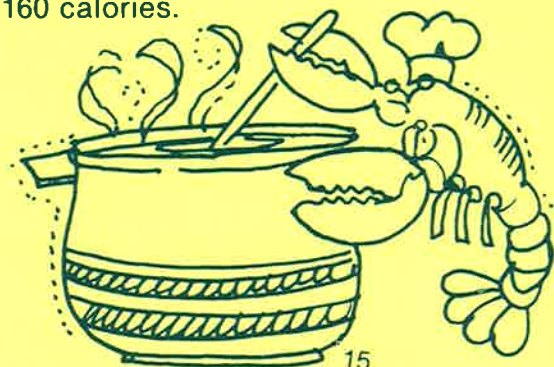
*Heat all ingredients in saucepan. Do not boil. Pour in blender. Blend until smooth.*  
200 calories.

### **Cucumber Soup**

good source of protein, calcium

*2/3 medium cucumber, peeled, seeded, chopped*  
*¼ cup milk*  
*½ cup chicken bouillion*  
*1 tsp. cottage cheese*  
*1 tsp. sour cream*  
*1 tsp. minced onion*  
*dash salt, pepper*

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



**Gazpacho**

good source of vitamin C, vitamin A

*2 cups chicken bouillion  
1 large tomato, peeled, seeded, chopped  
½ cucumber, peeled, seeded, chopped  
1 tsp. vinegar  
½ tsp. garlic juice  
½ tsp. sugar  
¼ 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

*1½ cups milk  
¼ cup pimiento cheese spread  
¼ cup deviled ham  
2 Tbsp. mayonnaise  
dash of tabasco  
dash of 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  
¾ cup chopped lobster meat  
¾ cup chicken bouillion  
1 Tbsp. liquid vegetable oil  
2 Tbsp. flour  
½ tsp. onion juice  
¼ 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 bouillion  
1 Tbsp. sauteed 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, pepper to 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.*

### **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. Do not boil. Pour in blender. Blend until smooth.*

325 calories.

### **Spinach Soup**

good source of protein, calcium, vitamin A, iron

*1 10-oz. pkg. 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 to taste*

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

525 calories.

### **Tomato-Cheese Soup**

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

*1 10½-oz. can tomato soup (reconstituted with ⅓ 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 bouillion  
⅓ cup cooked rice  
1 Tbsp. sauteed 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 bouillion
- $\frac{3}{4}$  cup canned chicken broth
- $\frac{1}{2}$  cup cucumber, peeled, seeded, chopped
- $\frac{1}{2}$  cup tomato, peeled, seeded, chopped
- $\frac{1}{4}$  ripe avocado, mashed
- 1 tsp. sour cream
- $\frac{1}{4}$  tsp. onion juice
- $\frac{1}{4}$  tsp. wine vinegar
- salt, pepper to taste

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

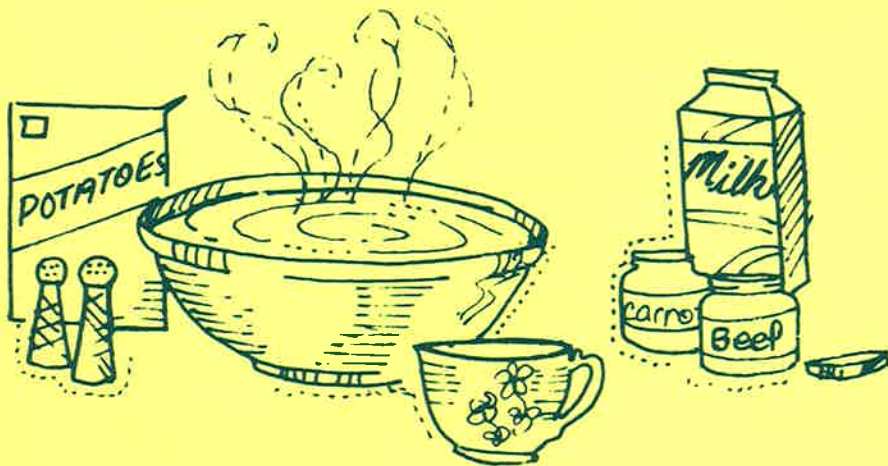
210 calories

### Vegetable Soup

good source of protein, calcium, vitamin A

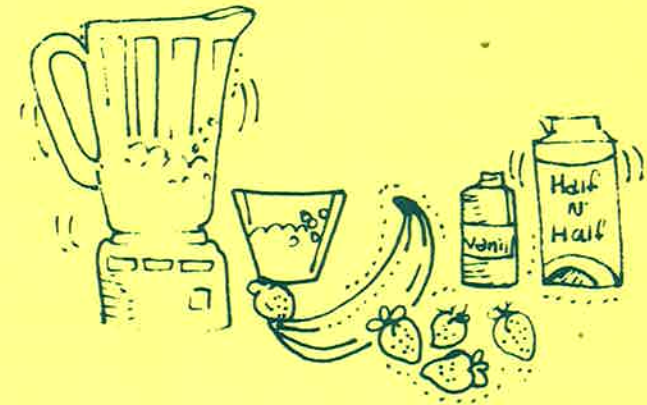
- 1 cup mashed potatoes
- 1 cup milk
- 1 cup beef broth
- 1  $4\frac{1}{2}$ -oz. jar strained baby food carrots
- 1  $3\frac{1}{2}$ -oz. jar strained baby food beef
- salt, pepper to taste

Heat all ingredients in saucepan. Stir until smooth.  
475 calories.



### Milkshakes

Almost any concoction with milk can be called a "milkshake." Don't overlook the value of cottage cheese. It adds protein, calcium, and calories, plus makes a creamier shake.



### Apple Pie A La Mode

good source of protein, calcium

- 1 cup apple pie filling
- 1 cup vanilla ice cream
- $\frac{1}{2}$  cup milk
- dash of cinnamon

Put all ingredients in blender. Blend until smooth.  
525 calories.

### Banana Berry

good source of vitamin C, protein, calcium, potassium

- $1\frac{1}{2}$  cups strawberries
- 1 cup half and half
- 1 cup crushed ice
- 1 ripe banana
- $\frac{1}{4}$  cup dry milk powder
- 2 Tbsp. sugar
- 1 Tbsp. peanut butter
- 1 tsp. wheat germ
- $\frac{1}{2}$  tsp. vanilla extract

Blend.  
785 calories.

**Berry-Berry Shake**

good source of protein, calcium, vitamin C

*1 10-oz. pkg. frozen strawberries (unsweetened)*  
*1 cup vanilla ice cream*  
*1 cup crushed ice*  
*2/3 cup canned pitted cherries, drained*  
*1/4 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

*1 1/2 cups crushed ice*  
*1 cup half and half*  
*1 large ripe banana, peeled*  
*1/2 cup vanilla ice cream*  
*1 slice crustless 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*  
*3/4 cup club soda*  
*3/4 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

*1 1/2 cups vanilla ice cream*  
*1/2 ripe medium cantaloupe, peeled, seeded, chopped*  
*1/4 cup milk*  
*1 Tbsp. sugar*  
*2 tsp. lemon juice*  
*1/4 tsp. vanilla extract*

*Blend until smooth. 620 calories.*

**Cherry Shake**

good source of protein, calcium

*1 1/2 cups ice cream*  
*1 cup cherry pie filling*  
*1/2 cup milk*

*Put all ingredients in blender. Blend until smooth. May require straining. 750 calories.*

**Chocolate Mint Shake**

good source of protein and calcium

*1 1/2 cups chocolate ice cream*  
*3/4 cup milk*  
*1 drop peppermint extract*

*Put all ingredients in blender. Blend until smooth. 550 calories.*

**Creamy Fruit Salad**

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

*3/4 cup fruit cocktail*  
*1/2 cup milk*  
*1/2 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, vitamin A

*1 cup half and half  
1 cup crushed ice  
1/3 cup lime juice  
1/4 cup sugar  
2 drops lime extract  
1 drop green food coloring*

*Put all ingredients in blender. Blend until smooth.  
530 calories.*

### **Hawaiian Shake**

good source of protein, calcium, vitamin C,  
potassium

*1 1/2 cups vanilla ice cream  
3/4 cup pineapple juice  
1 medium banana*

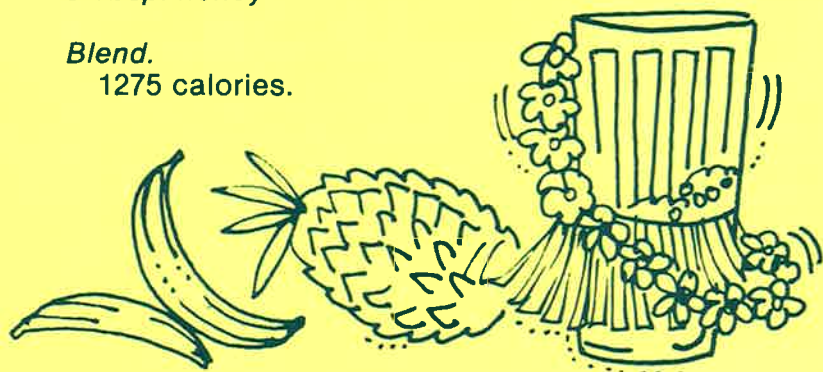
*Blend until smooth.  
650 calories.*

### **Honey Shake**

good source of protein, potassium, calcium,  
vitamin C

*2 small bananas  
1 1/2 cups ice cream  
1 cup milk  
1 pkg. instant breakfast (any flavor)  
3 Tbsp. honey*

*Blend.  
1275 calories.*



### **Italian Cream Berries**

good source of protein, calcium, vitamin C

*1 1/4 cups strawberries  
1 1/4 cups milk  
1 cup crushed ice  
1/2 cup ricotta cheese  
3 1/2 Tbsp. sugar  
1 Tbsp. chocolate chips  
1/2 tsp. vanilla extract*

*Blend.  
660 calories.*

### **Lemon Lift**

good source of protein, potassium, calcium

*1 cup lemon yogurt  
3/4 cup milk  
1 banana  
few drops vanilla extract*

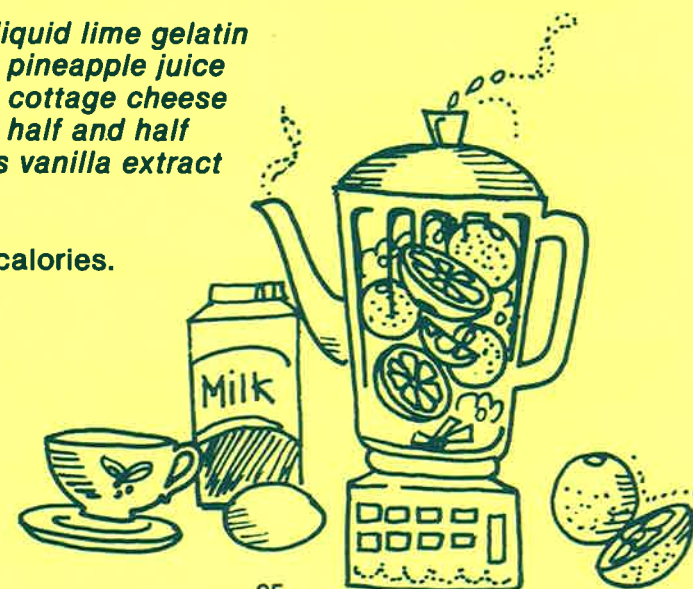
*Blend.  
450 calories.*

### **Lime Whip**

good source of protein, calcium, vitamin C

*1 cup liquid lime gelatin  
1/2 cup pineapple juice  
1/2 cup cottage cheese  
1/2 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 until smooth.*  
520 calories.

**Mocha Orange Cream**

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

*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, calcium

*1 cup orange juice*  
*¾ cup vanilla ice cream*

*Blend until smooth.*  
350 calories.

**Peach Pillow**

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

*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, vitamin 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, vitamin A

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

*Blend until smooth.*  
630 calories.

### Pepper-Upper

good source of all nutrients due to Ensure

- 1 cup Dr. Pepper
- 3/4 cup vanilla ice cream
- 1/2 cup vanilla Ensure

Blend until smooth.  
450 calories.

### Strawberry-Pear Cooler

good source of protein, calcium, potassium

- 2 canned pear halves
- 1/2 cup cottage cheese
- 1/2 cup strawberry yogurt
- 1/2 cup milk
- 1 Tbsp. sugar
- 2 drops almond extract

Blend.  
400 calories.

### Vanilla Milkshake

good source of protein, calcium, potassium, vitamin A

- 3 cups vanilla ice cream
- 1 1/4 cups milk
- 1 banana
- 1 egg
- 1/2 tsp. vanilla extract

Blend until smooth. For variation, add 1/4 cup chocolate syrup or 1 cup canned peaches.  
1500 calories.

### Yankee Malted

good source of all nutrients due to Ensure

- 2 cups milk
- 1 1/2 cups chocolate ice cream
- 1/2 cup vanilla Ensure
- 1 egg
- 2 Tbsp. malted milk powder

Blend until smooth.  
1150 calories.

### Yogurt Nog

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

- 1 cup vanilla yogurt
- 1/2 cup orange juice
- 1 egg
- 1 small banana
- 1 Tbsp. sugar

Blend until smooth.  
410 calories.

### Fruit Punches

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



### Apple Fizzy

good source of protein, calcium, potassium

- 3/4 cup club soda
- 1/2 cup vanilla yogurt
- 3 oz. frozen apple juice concentrate

Blend until 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 sherbet*  
*1½ cups cranberry juice cocktail*  
*1½ cups crushed pineapple*  
*½ cup water*  
*1 Tbsp. sugar*

*Blend until 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*  
*⅓ cup sugar*  
*⅓ cup lemon juice*

*Mix all ingredients.*

390 calories.

**Orange Berry Punch**

good source of vitamin C

*1¼ cups orange juice*  
*1 10-oz. pkg. sweetened strawberries (slightly frozen)*  
*1 cup orange sherbet*

*Blend until smooth.*

770 calories.

**Orange Julie**

good source of protein, vitamin C, iron

*2 cups orange juice*  
*½ cup 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*

*Blend.*

690 calories.

**Pear Icey**

good source of potassium

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

*Blend until 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 until smooth.*

640 calories.

## Tooty Fruits

good source of vitamin C, potassium

2 cups apple juice  
3/4 cup cranberry juice  
1/2 cup orange juice  
2 Tbsp. sugar  
1/2 Tbsp. cinnamon  
1/2 tsp. cloves

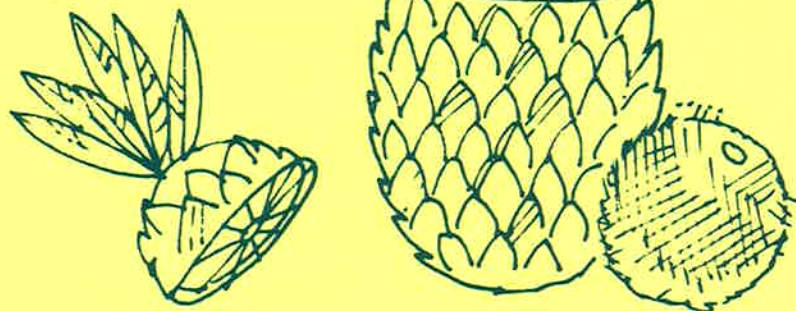
Mix well. Serve hot or cold.  
490 calories.

## Virgin Pina Colada

good source of protein, calcium,  
vitamin C, potassium

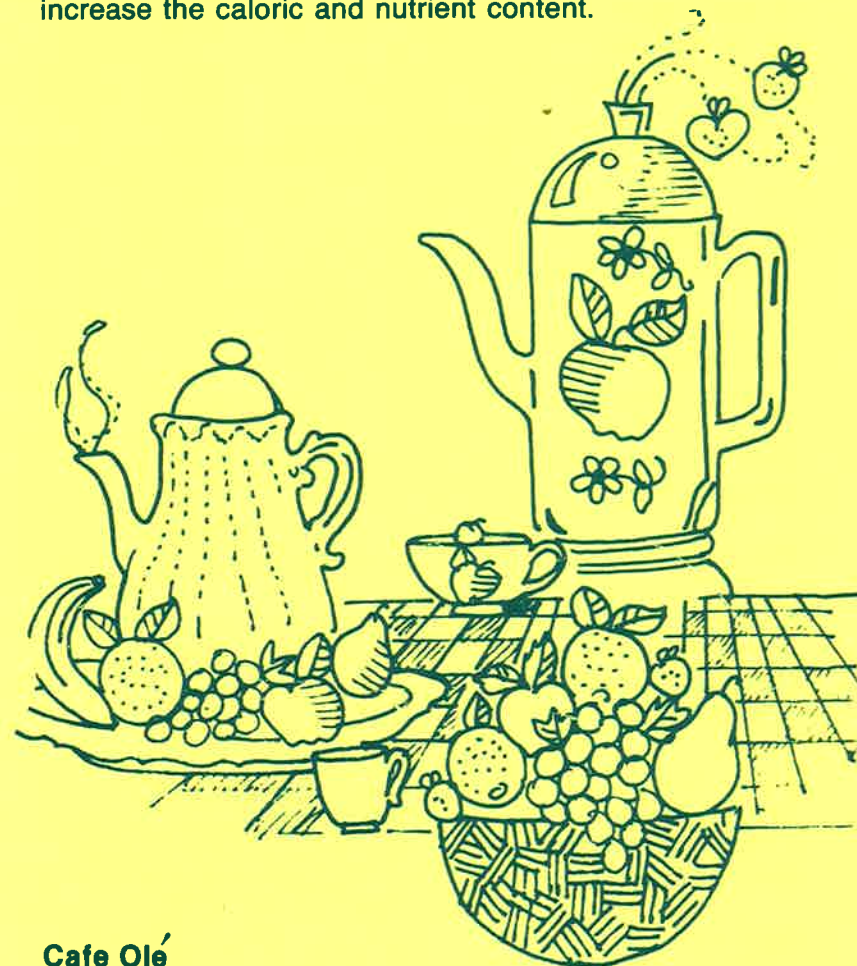
1 cup crushed ice  
1/2 cup pineapple juice  
1/4 cup cream of coconut  
3 Tbsp. milk  
3 Tbsp. cottage cheese  
1 drop vanilla extract

Blend.  
350 calories.



## Teas and Coffees

By themselves, tea and coffee have little nutritional value. Try to incorporate fruit juices or heavy cream to increase the caloric and nutrient content.



## Cafe Olé

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.

### Cappucino

good source of protein, calcium, vitamin A

*3/4 cup coffee*  
*3/4 cup half and half*  
*1 tsp. sugar*  
*1/2 tsp. cocoa*

*Heat and stir.*  
265 calories.

### Cranberry Tea

good source of vitamin C

*1 cup cranberry juice*  
*3/4 cup tea*  
*1 Tbsp. lemon juice*  
*1 tsp. honey*  
*dash of cinnamon*  
*pinch of cloves*

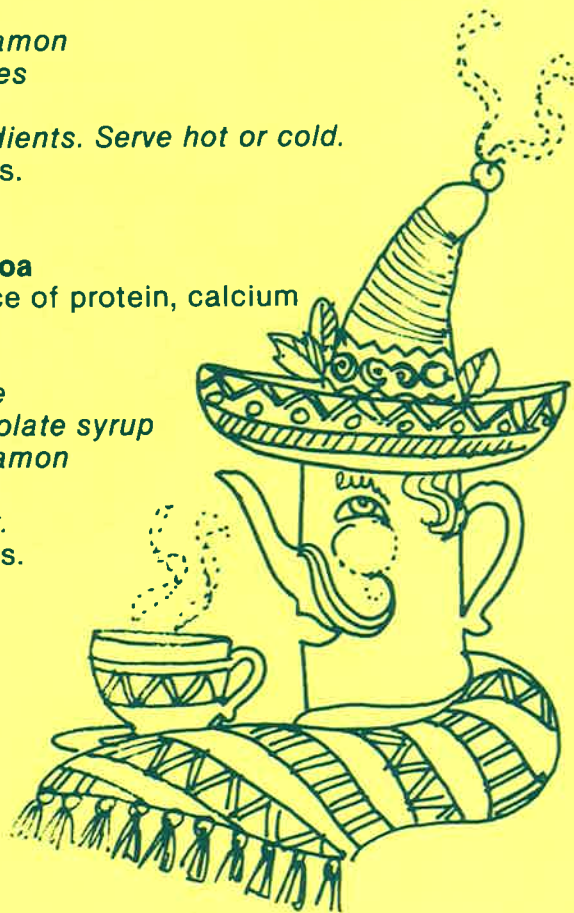
*Mix all ingredients. Serve hot or cold.*  
160 calories.

### Mexican Cocoa

good source of protein, calcium

*1 cup milk*  
*1/2 cup coffee*  
*2 Tbsp. chocolate syrup*  
*dash of cinnamon*

*Heat and stir.*  
260 calories.



### Tropical Tea

good source of vitamin C

*3/4 cup strong tea*  
*3/4 cup orange juice*  
*1/4 cup pineapple juice*  
*1 Tbsp. sugar*  
*dash of cinnamon*

*Mix all ingredients. Serve hot or cold.*  
140 calories.

### Tea for Me

good source of vitamin C

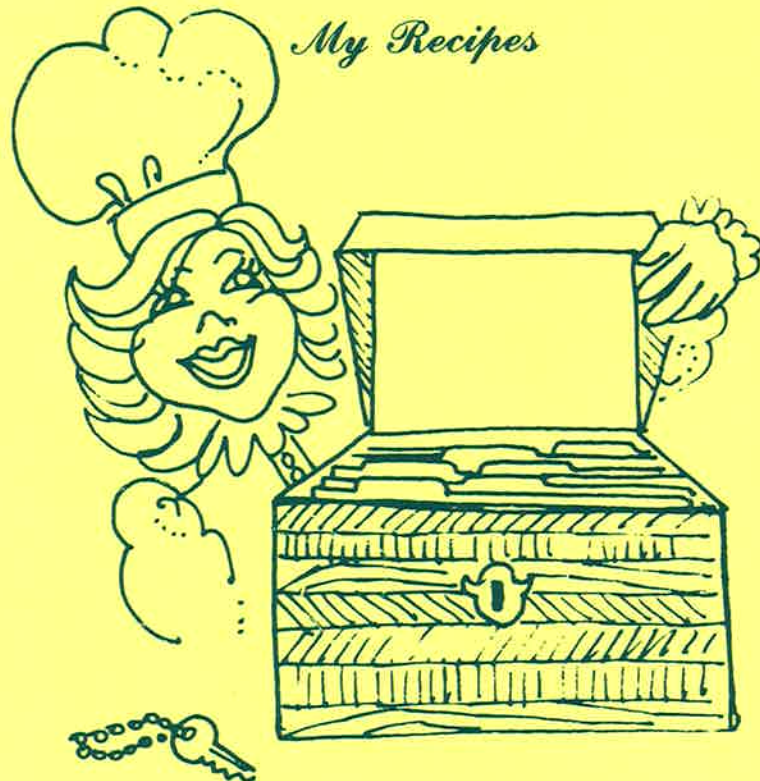
*1 cup strong tea*  
*1/2 cup pineapple juice*  
*1/4 cup orange juice*  
*1/4 cup grapefruit juice*  
*1 Tbsp. honey*  
*dash of cinnamon*  
*1 drop of orange extract*

*Mix all ingredients. Serve hot or cold.*  
165 calories.



## Sample Menu




















Breakfast:	Mexican Cocoa	260 calories
Midmorning:	Pear Icy	380 calories
Lunch:	Vegetable Soup	475 calories
Midafternoon:	Apple Fizzy	190 calories
Dinner:	Lobster Bisque	600 calories
Snack:	Lemon Lift	<u>450 calories</u> 2355 calories



## My Recipes

## High Fiber Foods

Following surgery, occasionally patients complain of constipation. This results mainly from pain medication. Constipation can be cured with a diet high in fiber, which acts as a natural laxative. It's best if the patient eats high fiber foods before the surgery, as well as after.

<b>Cooked Fruits</b>		
		
applesauce	prunes	apricots
		
figs		
<b>Muffins</b>		<b>Soup</b>
		
bran muffins	fresh vegetable soup, with dried peas, lentils, and barley	
<b>Cooked Vegetables</b>		
		
carrots	celery	tomatoes
		
lettuce	cabbage	scallions
<b>Steamed Vegetables</b>		
		
baked potatoes	squash	broccoli
		
beans	onions	spinach

## *Index*

About Your Diet .....	6
Cheese	
Cheddar Cheese Soup .....	13
Cheese Broccoli Soup .....	13
Cream Cheese Soup .....	15
Ham and Cheese Soup .....	16
Tomato-Cheese Soup .....	18
Coffee	
Cafe Ole .....	33
Cappucino .....	34
Mexican Cocoa .....	34
Daily Requirements .....	8
Eggs, raw .....	7
Fish	
Avocado-at-Sea .....	10
Crabmeat Soup .....	14
Lobster Bisque .....	16
New England Clam Chowder .....	17
Shrimp Soup .....	18
Iron	
Meats	
Avocado-Chicken Soup .....	11
BBQ Soup .....	11
Chicken Asparagus Soup .....	13
Corny Chicken Soup .....	14
Creamed Curry Soup .....	15
Ham and Cheese Soup .....	16
Milkshakes	
Apple Pie A La Mode .....	21
Banana Berry .....	21
Berry-Berry Shake .....	22
Best Banana Bisque .....	22
Buttermilk Yogurt .....	22
Cantaloupe Shake .....	23
Cherry Shake .....	23
Chocolate Mint Shake .....	23
Creamy Fruit Salad .....	23
Creamy Lime Sherbet .....	24
Hawaiian Shake .....	24
Honey Shake .....	24
Italian Cream Berries .....	25

Lemon Lift .....	25
Lime Whip .....	25
Malted Milk .....	26
Mocha Orange Cream .....	26
Nutty Chocolate Milk .....	26
Orange Foam .....	27
Peach Pillow .....	27
Peaches and Cream .....	27
Pepper-Upper .....	28
Strawberry-Pear Cooler .....	28
Vanilla Milkshake .....	28
Yankee Malted .....	28
Yogurt Nog .....	29
Nutritionally Speaking .....	7
Oral Hygiene Considerations .....	9
Punches	
Apple Fizzy .....	29
Banana Daiquiri .....	30
Cranberry-Fruit Punch .....	30
Fruit Punch .....	30
Orange Berry Punch .....	30
Orange Julie .....	31
Orange Sherbet Punch .....	31
Pear Icey .....	31
Strawberry Crush .....	31
Tooty Fruits .....	32
Virgin Pina Colada .....	32
Sample Menu .....	36
Soups	
Asparagus Soup .....	10
Avocado-at-Sea .....	10
Avocado-Chicken Soup .....	11
BBQ Soup .....	11
Baked Potato Soup .....	11
Bean Soup .....	12
Borsch .....	12
Cauliflower Soup .....	12
Cheddar Cheese Soup .....	13
Cheese Broccoli Soup .....	13
Chicken Asparagus Soup .....	13
Cold Squash Soup .....	14
Corny Chicken Soup .....	14
Crabmeat Soup .....	14
Cream Cheese Soup .....	15
Creamed Curry Soup .....	15
Cucumber Soup .....	15

Gazpacho .....	16
Ham and Cheese Soup .....	16
Lobster Bisque .....	16
Mushroom Soup .....	17
New England Clam Chowder .....	17
Potato Salad Soup .....	17
Shrimp Soup .....	18
Spinach Soup .....	18
Tomato-Cheese Soup .....	18
Tomato Juice Cocktail .....	19
Tomato-Rice Soup .....	19
V-8 Cocktail .....	19
Vegetable Broth .....	20
Vegetable Soup .....	20
Teas	
Cranberry Tea .....	34
Tea For Me .....	35
Tropical Tea .....	35
Vegetables	
Asparagus Soup .....	10
Baked Potato Soup .....	11
Bean Soup .....	12
Borsch .....	12
Cauliflower Soup .....	12
Cold Squash Soup .....	14
Cucumber Soup .....	15
Gazpacho .....	16
Mushroom Soup .....	17
Potato Salad Soup .....	17
Spinach Soup .....	18
Tomato-Cheese Soup .....	18
Tomato Juice Cocktail .....	19
Tomato-Rice Soup .....	19
V-8 Cocktail .....	19
Vegetable Broth .....	20
Vegetable Soup .....	20
Vitamins .....	7
Yogurt Recipes	
Apple Fizzy .....	29
Buttermilk Yogurt .....	22
Creamed Curry Soup .....	15
Lemon Lift .....	25
Peach Pillow .....	27
Strawberry-Pear Cooler .....	28
Yogurt Nog .....	29