



Wired Jaw Diet

If your jaws are tightly closed by wires or elastics, you are not going to be able to chew your food. All foods and drinks will have to move easily through a straw or syringe, so foods will need to be blenderized. Meals will need to be planned so you get all the nutrients that you need to heal well.

How long do I need to blenderize my food?

Your food will need to be blenderized or pureed until the wires or elastics have been taken out and your bones have healed.

How do I blenderize my food?

You can make your own food with a blender or food processor. Blend or process the food until the food is thin enough to pass through the wires or elastics. You may need to drink the blended food through a straw.

Tips on blenderizing food:

- Cut food into bite size pieces before blending.
- Add enough liquid when blending. Use the chart below as a general guideline and add more liquid or solid to get the correct thickness.
- Blend a small amount of food at a time (e.g. 1 cup). Too much food at a time will not mix properly.
- Do not over blend! This may result in a pasty product.
- Strain after blending to remove any chunks, small seeds, or other solids.
- If the food is not used within 2 days, throw it away.
- You can freeze blenderized foods in single size portions to make mealtime easier. Plastic ice cube trays work well for freezing single portions and can be frozen in the freezer for 3-4 months.
- Clean blender or food processor well after each use with hot soapy water. Rinse well.

Food Type	Recommended Liquid	Amount of Food	Approximate Amount of Liquid
Meat or Poultry, cooked	Gravy or broth	250 ml or 1 cup	180 ml or ¾ cup
Fruits, cooked, skins and seeds removed, or canned	Juice, milk, cream, ice cream	250 ml or 1 cup	30-60 ml or 2-4 Tbsp
Vegetables, cooked, skins and seeds removed, or canned	Vegetable or tomato juice, gravy, broth, soup stock	250 ml or 1 cup	45-90 ml or 3-6 Tbsp

Can I eat convenience foods?

Yes, but you will need to blenderize these foods. Some examples include canned, ready-made 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

Helpful Hints

- Eat 6 small meals a day.
- Weigh yourself every week. If you are losing weight, include high energy foods such as whole milk products, puddings, ice cream and liquid nutrition supplements.
- Include protein foods every day, such as meat, fish, poultry, eggs and dairy products. Add skim milk powder to milkshakes, casseroles, puddings, and soups for extra protein.

- Always check the temperature of the food before eating to make sure it is not too hot.
- To avoid constipation try the following:
 - Drink plenty of fluid throughout the day. Limit the amount of empty calorie drinks.
 - Add fiber such as natural bran to casseroles, soups and hot cereals.
 - Have blenderized fruits and vegetables every day.
- Add sugars, honey, molasses, syrups, butter, or margarine for extra calories.
- Try to blenderize mixed dishes such as lasagna, macaroni and cheese, spaghetti, chili, and chop suey to increase variety.

Do I need to take a liquid nutrition supplement?

There are liquid nutritional supplements that are high calorie and/or high protein that you can buy for your child if needed. Some of the products available are: Carnation Instant Breakfast, Pediasure, Nutren Jr., Boost Kid Essentials, Ensure products, Boost products, etc. Talk with a dietitian if you have any questions about these.

Recommended Foods

Food Group	Recommended Foods
Milk and Milk Products	All
Meat and Other Protein Foods	Tender, well-cooked meat, poultry, or fish prepared without bones or skin Well cooked eggs prepared without fat Soft soy foods (like tofu) Smooth nut butters
Grains	Rice, pasta, couscous, cooked cereals such as oatmeal and cream of wheat
Vegetables	Any cooked or canned vegetables without seeds and skins
Fruits	Any cooked or canned fruits without seeds and skins Fresh, peeled soft fruits (like peaches and bananas) that can be blended until smooth
Fats and Oils	Any oils Melted butter or margarine

Beverages	All
Other	Ground spices Smooth condiments

Recipes- High Calorie and High Protein

Fortified Milk

Mix: 1 cup whole milk + ¼ cup dry milk powder

Blenderized Milk Shake

Ingredients:

- 1 cup milk
- ¼ cup skim milk powder
- ½ cup ice cream
- ½ cup canned peaches

Combine all ingredients in a blender. Blend until desired consistency.

In place of peaches, you may substitute:

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

High Calorie/High Protein Smoothie

Ingredients:

- ½ cup vanilla yogurt
- ½ cup 2% milk
- ½ banana
- 2 Tbsp. wheat germ
- 2 Tbsp protein powder

Combine all ingredients in a blender. Blend until desired consistency.

Fruity Smoothie

Ingredients:

- ½ frozen banana
- 1 cup frozen strawberries
- ½ cup whole milk
- ¼ cup vanilla yogurt
- ¼ cup orange juice
- 1-2 Tbsp. honey to taste

Combine all ingredients in a blender. Blend until desired consistency.
Strain smoothie after blenderizing.

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

Phone: (717) 531- _____ or (717) 531-8406

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