

Nutrition Guidelines After Jaw Surgery



Contents

Meal plan	1
To make eating easier	2
If you have diabetes	2
If you are lactose intolerant.....	2
If you follow a vegan diet	2
If constipation (not able to poop) is a problem	3
Important things to do at home	3
To prevent food poisoning.....	3
Nutritional drinks	4
Sample menu	4
Blending ideas.....	5
Blending tips	6
Smoothie-making tips	7
Ways to add calories	7
Ways to add protein	9
Recipes.....	10

Nutrition Guidelines After Jaw Surgery

It is important to eat well to help your body heal. When your jaws are wired or you have elastics in place, you will need to make a few changes to the foods you eat to get the nutrition your body needs. This pamphlet gives tips that can help.

Good nutrition is important to:

1. Help your body heal
2. Prevent infection
3. Keep a healthy weight

Meal plan

- Your meals will be made up of liquids and blended food for 3 to 8 weeks. You will need a blender, food processor, or hand mixer.
- It is important to eat at least 3 meals and 3 snacks every day.
- Some drinks, like coffee, tea, and pop are not nutritious. Drink these only after you have finished your meal or snack. If you are thirsty, choose milk or other nutritional drinks.

If your jaw is wired

You may need to follow a liquid-only diet so that food may pass through the space between your teeth and wires. We recommend that you strain all soups, smoothies, and milkshakes, especially those with berry seeds.

If you have elastic wires on your teeth

You may have enough space for thicker but smooth foods and liquids, like the texture of baby food.

To make eating easier

- **Do not use straws** after surgery. This will build up pressure in your mouth.
- Use an empty juice box with a spout. When empty, turn it upside down and squeeze the box to push food into your mouth. This works well when there is a missing tooth or space between your teeth.
- Try a large syringe or a cake decorating bag. Use this to place food near an opening in your teeth. (Syringes may be given to you before your hospital discharge. If you need more, please visit your local drugstore.)

If you have diabetes

- Make sure you eat at regular times. **Do not skip meals.**
- You may find it helpful to drink special drinks for people with diabetes, like Glucerna® or Boost® Diabetic. Choose these drinks as a snack or a part of a meal. You can buy these drinks at drugstores. Ask the pharmacist for advice to choose the right one.
- Limit high sugar foods like sugar, honey, molasses, syrup, regular pop, and juices (both sweetened and unsweetened).

If you are lactose intolerant

- You can substitute milk with low-lactose milk (like Lactaid®) or soy milk in recipes.
- If you can eat yogurt, choose a higher fat brand.
- Try sherbet instead of ice cream.
- Many nutrition supplement drinks (like Ensure® and Boost®) are lactose-free. You can drink these for extra calories and protein.
- **Do not use milk powder.**

If you follow a vegan diet

- Choose non-dairy versions of milk, yogurt, or ice cream in recipes or to drink. Soy milk will give you more protein than other types of milk (like rice or almond).
- Use tofu or nut butters in smoothies for extra protein.

- Look for vegan protein powders made with a blend of proteins, like Vega® and Webber Naturals® 100% Natural vegan protein powder.

If constipation (not able to poop) is a problem

- Drink prune juice.
- Drink more liquids.
- Eat more blended fruits, vegetables, or whole grain noodles.
- Look for nutrition supplement drinks with fibre (try Ensure® Plus Fibre).
- Be more active, if you are able.
- Add Benefibre® (1 to 2 tsp up to 3 times a day) to drinks and/or soft food like water, milk, coffee, pudding, hot cereal, apple sauce, yogurt, soups, or pasta sauces. **Do not add Benefibre® to very acidic foods (like citrus or tomato-based foods) or carbonated drinks.**

Important things to do at home

- To prevent cavities or an infection in your mouth, it is important to rinse your mouth well after you eat or drink, every time. Your doctor may order a special mouth rinse. If not, you can use salt water (1/2 tsp salt mixed in 2 cups [500 ml] water).
- Weigh yourself once a week. If you lose more than 5 pounds a week for 2 weeks, you need to eat more. Try the ideas in this pamphlet to add more calories. You may also want to drink extra nutrition supplements every day. Call the dietitian for ideas if you continue to lose weight.

To prevent food poisoning

- Keep all homemade drinks and blended food in the fridge for no longer than 24 hours (1 day). After that, freeze or throw it out.
- Store-bought drinks that have been opened should only be kept for 24 hours in the fridge.
- **Do not use raw eggs in recipes.** You can use Egg Beaters®, which have been pasteurized. These are available in the frozen or refrigerated section of your grocery store.

Nutritional drinks

- Homemade nutritional drinks can give you the nutrition your body needs. You may also want to try store-bought nutrition supplement drinks. These are especially helpful if you will be away from a fridge for more than 2 hours or if you do not feel up to making your own drinks.
- Carnation Breakfast Essentials[®], Boost[®], Ensure[®], and PC[®] Nutri-total are some of the nutrition supplement drinks you can buy at grocery and drugstores.
- Pure Protein[®] premade drinks are high in protein but **are lower in calories**. Try them blended with fruit and/or nut butters to add more calories.
- If you are not eating very much or you are losing weight, look for nutrition supplement drinks with “Plus” on the label. These drinks have extra calories and protein. Each one is about the same as drinking 1½ (one and a half) the amount of the regular drinks.
- Store-bought drinks do not have to be kept in the fridge, unless they have been opened. Once opened, you can keep them in the fridge for 24 hours. After that, throw them out.

Sample menu

Breakfast

- › 1/2 cup (125 ml) apple sauce blended with 1/4 to 1/2 cup (60 to 125 ml) apple juice
- › 1/2 cup (125 ml) Cream of Wheat[®] thinned with 1/2 cup (125 ml) whole (homogenized) milk
- › 1 cup (250 ml) store-bought eggnog

Snack

- › 1 cup (250 ml) Carnation Breakfast Essentials[®]

Lunch

- › 1½ cups (375 ml) all-in-one blended meal (see page 10)
- › 1 cup (250 ml) whole milk
- › 1/2 cup (125 ml) fruit cocktail blended with 1/2 cup (125 ml) yogurt

Snack

- › 1/2 cup (125 ml) butterscotch pudding mixed with 1/4 to 1/2 cup (60 to 125 ml) whole milk

Supper

- › 1 cup (250 ml) blended cream of vegetable soup
- › 1 cup (250 ml) blended macaroni and cheese
- › 1 cup (250 ml) whole milk
- › 1/2 cup (125 ml) peaches blended with 1/2 cup (125 ml) ice cream

Snack

- › 1 cup (250 ml) Carnation Breakfast Essentials® blended with 1/2 cup (125 ml) ice cream and fruit

Blending ideas for this sample menu start below. Recipes start on page 10.

Blending ideas

Mix solid foods with your choice of liquids. To make food thinner, add more liquid.

Solid foods	Liquids
1/2 cup (125 ml) meat or fish	1/2 cup (125 ml): <ul style="list-style-type: none">› Whole milk› Cream› Broth› Gravy› Soup
1/2 cup (125 ml) well-cooked vegetables	1/2 cup (125 ml): <ul style="list-style-type: none">› Whole milk› Cream› Broth› Vegetable juice

Solid foods	Liquids
1/2 cup (125 ml) mashed potatoes	1/2 cup (125 ml): <ul style="list-style-type: none"> › Whole milk › Cream › Margarine › Sour cream
1/2 cup (125 ml) fresh or canned fruit	1/4 to 1/2 cup (60 to 125 ml): <ul style="list-style-type: none"> › Fruit juice › Whole milk › Cream › Yogurt › Ice cream › Cottage cheese
1/2 cup (125 ml) casserole (try spaghetti, macaroni and cheese, or lasagna)	1/2 to 3/4 cup (125 to 185 ml): <ul style="list-style-type: none"> › Meat sauce › Cheese sauce › Tomato sauce › Whole milk › Cream › Cream soup
1/2 cup (125 ml) cooked or cold cereal	1/2 to 3/4 cup (125 to 185 ml): <ul style="list-style-type: none"> › Whole milk › Fruit juice › Cream

Blending tips

- Most foods blend well, but avoid foods with nuts, seeds, or coconut.
- Foods with tough skins and hulls (like corn or split lentils) can leave pieces that may get caught in the wires.
- Always strain foods to remove small pieces.
- Keep baby food on hand for times when you do not feel like cooking.
- Prepackaged food for older babies (“Junior” meals) should be blended since they are thicker.

- Try adding some spices for flavour as baby foods have no salt added.
- Chunky-type soups should be blended. Add 1/4 to 1/2 can of whole milk or broth to thin it out.
- Melt cheese and butter or margarine before blending. This will make it easier to blend.






Smoothie-making tips


- Freeze the fruit for a frostier drink (bananas work well).
- Almost all fruit tastes good in a smoothie, except for grapes.
- Avoid using fruit sweetened in syrup – this may make the drink too thick and sweet.
- If the drink is too thick, try adding more milk.
- If the drink is too thin, try adding more fruit.
- If the drink is too sour, try adding sugar, honey, or 2 tbsp soft (also called silken) tofu.
- If the drink is too sweet, try adding lemonade, lemon, or 2 tbsp silken tofu.

Ways to add calories

Choose foods high in calories to get the most nutrition and energy from every bite. This will help you gain or keep a healthy weight. If you are losing weight, try ideas from the table below to add more calories to your diet.

Foods to use	Add to/use in
Butter or margarine	<ul style="list-style-type: none"> • Potatoes, mashed potatoes, cooked vegetables, cream soups, gravies, sauces, casseroles and puddings (blended)
Heavy cream, whipping cream, evaporated milk, half-and-half cream	<ul style="list-style-type: none"> • Soft, fresh or canned fruit, mashed potatoes, cooked vegetables, cream soup, puddings, ice cream and custards (blended) • Hot chocolate, milkshakes, and smoothies

Foods to use	Add to/use in
Sour cream	<ul style="list-style-type: none"> • Soups, sauces, and vegetables (blended)
Jams, jellies, honey, brown sugar, syrup 	<ul style="list-style-type: none"> • Fruit, ice cream, desserts, smoothies or milkshakes, plain yogurt or puddings, custards (blended)
Nut butters (peanut butter, almond butter, or hazelnut spread)	<ul style="list-style-type: none"> • Sauces and milkshakes
Sweetened condensed milk 	<ul style="list-style-type: none"> • Puddings (blended) and milkshakes
Plain yogurt (choose a higher fat brand) 	<ul style="list-style-type: none"> • Sauces • Mashed potatoes (blended)
Flavoured yogurt (choose a higher fat brand) *some brands may be higher in sugar 	<ul style="list-style-type: none"> • Mix with canned fruit and blend with milk or cream • Blend with fruit, juice, or whole milk to make a smoothie
Flaxseed oil (up to 1 tbsp per day)	<ul style="list-style-type: none"> • Soups and milkshakes
Olive or canola oil	<ul style="list-style-type: none"> • Soups, casseroles, and milkshakes
Pesto sauce	<ul style="list-style-type: none"> • Fish, chicken, and mashed potatoes (blended)
Ice cream, frozen yogurt, sherbet (avoid ice cream with chunky pieces, as these do not blend well) 	<ul style="list-style-type: none"> • Canned fruit (blended) • Milkshakes and smoothies
Avocado	<ul style="list-style-type: none"> • Smoothies

 Foods with this symbol are higher in sugar. People with diabetes should limit these foods.

Ways to add protein

Protein helps your body to heal and fight infection. Foods high in protein include meat, fish, poultry, milk products, eggs, nuts and beans (kidney beans, chickpeas).

Foods to use	Add to/use in
Well-cooked (yolk is fully cooked) eggs	<ul style="list-style-type: none"> • Casseroles and mashed potatoes (blended) • Soups (beaten eggs)
Tofu	<ul style="list-style-type: none"> • Soups, sauces, chowders, casseroles, pasta, smoothies (blended)
Milk powder	<ul style="list-style-type: none"> • Cold foods like drinks, milkshakes, yogurt, puddings, and custards • Hot foods like casseroles, sauces, mashed potatoes, soups, gravies, and blended meats • You can also add it to milk to make 'double milk' (see recipe on page 11)
Whole milk, soy milk, buttermilk, evaporated milk, yogurt	<ul style="list-style-type: none"> • Milkshakes and smoothies • Cream soups and vegetables (blended) • Fruit (blended)
Dairy/soy cheese	<ul style="list-style-type: none"> • Casseroles, potatoes, soups, and cooked vegetables (blended)
Cottage, ricotta, or feta cheese	<ul style="list-style-type: none"> • Casseroles, canned or soft fresh fruit, soft-cooked vegetables (blended)
Smooth peanut or almond butter	<ul style="list-style-type: none"> • Milkshakes and smoothies
Meat, fish, and poultry	<ul style="list-style-type: none"> • Casseroles and soups (blended)

Recipes

Vegetable-Meat Combo

- › 1/2 cup (125 ml) cubed, cooked beef, ham, chicken, or fish or plant-based alternative (like tofu, tempeh, or plant-based meatballs or patties)
- › 1/2 cup (125 ml) cooked vegetables
- › 1/4 cup (60 ml) whole milk

Blend until smooth. Heat and serve.

All-In-One Blended Meal

- › 2/3 cup (150 ml) minced meat or plant-based alternative
- › 1/3 cup (75 ml) mashed potatoes
- › 1/3 cup (75 ml) cooked vegetables
- › 3/4 cup (175 ml) cream soup
- › 2 tbsp (30 ml) broth or gravy

Blend until smooth. Heat and serve.

Cream of Vegetable Soup

- › 2 cups (500 ml) whole milk
- › 2 cups (500 ml) cooked vegetables
- › 3 tbsp (45 ml) margarine
- › 1 tbsp (15 ml) flour
- › 1/4 tsp (1 ml) onion powder
- › 1/2 tsp (2 ml) salt

Blend until smooth. Heat until mixture thickens and bubbles, stirring occasionally. Simmer for 1 minute.

Mushroom Soup

- › 1½ cups (375 ml) soup stock
- › 3 oz (90 g) cheddar cheese, cut in cubes
- › 1/3 cup (75 ml) skim milk powder
- › 1/4 cup (60 ml) mushrooms (cooked or canned)

Warm the stock and put in blender. Add cheese and milk powder. Blend at low speed until smooth. Add mushrooms and blend again. Heat and serve.

High Protein Milk ('Double Milk')

- › 1 cup (250 ml) whole milk
- › 1/4 cup (60 ml) milk powder

Add milk powder to milk. Stir until dissolved (melted). Serve cold. Can be used:

- As a drink
- In milkshakes
- For blending fruits and vegetables
- In soups and puddings

High Protein Milkshake

- › 1/2 cup (125 ml) whole milk
- › 2 tbsp (30 ml) milk powder
- › 1/2 cup (125 ml) vanilla ice cream
- › 1/2 tsp (2 ml) vanilla extract

Place all ingredients in blender and mix well. Serve cold. To change the flavour, try adding chocolate or strawberry syrup.

High Protein Eggnog

- › 1/2 cup (125 ml) eggnog base (see below)
- › 1/4 cup (60 ml) whole milk
- › 1 tbsp (15 ml) milk powder
- › Sprinkle of cinnamon or nutmeg (optional)

Place all ingredients in blender and mix well. Add a tiny sprinkle of cinnamon or nutmeg on top of eggnog, if you like. Serve cold.

High Protein Eggnog Base

- › 1 to 2 tsp (5 to 10 ml) sugar
- › 1 cup (250 ml) whole milk
- › 1/4 tsp (1 ml) vanilla
- › 1 tbsp (15 ml) egg substitute (like Egg Beaters®) — **do not use raw eggs**

Beat eggs slightly. Add sugar, beat well. Slowly add milk to egg mixture, beating well. Blend in vanilla. Serve cold. If not used within 48 hours (2 days), throw out.

Chocolate Banana Shake

- › 1/3 cup (75 ml) chocolate milk
- › 1/3 cup (75 ml) evaporated milk
- › 2 tbsp (30 ml) milk powder
- › 1/2 medium banana

Place all ingredients in blender and mix well. Serve cold.

Peach Yogurt Smoothie

- › 1/2 cup (125 ml) sliced or canned peaches
- › 1/2 cup (125 ml) plain yogurt
- › 1/2 cup (125 ml) whole milk
- › 1 tbsp (15 ml) honey

Place all ingredients in a blender and mix well. Serve cold.

Orange Pro Frost

- › 1/2 cup (125 ml) orange juice
- › 1/2 cup (125 ml) ice cream
- › 2 tbsp (30 ml) milk powder

Place all ingredients in a blender and mix well. Serve cold.

Chocolate Peanut Butter Shake

- › 1/2 package Carnation Breakfast Essentials®
- › 2 tbsp (30 ml) smooth peanut butter
- › 1 cup (250 ml) whole milk
- › 1/2 cup (125 ml) chocolate ice cream

Combine all ingredients in blender and mix well. Serve cold.

Creamsicle Shake

- › 1/2 cup (125 ml) orange sherbet
- › 1/2 cup (125 ml) vanilla ice cream
- › 1 cup (250 ml) whole milk
- › 1/4 cup (60 ml) milk powder

Combine all ingredients in blender and mix well. Serve cold.

