

## Nutrition Guidelines After Jaw Surgery

Dietitian: \_\_\_\_\_

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# 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.

## **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. Only drink these **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 have liquid-only food. This is so the food can pass through the space between your teeth and wires.
- It is a good idea to 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, smooth foods and liquids (like the texture of baby food).

## To make eating easier:

- **Do not use straws** after surgery. It will build up pressure in your mouth.
- Use an empty juice box with a spout. When the box is empty, turn it upside down and squeeze the box to push food into your mouth. This works well if you have a missing tooth, or a space between your teeth.
- You can also use a large syringe or a cake decorating bag. Use this to put food near an opening in your teeth.
  - › Your health care team may give you syringes to take with you before you are discharged. If you need more, you can buy them at your local pharmacy or drugstore.

## If you have diabetes:

- Eat at regular times. **Do not skip meals.**
- It may help to drink special drinks for people with diabetes, like Glucerna® or Boost® Diabetic.
  - › Choose these drinks as a snack or as 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
  - › Juice (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 are lactose intolerant.

## **If you follow a vegan eating plan:**

- 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 milk).
- 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.
- Try a vegan nutritional supplement drink like Sperri™.

## **If you are constipated (not able to poop):**

- 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.
- You can add Benefibre® (1 to 2 tsp up to 3 times a day) to drinks and 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 to carbonated drinks (like pop or sparkling water).

## **At home**

- **It is very important to rinse your mouth well every time after you eat or drink.** This is to help prevent cavities or an infection in your mouth.
- Your doctor may give you a special mouth rinse. If you do not need to use a special rinse, use salt water.
  - › To make the salt water, mix ½ tsp salt with 2 cups (500 ml) of 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 your dietitian for ideas if you keep losing weight.

## Nutritional drinks

- Homemade nutritional drinks can give you the nutrition your body needs.
- You can also get nutrition supplement drinks from the grocery store or the drugstore. These are a good way to get the nutrition you need if you will be away from a fridge for more than 2 hours, or if you do not feel like making your own drinks. Some types of drinks you can try are:
  - › Carnation Breakfast Essentials®
  - › Boost®
  - › Ensure®
  - › PC® Nutri-total
  - › Pure Protein®. These are high in protein but **are lower in calories** than other types of store-bought drinks. Try them blended with fruit, nut butter, or both to add more calories.
- If you are not eating very much or if 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 1 ½ (one and a half) of a regular drink.

## To prevent food poisoning

- **Do not** keep homemade drinks and blended food in the fridge for longer than 24 hours (1 day). After 24 hours, freeze it or throw it out.
- **Do not** keep store-bought drinks that have been opened for longer than 24 hours in the fridge.
- **Do not use raw eggs in recipes.** You can use Egg Beaters® (a liquid egg product that has been pasteurized). You can find them in the frozen or refrigerated section of the grocery store.

## **Sample menu**

### **Breakfast**

- › ½ cup (125 ml) apple sauce, blended with ¼ cup to ½ cup (60 ml to 125 ml) apple juice
- › ½ cup (125 ml) Cream of Wheat®, thinned with ½ cup (125 ml) whole (homogenized) milk
- › 1 cup (250 ml) store-bought eggnog

### **Snack**

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

### **Lunch**

- › 1 ½ cups (375 ml) of an all-in-one blended meal (see page 11 for the recipe)
- › 1 cup (250 ml) whole milk
- › ½ cup (125 ml) fruit cocktail blended with ½ cup (125 ml) yogurt

### **Snack**

- › ½ cup (125 ml) butterscotch pudding mixed with ¼ cup to ½ cup (60 ml 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
- › ½ cup (125 ml) peaches blended with ½ cup (125 ml) ice cream

### **Snack**

- › 1 cup (250 ml) Carnation Breakfast Essentials® blended with ½ cup (125 ml) ice cream and fruit

## Blending ideas

- You can blend solid food with your choice of liquids. To make food thinner, add more liquid.
- Here are some ideas for solid foods and liquids that taste good blended together:

Solid foods	Liquids
½ cup (125 ml) meat or fish	½ cup (125 ml): <ul style="list-style-type: none"><li>› Whole milk</li><li>› Cream</li><li>› Broth</li><li>› Gravy</li><li>› Soup</li></ul>
½ cup (125 ml) well-cooked vegetables	½ cup (125 ml): <ul style="list-style-type: none"><li>› Whole milk</li><li>› Cream</li><li>› Broth</li><li>› Vegetable juice</li></ul>
½ cup (125 ml) mashed potatoes	½ cup (125 ml): <ul style="list-style-type: none"><li>› Whole milk</li><li>› Cream</li><li>› Margarine</li><li>› Sour cream</li></ul>
½ cup (125 ml) fresh or canned fruit	¼ to ½ cup (60 to 125 ml): <ul style="list-style-type: none"><li>› Fruit juice</li><li>› Whole milk</li><li>› Cream</li><li>› Yogurt</li><li>› Ice cream</li><li>› Cottage cheese</li></ul>



Solid foods	Liquids
½ cup (125 ml) casserole (try spaghetti, macaroni and cheese, or lasagna)	½ to ¾ cup (125 to 175 ml): <ul style="list-style-type: none"> <li>› Meat sauce</li> <li>› Cheese sauce</li> <li>› Tomato sauce</li> <li>› Whole milk</li> <li>› Cream</li> <li>› Cream soup</li> </ul>
½ cup (125 ml) cooked or cold cereal	½ to ¾ cup (125 to 175 ml): <ul style="list-style-type: none"> <li>› Whole milk</li> <li>› Fruit juice</li> <li>› Cream</li> </ul>

## Blending tips

- Most foods blend well. 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.
  - › Baby food has no salt added. Try adding some spices for flavour.
  - › Pre-packaged food for older babies (called “Junior” meals) should be blended, since they are thicker.
- Chunky-type soups should be blended. Add ¼ to ½ 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 colder drink (bananas work well).
- Almost all fruit tastes good in a smoothie, except for grapes.
- **Do not** use 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 silken tofu (a type of very soft tofu).
- If the drink is too sweet, try adding lemonade, lemon, or 2 Tbsp silken tofu.

## Ways to add calories

- Choose foods that are 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 the ideas in the table below to add more calories to your eating plan.

Foods to use	Add to/use in
Butter or margarine	<ul style="list-style-type: none"><li>• Potatoes, mashed potatoes, cooked vegetables, cream soups, gravies, sauces, casseroles and puddings (blended)</li></ul>
Heavy cream, whipping cream, evaporated milk, half-and-half cream	<ul style="list-style-type: none"><li>• Soft, fresh or canned fruit, mashed potatoes, cooked vegetables, cream soup, puddings, ice cream and custards (blended)</li><li>• Hot chocolate, milkshakes, and smoothies</li></ul>
Sour cream	<ul style="list-style-type: none"><li>• Soups, sauces, and vegetables (blended)</li></ul>
Flaxseed oil (up to 1 Tbsp per day)	<ul style="list-style-type: none"><li>• Soups and milkshakes</li></ul>
Olive or canola oil	<ul style="list-style-type: none"><li>• Soups, casseroles, and milkshakes</li></ul>
Pesto sauce	<ul style="list-style-type: none"><li>• Fish, chicken, and mashed potatoes (blended)</li></ul>
Avocado	<ul style="list-style-type: none"><li>• Smoothies</li></ul>

- The foods in the table below are higher in sugar. People with diabetes should limit these foods.

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

## 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"> <li>Casseroles and mashed potatoes (blended)</li> <li>Soups (beaten eggs)</li> </ul>
Tofu	<ul style="list-style-type: none"> <li>Soups, sauces, chowders, casseroles, pasta, smoothies (blended)</li> </ul>
Milk powder	<ul style="list-style-type: none"> <li>Cold foods like drinks, milkshakes, yogurt, puddings, and custards</li> <li>Hot foods like casseroles, sauces, mashed potatoes, soups, gravies, and blended meats</li> <li>You can also add it to milk to make 'double milk' (see page 12 for the recipe)</li> </ul>
Whole milk, soy milk, buttermilk, evaporated milk, yogurt	<ul style="list-style-type: none"> <li>Milkshakes and smoothies</li> <li>Cream soups and vegetables (blended)</li> <li>Fruit (blended)</li> </ul>
Dairy/soy cheese	<ul style="list-style-type: none"> <li>Casseroles, potatoes, soups, and cooked vegetables (blended)</li> </ul>
Cottage, ricotta, or feta cheese	<ul style="list-style-type: none"> <li>Casseroles, canned or soft fresh fruit, soft-cooked vegetables (blended)</li> </ul>
Smooth peanut or almond butter	<ul style="list-style-type: none"> <li>Milkshakes and smoothies</li> </ul>
Meat, fish, and poultry	<ul style="list-style-type: none"> <li>Casseroles and soups (blended)</li> </ul>

## Recipes

### Vegetables and meat

- › ½ cup (125 ml) cubed, cooked beef, ham, chicken, or fish or plant-based alternative (like tofu, tempeh, or plant-based meatballs or patties)
- › ½ cup (125 ml) cooked vegetables
- › ¼ cup (60 ml) whole milk
- Blend until smooth. Heat and serve.

### All-in-one blended meal

- › ⅔ cup (150 ml) minced meat or plant-based alternative
- › ⅓ cup (75 ml) mashed potatoes
- › ⅓ cup (75 ml) cooked vegetables
- › ¾ 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
- › ¼ tsp (1 ml) onion powder
- › ½ tsp (2 ml) salt
- Blend until smooth. Heat in a pot on the stove until mixture thickens and bubbles. Stir occasionally. Then, simmer for 1 minute.

### **Mushroom soup**

- › 1 ½ cups (375 ml) soup stock
- › 3 oz (90 g) cheddar cheese, cut in cubes
- › ⅓ cup (75 ml) skim milk powder
- › ¼ 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
- › ¼ cup (60 ml) milk powder
- Add milk powder to milk. Stir until the powder is dissolved. Serve cold. High protein milk can be used:
  - › As a drink
  - › For blending fruits and vegetables
  - › In milkshakes
  - › In soups and puddings

### **High protein milkshake**

- › ½ cup (125 ml) whole milk
- › 2 Tbsp (30 ml) milk powder
- › ½ cup (125 ml) vanilla ice cream
- › ½ tsp (2 ml) vanilla extract
- Put all ingredients in blender and mix well. Serve cold. To change the flavour, try adding chocolate or strawberry syrup.

### **High protein eggnog**

- › ½ cup (125 ml) eggnog base (see below for the recipe)
- › ¼ cup (60 ml) whole milk
- › 1 Tbsp (15 ml) milk powder
- › Sprinkle of cinnamon or nutmeg (optional)
- Put 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
- › ¼ 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 you do not use the eggnog base within 48 hours (2 days), throw it out.

### **Chocolate banana shake**

- › ⅓ cup (75 ml) chocolate milk
- › ⅓ cup (75 ml) evaporated milk
- › 2 Tbsp (30 ml) milk powder
- › ½ medium banana
- Put all ingredients in blender and mix well. Serve cold.

### **Peach yogurt smoothie**

- › ½ cup (125 ml) sliced or canned peaches
- › ½ cup (125 ml) plain yogurt
- › ½ cup (125 ml) whole milk
- › 1 Tbsp (15 ml) honey
- Put all ingredients in a blender and mix well. Serve cold.

### **Orange pro frost**

- › ½ cup (125 ml) orange juice
- › ½ cup (125 ml) ice cream
- › 2 Tbsp (30 ml) milk powder
- Put all ingredients in a blender and mix well. Serve cold.

### **Chocolate peanut butter shake**

- › ½ package Carnation Breakfast Essentials®
- › 2 Tbsp (30 ml) smooth peanut butter
- › 1 cup (250 ml) whole milk
- › ½ cup (125 ml) chocolate ice cream
- Put all ingredients in blender and mix well. Serve cold.

### **Creamsicle shake**

- › ½ cup (125 ml) orange sherbet
- › ½ cup (125 ml) vanilla ice cream
- › 1 cup (250 ml) whole milk
- › ¼ cup (60 ml) milk powder
- Put all ingredients in blender and mix well. Serve cold.



What are your questions?  
Please ask a member of your health care team.  
We are here to help you.

### Questions for my health care team:

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## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.