



PUREED RECIPE BOOK

OFFSHORE ORAL AND FACIAL SURGERY

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YOUR DIET

The information provided is to help you through the special time. The 71 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.

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 over confident 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 – important in bone formation and blood clotting.
- Vitamin C – important in the development of bone matrix, cartilage, and collagen
- Potassium – helps maintain the body's water balance
- Iron – essential in maintain the blood supply and absorbed better when eaten with foods containing vitamin C

Bowel movements may become less frequent. DO NOT be alarmed.

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.

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 juices, carbonated beverages, milkshakes, etc., practice good oral hygiene.

DAILY REQUIREMENTS



Every day you need foods from each of the four food groups (meats, milk and milk products, fruits and vegetables, and breads and cereals) to help insure good nutrition and maintain normal weight. Below are listed suggested foods and amounts for each group to meet the daily requirements.

FRUITS AND VEGETABLES

-4 or more servings/day 1 serving = 1/2 cup



Orange juice, grapefruit juice, pineapple juice, strained baby fruits, mashed bananas, fruit added to milkshakes, tomato or V-8 juice, blended vegetable soups, baby food vegetables added to cream soup or broth, boil-in-the-bag vegetables thinned with broth and blended.

BREADS AND CEREALS

-4 or more servings/day 1 serving = 1/2 cup



Mashed potatoes, cream soups, rice, baked beans, corn, pudding

MILK AND MILK PRODUCTS

-2 or more cups/day



Whole milk, buttermilk, cream, half-n-half, milkshakes, floats, eggnog, icecream, cheese sauce, blended cottage cheese, pudding, cream soup, Instant Breakfast, Sego, Ensure

MEATS/PROTEIN

-2 or more servings/day 1 serving = 3 oz



Peanut butter, blended beans, baby food, blended chicken/beef/fish/pork

EXTRAS – TO FULFILL CALORIE NEEDS



Gravy, salad dressings, liquid jello, popsicles, jelly, syrups, soft drinks, honey, coffee, tea, mustard, catsup, mayonnaise, spices.

ORAL HYGIENE CONSIDERATIONS



Following each meal, clean your mouth properly. Child-size toothbrushes are small and can get in tight spots for better cleaning.

Avoid relying solely on food containing high amounts of sugar. Sugar increases the chance for cavities and contains few nutrients.

If the teeth are sensitive to extreme temperatures, serve foods either lukewarm or slightly chilled.

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
-450 calories

1 10 $\frac{3}{4}$ oz. can cream of asparagus soup
1 cup milk
1 Tbsp. mayonnaise
Dash of Worcestershire sauce

Heat all ingredients in a saucepan, pour in blender, and blend until smooth.

AVOCADO-AT-SEA

Good source of protein, calcium, vitamin A
-600 calories

1 cup condensed clam chowder from a can
1 10 $\frac{3}{4}$ oz. can chicken broth
 $\frac{1}{2}$ cup half and half
 $\frac{1}{2}$ ripe avocado, mashed

Heat all ingredients in a saucepan, pour in blender, blend until smooth.



AVOCADO CHICKEN SOUP

Good source of protein and potassium
-765 calories

1 10 $\frac{1}{2}$ oz. can cream of chicken soup (reconstituted with $\frac{3}{4}$ cup of water)
3 cups of chicken bouillon
1 ripe avocado, mashed
 $\frac{1}{2}$ cup celery, finely chopped
1 Tbsp. liquid vegetable oil
 $\frac{1}{2}$ tsp. onion salt

Heat all ingredients in a saucepan, pour in blender, blend until smooth.



BBQ SOUP

Good source of protein and calcium
-375 calories

1 cup beef bouillon
 $\frac{3}{4}$ cup cooked rice
 $\frac{1}{2}$ cup milk
1 Tbsp. liquid vegetable oil
 $\frac{1}{2}$ tsp. barbecue sauce
 $\frac{1}{2}$ tsp. onion juice
 $\frac{1}{2}$ tsp. chili sauce
 $\frac{1}{4}$ tsp. prepared mustard
Dash of salt, pepper, and tabasco

Heat all ingredients in a saucepan, pour in blender, blend until smooth.

BAKED POTATO SOUP

Good source of protein, calcium, vitamin C
-475 calories

1 cup milk
 $\frac{1}{2}$ cup mashed potatoes
 $\frac{1}{4}$ cup shredded sharp cheddar cheese
2 Tbsp. sour cream
1 drop onion juice
Salt and pepper to taste

Heat all ingredients in a saucepan, pour in blender, blend until smooth.



BEAN SOUP

Good source of protein, vitamin C, vitamin A
-200 calories

$\frac{3}{4}$ cup chicken bouillon
 $\frac{1}{2}$ cup canned pinto beans, drained
 $\frac{1}{2}$ cup canned carrots, drained
1 8" stalk celery, finely chopped
1 Tbsp. deviled ham
 $\frac{1}{2}$ tsp. onion juice
Dash garlic powder
Salt and pepper to taste

Heat all ingredients in a saucepan, pour in blender, blend until smooth.

BORSH

Good source of iron

-205 calories

1 ½ 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 of hot pepper sauce, salt, pepper

Blend until smooth, serve cold.

CAULIFLOWER SOUP

Good source of protein, calcium, vitamin A, vitamin C, and potassium

-755 calories

1 10 oz., package frozen cauliflower, cooked

1 cup half and half

¾ 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.



CHEDDAR CHEESE SOUP

Good source of all nutrients due to Ensure

-480 calories

1 11 oz. can cheddar cheese soup

½ cup vanilla Ensure

½ cup water

1 tsp. Worcestershire sauce

Salt and pepper to taste

Heat all ingredients in a saucepan, pour in blender, blend until smooth.



CHEESE BROCCOLI SOUP

Good source of protein, calcium, vitamin A, and iron
-500 calories

1 11 oz. can cheddar cheese soup
1 cup milk
½ of 10 oz. package frozen broccoli cooked

Heat all ingredients in a saucepan, pour in blender, blend until smooth.

CHICKEN ASPARAGUS SOUP

Good source of iron
-315 calories

1 10 ¾ oz. can chicken broth soup
½ cup mashed white asparagus
1 Tbsp. sour cream
1 Tbsp. deviled ham
1 tsp. flour
Salt and pepper to taste

Heat all ingredients in a saucepan, pour in blender, blend until smooth.



COLD SQUASH SOUP

Good source of protein, vitamin A, vitamin C
-175 calories

1 cup cooked summer squash, diced
1 cup chicken bouillion
1/3 cup half and half
1 tsp. sugar
½ tsp. liquid vegetable oil
Dash of nutmeg, salt, and pepper

Blend until smooth. Serve cold.





CORNY CHICKEN SOUP

Good source of protein, calcium, and vitamin A
-575 calories

1 10 ½ oz. can cream of chicken soup

1 ¼ cups milk

½ cup creamed corn

½ cup water

1 drop hot pepper sauce

Dash of salt, pepper, and poultry seasoning

Heat all ingredients in a saucepan, pour in blender, blend until smooth.

CRABMEAT SOUP

Good source of protein, calcium, vitamin A, iron
-1200 calories

2 cups half and half

1 10 ½ oz. can cream of mushroom soup

1 10 ½ oz. can cream of asparagus soup

1 cup chopped crabmeat

½ cup water

Dash of white pepper

Heat all ingredients in a saucepan, pour in blender, blend until smooth. May require straining.



CREAM CHEESE SOUP

Good source of protein and vitamin A
-300 calories

1 3 oz. package cream cheese, softened

1 ½ cups beef bouillon

Dash of curry powder, garlic powder, and pepper

Blend until smooth. Can be served hot or cold.

CREAMED CURRY SOUP

Good source of protein and calcium
-200 calories

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 and blend until smooth.

CUCUMBER SOUP

Good source of protein and calcium
-160 calories

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 and pepper

Blend until smooth. Can be served hot or cold.



GAZPACHO

Good source of vitamin C and vitamin A
-210 calories

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. Can be served hot or cold.



HAM AND CHEESE SOUP

Good source of protein and calcium
-700 calories

1 ½ cups milk
¼ cup pimiento cheese spread
¼ cup deviled ham
2 Tbsp. mayonnaise
Dash of tabasco
Dash of salt

Heat all ingredients in a saucepan, pour in blender, blend until smooth.

LOBSTER BISQUE

Good source of protein, calcium, and Vitamin A
-585 calories

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 a saucepan, pour in blender, blend until smooth.



MUSHROOM SOUP

Good source of protein and calcium
-335 calories

10 ½ oz. can cream of mushroom soup
½ cup milk
½ cup chicken bouillion
1 Tbsp. sautéed onions
Dash salt

Heat all ingredients in a saucepan, pour in blender, blend until smooth.



NEW ENGLAND CLAM CHOWDER

Good source of protein, calcium, vitamin A, and iron
-500 calories

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 and pepper to taste

Heat all ingredients in a saucepan, pour in blender, blend until smooth.

POTATO SALAD SOUP

Good source of protein, calcium, Vitamin A, vitamin C, and potassium
-560 calories

1 10 ¾ 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 a saucepan, pour in blender, blend until smooth.



SHRIMP SOUP

Good source of protein, calcium, and iron
-325 calories

1 cup milk
1 4 ½ 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.





SPINACH SOUP

Good source of protein, calcium, vitamin A, and iron
-525 calories

1 10 oz. package frozen chopped spinach, cooked
1 10 $\frac{3}{4}$ oz. can chicken broth
1 cup half and half
 $\frac{1}{2}$ 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.

TOMATO-CHEESE SOUP

Good source of protein, calcium, Vitamin A, and vitamin C
-675 calories

1 10 $\frac{1}{2}$ oz. can tomato soup (reconstituted with 1/3 cup water)
1 cup milk
 $\frac{1}{2}$ cup shredded cheddar cheese
1 Tbsp. mayonnaise
1 tsp. pepper juice
Dash of Worcestershire sauce
Salt and pepper to taste

Heat all ingredients in a saucepan, pour in blender, blend until smooth.



TOMATO-RICE SOUP

Good source of protein, calcium, and vitamin C
-400 calories

1 10 $\frac{1}{2}$ oz. can tomato soup
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup chicken bouillion
1/3 cup cooked rice
1 Tbsp. sautéed onion
 $\frac{1}{2}$ tsp. salt
Dash pepper

Heat all ingredients in a saucepan, pour in blender, blend until smooth.

VEGETABLE BROTH

Good source of vitamin A and vitamin C
-210 calories

1 cup beef boullion
¾ cup canned chicken broth
½ cup cucumber, peeled, seeded, chopped
½ cup tomato, peeled, seeded, chopped
¼ ripe avocado, mashed
1 tsp. sour cream
¼ tsp. onion juice
¼ tsp. wine vinegar
Salt and pepper to taste

Put all ingredients in blender and blend until smooth. Can be served hot or cold.

VEGETABLE SOUP

Good source of protein, calcium, and Vitamin A
-475 calories

1 cup mashed potatoes
1 cup milk
1 cup beef broth
1 4 ½ oz. jar strained baby food carrots
1 3 ½ oz. jar strained baby food beef
Salt and pepper to taste

Heat all ingredients in saucepan, Stir until smooth.



MILKSHAKES, SMOOTHIES, DRINKS

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 and calcium
-525 calories

1 cup apple pie filling
1 cup vanilla ice cream
½ cup milk
Dash of cinnamon

Put all ingredients in blender and blend until smooth.

BANANA BERRY

Good source of vitamin C, protein, calcium, and potassium
-785 calories

1 ½ cups strawberries
1 cup half and half
1 cup crushed ice
1 ripe banana
¼ cup dry milk powder
2 Tbsp. sugar
1 Tbsp. peanut butter
1 tsp. wheat germ
½ tsp. vanilla extract

Put all ingredients in blender and blend until smooth.



BERRY-BERRY SHAKE

Good source of protein, calcium, and vitamin C
-625 calories

1 10 oz. package frozen strawberries (unsweetened)
1 cup vanilla ice cream
1 cup crushed ice
2/3 cup canned pitted cherries, drained
¼ cup half and half
1 Tbsp. honey
1 tsp. lemon juice
2 drops vanilla extract

Put all ingredients in blender and blend until smooth.



BEST BANANA BISQUE

Good source of protein, calcium, vitamin A, and potassium
-750 calories

1 ½ cups crushed ice
1 cup half and half
1 large ripe banana, peeled
½ cup vanilla ice cream
1 slice crustless white bread, diced
2 Tbsp. sugar
1 tsp. vegetable oil
Dash of cinnamon
Drop of almond extract

Put all ingredients in blender and blend until smooth.

BUTTERMILK YOGURT

Good source of protein and calcium
-250 calories

1 cup vanilla yogurt
¾ cup club soda
¾ cup crushed ice
1 Tbsp. sugar
2 drops vanilla extract
Dash of salt

Put all ingredients in blender and blend until smooth



CANTALOUPE SHAKE

Good source of protein, calcium, vitamin C, and vitamin A
-620 calories

1 ½ cups vanilla ice cream
½ ripe medium cantaloupe, peeled, seeded, chopped
¼ cup milk
1 Tbsp. sugar
2 tsp. lemon juice
¼ tsp. vanilla extract

Put all ingredients in blender and blend until smooth



CHERRY SHAKE

Good source of protein and calcium
-750 calories

1 ½ cups ice cream
1 cup cherry pie filling
½ cup milk

Put all ingredients in blender and blend until smooth

CHOCOLATE MINT SHAKE

Good source of protein and calcium
-550 calories

1 ½ cups chocolate ice cream
¾ cup milk
1 drop peppermint extract

Put all ingredients in blender and blend until smooth



CREAMY FRUIT SALAD

Good source of vitamin C, protein, calcium, vitamin A
-475 calories

¾ cup fruit cocktail
½ cup milk
½ cup half and half
1/3 cup liquid gelatin (any flavor)
1/3 cup cottage cheese

Put all ingredients in blender and blend until smooth

CREAMY LIME SHERBET

Good source of protein, calcium, and Vitamin A
-530 calories

1 cup half and half
1 cup crushed ice
1/3 cup lime juice
¼ cup sugar
2 drops lime extract
1 drop green food coloring

Put all ingredients in blender and blend until smooth



HAWAIIAN SHAKE

Good source of protein, calcium, vitamin C, potassium
-650 calories

1 ½ cups vanilla ice cream
¾ cup pineapple juice
1 medium banana

Blend until smooth.



HONEY SHAKE

Good source of protein, potassium, calcium, vitamin C
-1275 calories

2 small bananas
1 ½ cups ice milk
1 pkg. instant breakfast (any flavor)
3 Tbsp. honey

Blend until smooth.





ITALIAN CREAM BERRIES

Good source of protein, calcium, and Vitamin C
-660 calories

1 ¼ cups strawberries
1 ¼ cups milk
1 cup crushed ice
½ cup ricotta cheese
3 ½ Tbsp. sugar
1 Tbsp. chocolate chips
1/1 tsp. vanilla extract

Blend.

LEMON LIFT

Good source of protein, potassium and calcium
-450 calories

1 cup lemon yogurt
¾ cup milk
1 banana
Few drops vanilla extract

Blend.



LIME WHIP

Good source of protein, calcium, vitamin C
-480 calories

1 cup liquid lime gelatin
½ cup pineapple juice
½ cup cottage cheese
½ cup half and half
2 drops vanilla extract

Blend.



MOCHA ORANGE CREAM

Good source of vitamin A, protein, calcium
-770 calories

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.

NUTTY CHOCOLATE MILK

Good source of protein and calcium
-430 calories

1 cup milk
2 Tbsp. chocolate syrup
2 Tbsp. creamy peanut butter
1 tsp. wheat germ
May be served hot or cold

Blend. May be served hot or cold.



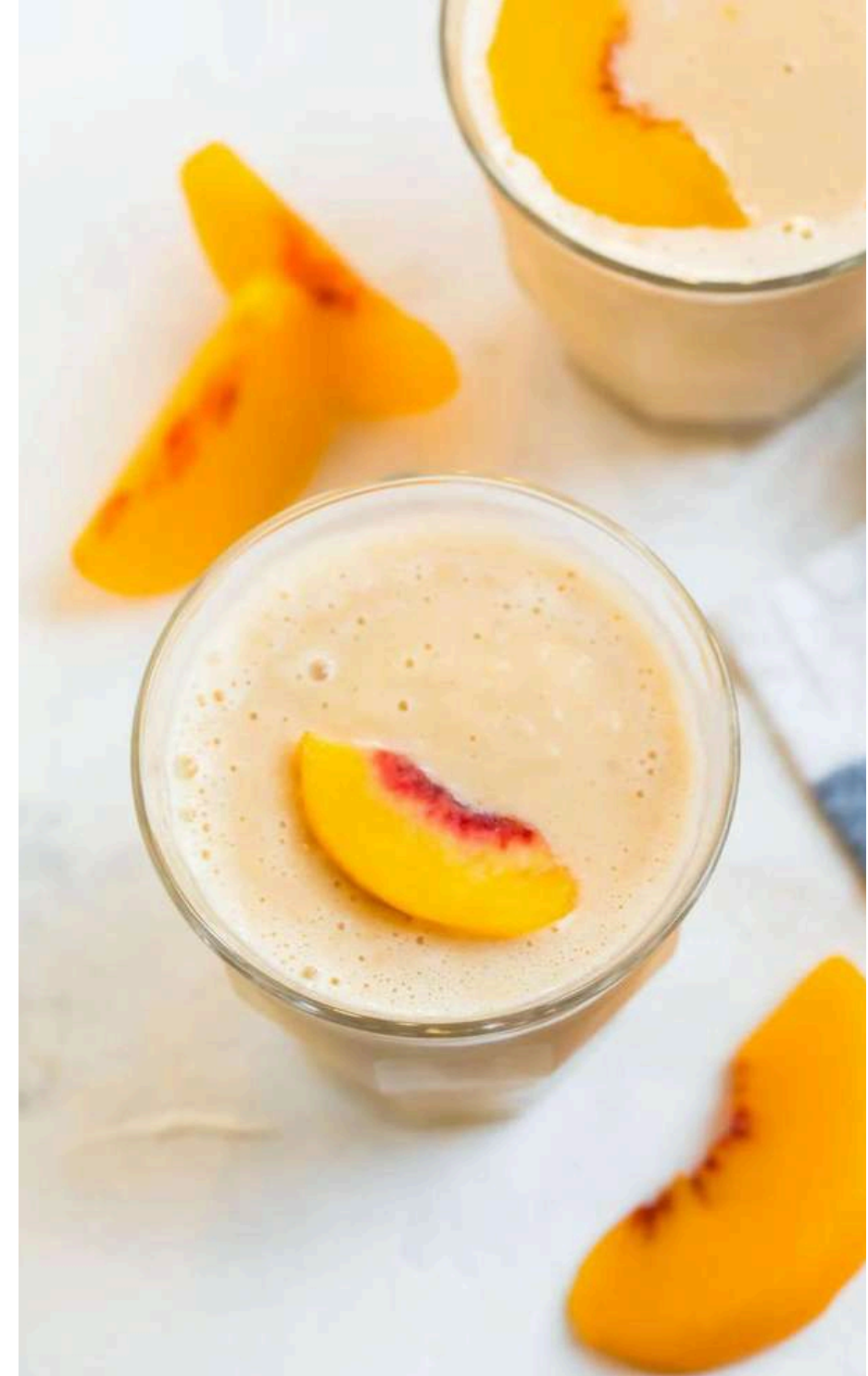
ORANGE FOAM

Good source of protein, calcium, vitamin C
-350 calories

1 cup orange juice
¾ cup vanilla ice cream

Blend until smooth.





PEACH PILLOW

Good source of vitamin C, protein, calcium, vitamin A
-375 calories

1 cup vanilla yogurt
1 jar strained baby food peaches
½ cup milk

Blend.

PEACHES A L'ORANGE JUICE

Good source of protein, calcium, vitamin C, vitamin A,
potassium
-400 calories

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.



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PEACHES AND CREAM

Good source of protein, calcium, vitamin A
-630 calories

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.

PEPPER UPPER

Good source of all nutrients due to Ensure
–450 calories

1 cup Dr. Pepper
 $\frac{3}{4}$ cup vanilla ice cream
 $\frac{1}{2}$ cup vanilla Ensure

Blend until smooth.



STRAWBERRY-PEAR COOLER

Good source of protein, calcium, potassium
–400 calories

2 canned pear halves
 $\frac{1}{2}$ cup cottage cheese
 $\frac{1}{2}$ cup strawberry yogurt
 $\frac{1}{2}$ cup milk
1 Tbsp. sugar
2 drops almond extract

Blend.



VANILLA MILKSHAKE

Good source of protein, calcium, vitamin A
1500 calories

3 cups vanilla ice cream
1 $\frac{1}{4}$ cups milk
1 banana
1 egg
 $\frac{1}{2}$ tsp. vanilla extract

Blend until smooth. For variation, add $\frac{1}{4}$ cup chocolate syrup
or 1 cup canned peaches.



YANKEE MALTED

Good source of all nutrients due to Ensure
-1150 calories

2 cups milk
1 ½ cups chocolate ice cream
½ cup vanilla Ensure
1 egg
2 Tbsp. malted milk powder

Blend until smooth.

YOGURT NOG

Good source of protein, vitamin C, vitamin A, calcium,
potassium
-410 calories

1 cup vanilla yogurt
½ cup orange juice
1 egg
1 small banana
1 Tbsp. sugar

Blend until smooth.



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, and potassium
-190 calories

$\frac{3}{4}$ cup club soda
 $\frac{1}{2}$ cup vanilla yogurt
3 oz. frozen apple juice concentrate

Blend until smooth.

BANANA DAIQUIRI

Good source of vitamin C, potassium
-395 calories

2 cups apple juice
1 ripe banana
15 raisins
1 Tbsp. sugar
 $\frac{1}{2}$ tsp. cinnamon

Blend.



CRANBERRY-FRUIT PUNCH

Good source of vitamin C
-900 calories

1 $\frac{1}{2}$ cups orange sherbet
1 $\frac{1}{2}$ cups cranberry juice cocktail
1 $\frac{1}{2}$ cups crushed pineapple
 $\frac{1}{2}$ cup water
1 Tbsp. sugar

Blend until smooth.

FRUIT PUNCH

Good source of vitamin C, potassium
-390 calories

1 cup ginger ale
½ cup applesauce, unsweetened
½ cup orange juice
½ cup tea
1/3 cup sugar
1/3 cup lemon juice

Blend until smooth.

ORANGE BERRY PUNCH

Good source of Vitamin C
-770 calories

1 ¼ cups orange juice
1 10-oz. pkg. sweetened strawberries (slightly frozen)
1 cup orange sherbert

Blend until smooth.



ORANGE JULIE

Good source of protein, vitamin C, iron
400 calories

2 cups orange juice
½ cup crushed ice
1 raw egg
2 Tbsp. honey
¼ tsp. vanilla extract

Blend.





ORANGE SHERBET PUNCH

Good source of vitamin C
-690 calories

1 pint orange sherbet
 $\frac{3}{4}$ cup ginger ale
 $\frac{1}{2}$ cup pineapple juice
 $\frac{1}{4}$ cup grapefruit juice

Blend until smooth.

PEAR ICEY

Good source of potassium
-380 calories

4 canned pear halves, drained
1 cup crushed ice
 $\frac{1}{4}$ cup sugar
1 Tbsp. lemon juice

Blend until smooth.



STRAWBERRY CRUSH

Good source of vitamin C, potassium
640 calories

2 cups frozen strawberries, unsweetened
 $\frac{1}{2}$ cup crushed pineapple
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ medium banana
6 Tbsp. sugar
 $\frac{1}{4}$ cup lemon juice
2 Tbsp. honey

Blend until smooth.

TOOTY FRUITS

Good source of vitamin C, potassium
–490 calories

2 cups apple juice
 $\frac{3}{4}$ cup cranberry juice
 $\frac{1}{2}$ cup orange juice
2 Tbsp. sugar
 $\frac{1}{2}$ Tbsp. cinnamon
 $\frac{1}{2}$ tsp. cloves

Mix well. Serve hot or cold.

VIRGIN PINA COLADA

Good source of protein, calcium, vitamin C, potassium
–350 calories

1 cup crushed ice
 $\frac{1}{2}$ cup pineapple juice
 $\frac{1}{4}$ cup cream of coconut
3 Tbsp. milk
3 Tbsp. cottage cheese
1 drop vanilla extract
Blend.



COFFEE AND TEA

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 OLE'

Good source of vitamin A
-90 calories

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.

CAPPUCCINO

Good source of protein, calcium, vitamin A
-265 calories

$\frac{3}{4}$ cup coffee
 $\frac{3}{4}$ cup half and half
1 tsp. sugar
 $\frac{1}{2}$ tsp. cocoa

Heat and stir.



CRANBERRY TEA

Good source of vitamin C
-160 calories

1 cup cranberry juice
 $\frac{3}{4}$ cup tea
1 Tbsp. lemon juice
1 tsp. honey
Dash of cinnamon
Pinch of cloves

Mix all ingredients. Serve hot or cold.





MEXICAN COCOA

Good source of Protein and calcium
-260 calories

1 cup milk
½ cup coffee
2 Tbsp. chocolate syrup
Dash of cinnamon

Heat and stir.

TROPICAL TEA

Good source of vitamin C
-140 calories

¾ cup strong tea
¾ cup orange juice
¼ cup pineapple juice
1 Tbsp. sugar
Dash of cinnamon

Mix all ingredients. Serve hot or cold.



TEA FOR ME

Good source of vitamin C
165 calories

1 cup strong tea
½ cup pineapple juice
¼ cup orange juice
¼ cup grapefruit juice
1 Tbsp. honey
Dash of cinnamon
1 drop of orange extract

Mix all ingredients. Serve hot or cold.

SAMPLE MENU

BREAKFAST:	Mexican Cocoa	260 calories
MIDMORNING:	Pear Icey	380 calories
LUNCH:	Vegetable Soup	475 calories
MIDAFTERNOON:	Apple Fizzy	190 calories
DINNER:	Lobster Bisque	600 calories
SNACK:	Lemon Lift	450 calories
		<hr/> 2355 calories

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.

Cooked Fruits:

Applesauce, prunes, apricots, and figs

Muffins:

Bran muffins

Soups:

Fresh vegetable soup, with dried peas, lentils, and barley

Cooked Vegetables:

Carrots, celery, tomatoes, lettuce, cabbage and scallions

Steamed Vegetables:

Baked potatoes, squash, broccoli, green beans, onions, and spinach