



LIQUID DIET

The follow are guidelines for a nutritionally adequate liquid diet. Any food may be used if it is liquefied, thinned, or blenderized and strained. The consistency should be thin enough to be taken through a straw.

Try Blenderized Food

- Any food can be blenderized. Add enough liquid to achieve a pourable consistency.
 - Meats, fish, poultry and ham: Blend with broths, water, milk, vegetable or V-8[®] juice, tomato sauce, gravies.
 - Vegetables: Blend with water, tomato juice, broths, cream, strained baby vegetables.
 - Starches: potatoes, pasta: Blend with soups, broth, milk, water, gravies; add strained baby meats, etc to add protein if needed. Consider using hot cereals such as cream of wheat or rice, oatmeal, grits, etc as your “starch” at lunch and dinner.
 - Fruits: Blend with their own juices, other fruit juices, water, strained baby fruits.
 - Cereals: Make with caloric beverage such as whole milk, soy or rice milk, juice, or liquid nutritional supplements (such as Ensure[®], Boost[®], or an equivalent) instead of water. Add sugars, honey, molasses, syrups, or other flavorings, butter or margarine for extra calories.
 - Mixed dishes: Lasagna, macaroni and cheese, spaghetti, chili, chop suey – add adequate liquid of your choice, blend well and strain.
 - Use commercial soups as a base and add canned or frozen vegetables, meats, and cooked grains (such as rice) and blenderize.
- If you do not have a blender, strained baby foods will work and can be thinned down as needed with milk, soy or rice milk, water, broth, etc.
- **Always clean the blender well.** Any food left in the blender for > 1-2 hours could cause food-borne illness.
- Foods should be free of chunks. Use a strainer if necessary.

Getting your Calories

When getting enough calories is a daily struggle...

- High calorie drinks are better than water (provide calories **AND** fluid); use peach, pear or papaya nectars, cranberry juice, grape or orange juice, Hawaiian Punch[®], Hi C[®], lemonade, Kool-Aid[®].
- Fortify milk by adding dry milk powder – 1-cup powder to 1-quart milk.
- Use whole milk or evaporated milk (if tolerated) instead of skim or 2% for drinking and preparing “cream type” soups, custards, puddings, and milkshakes.
- Add instant breakfast, protein powder, dry milk powder, or other flavored powders or syrups to whole milk or juices, smoothies or shakes.
- Try adding ice cream, sherbets, sorbets to ready-made supplements such as Nutra-shakes[®], Ensure[®] or Boost[®].
- Eggnog, available around the holidays, is a great source of calories!

Examples of Ready-Made Supplements

Milk-Based Products:	Lactose-Free Products (see price comparison guide):
Instant breakfast® http://www.carnationbreakfastessentials.com	Ensure®/Ensure® Plus www.ensure.com
Scandishake/ScandiCal® http://www.axcan.com/us_scandical.php	Boost®/Boost® Plus www.boost.com
Nutra-Shake® www.nutra-balance-products.com	Boost® or Ensure® Puddings
Egg Nog	Generic brand supplements
Kefir (fermented milk drink)	Enlive®/ Resource Breeze® (juice-like) http://abbottnutrition.com/products/enlive or http://www.nestlenutritionstore.com

SHAKES AND SMOOTHIES

Milk-Based Shakes: You can substitute any of the following in place of milk: liquid nutritional supplements (examples include: Osmolite 1.5®, Ensure®, Boost®, etc.) soy milk, tofu, Lactaid® milk, or non-dairy creamers.

Calorie and protein amounts are per serving.

MILKSHAKE

¾ cup milk (or substitute)
1 cup ice cream

Put all ingredients into a blender and blend until smooth.

360 calories, 10 gm protein.

Flavoring ideas:

- 1 to 2 Tbsp chocolate or strawberry syrup
- ½ mashed banana
- ¼ to ½ cup fresh or frozen strawberries
- 1 to 2 Tbsp peanut butter

BREAKFAST SHAKE

6 oz. can frozen concentrated orange juice
¼ cup cold water
1 cup ice cubes
1 carton (8 oz.) plain yogurt

Combine all ingredients except ice cubes in blender, blend until frothy. With mixture still running, drop in ice cubes one at a time.

Makes 2 servings.

240 calories, 8 gm protein

HIGH PROTEIN/HIGH ENERGY SHAKE

½ cup milk (or substitute)
1 package instant breakfast
¼ cup egg substitute
½ cup ice cream

Put all ingredients into a blender and blend until smooth.

470 calories, 22 gm protein

KEY LIME DELIGHT SHAKE

2 cups vanilla yogurt
6 oz key lime yogurt
2 ripe bananas
1/3 cup milk (or substitute)

Put all ingredients into a blender and blend until smooth. Makes 2 servings.

360 calories, 12 gm protein

JUICE SHAKE

¾ cup pineapple juice (or other juices)
¼ cup egg substitute (optional)
1-½ cups vanilla ice cream

Put all ingredients into a blender and blend until smooth.

630 calories, 13 gm protein

THE SUPER SHAKE

1 can Ensure® Plus / Boost® Plus or equivalent
1 cup milk
½ cup ice cream

Put all ingredients into a blender and blend until smooth.
Makes 2 servings.
370 calories, 14 gm protein (when made with whole milk)

STRAWBERRY CHEESECAKE SHAKE

(not sweet)
6 to 7 strawberries ½ cup cold milk
½ cup cottage cheese Honey to taste

Combine all ingredients in blender until smooth.
270 calories, 18 gm protein

HIGH PROTEIN MILK

1 quart low fat (2%) milk
1 cup nonfat dried milk powder

Blenderize ingredients until powdered milk dissolves.
Refrigerate.
Makes 4 servings. *300 calories, 26g protein per serving.*

STRAWBERRY-BANANA FRAPPE (not sweet)

1 cup milk (or substitute)
2 bananas
1 carton (8 oz.) strawberry yogurt
1 Tbsp lemon juice

Combine all ingredients in blender. Makes 2 servings.
275 calories, 9 gm protein

SHERBET SHAKE

¾ cup milk (or substitute)
1 cup sherbet, any flavor

Put ingredients into blender and blend until smooth.
360 calories, 8 gm protein (when made with 2% milk)

MALTED MILKSHAKE

½ cup milk (or substitute)
½ cup half and half
1 package instant breakfast
2 cups ice cream (or frozen yogurt)
¼ cup (4 Tbsp) Ovaltine® or malted milk powder

Put all ingredients into a blender and blend until smooth. Makes 2 servings. *510 calories, 10 g protein (when made with ice cream and 2% milk)*

Juice-based Drinks

HIGH PROTEIN FRUIT DRINK

8oz Resource Breeze® or Enlive®
½ cup sherbet
6 oz ginger-ale

Combine all ingredients in blender until smooth.
Makes 2 servings. *200 calories, 5 gm protein*

FROZEN FRUIT SLUSH

6 oz can frozen fruit juice
4 Tbsp sugar
3 cups crushed ice

Combine all ingredients in blender and mix until slushy.
Makes 2 servings. *240 calories, 0 gm protein*

Soup

SUPER SOUP

10oz can of any cream soup 4 oz heavy cream
6 oz whole milk 4 Tbsp non-fat dry milk powder

Strain soup before serving.

Makes 2 servings. Provides 280 calories and 9 gm protein per serving.