

Facial Surgery Center Information Packet

Complete Blenderized Diet

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What is a complete blenderized diet?

A complete blenderized diet is food that has been blended with liquids in a blender or food processor and strainer. The foods are thinned to a liquid form. The blenderized food can be eaten using a cup, straw, syringe or spoon. You may need a blenderized diet if you cannot chew or swallow solid food. You may also need this diet if you have had jaw or face surgery or mouth pain when eating. The thickness and temperature of foods that you need depends on your health condition. This diet has all the nutrition that your body needs if you eat a variety of foods.

What can I eat and drink while on a complete blenderized diet?

All liquids can be used to blenderize, or thin, foods. The best liquids to use are those that add flavor and have added vitamins and minerals. Some examples of good liquids are milk, fruit juice and vegetable juice. There are some foods that blend better than others, such as:

■ **Breads, cereals, rice and pasta**

- Breads and crackers without nuts
- Cooked, enriched cereals such as grits, Farina®, Malt-o-Meal®, or Cream of Wheat®
- Cooked rice, pasta or noodles

■ **Fruits and vegetables**

- Cooked or canned fruits without skins or seeds
- Cooked or canned vegetables without skins or seeds

■ **Meat and meat substitutes**

- Cooked, tender meat, fish and poultry
- Infant strained meats (baby food)
- Cooked (boiled or poached) eggs (e.g. cooked without a shell in boiling liquid)
- Cheese sauce
- Cottage cheese
- Cooked legumes such as split peas or split lentils without the hull (outer covering)
- Smooth peanut butter

■ **Desserts**

- Smooth custard and pudding
- Shakes
- Desserts such as ice cream, sherbet and plain gelatin may need to be melted before eating

■ **Fats**

- Melted butter or margarine and oil
- Cream cheese
- Salad dressing
- Smooth sauces or gravy

■ **Other liquids and foods**

- Milk beverages and smooth yogurt
- Tomato paste or sauce
- Blended, strained soup stock or cream soups
- Ground seasonings and spices, mustard, ketchup and other smooth condiments

What should I limit or avoid eating or drinking while on a complete blenderized diet?

The following foods do not blend well:

■ **Breads, cereals, rice and pasta**

- Whole-grain breads, cereals or crackers with nuts or seeds
- Fried rice or fried noodles

■ **Fruits and vegetables**

- Fresh fruits or vegetables
- Fruits or vegetables with seeds or tough skins, such as strawberries, raspberries, pineapple, watermelon, tomatoes, corn and celery

■ **Meat and meat substitutes**

- Sausages and wieners or other meats with tough skins
- Poultry skin
- Fish with bones
- Fried meat and fried eggs
- Tough meat with a lot of gristle
- Nuts, seeds and crunchy peanut butter
- Cooked dried beans that do not have the hull (outer covering) removed

■ Desserts

- Baked goods that are made with nuts or seeds, coconut, chocolate and butterscotch

■ Other foods

- Milk or yogurt products with nuts or seeds
- Popcorn
- Relish

What other diet guidelines should I follow?

- Foods may be easier to blend if you cut them into small pieces before placing them into a blender or food processor. After blenderizing, foods should be strained to remove any remaining chunks of food, seeds or fibers.
- When blenderizing solid foods, mix an equal amount of the solid food with liquid. For example, blend one cup of cooked pasta with one cup of vegetable juice. If you are blending fruits or vegetables, you can use less liquid.
- The right thickness and temperature of blended foods may be different for each person on this diet. Talk to your caregiver about the thickness or temperature of foods that is right for you.
- Try to use blenderized foods right away so they will not spoil. Blenderized foods may be stored in the refrigerator for up to 48 hours or placed in the freezer.
- Eat a variety of foods from all the food groups to get a balanced diet. Eating small, frequent meals (six to eight meals per day) may help you to get enough calories and nutrients. Talk to your dietitian about a meal plan that is right for you.

Risks

- If you do not eat a variety of foods while on this diet, you may not get all the nutrients you need. You may need to take a multivitamin and mineral supplement, which can be crushed and added to blenderized food.
- This diet may not provide all the fiber you need and may cause constipation. Constipation is a condition where you have small, hard bowel movements (BMs) that are difficult to pass. You may also have stomach pain, headaches, a full feeling and/or feel like throwing up. Talk to your dietitian about how to get extra fiber in your diet if you have problems with constipation. Adding a canned liquid fiber supplement to your diet may be a way for you to get extra fiber.
- Some people who do not eat their blenderized foods with the right utensils may have problems eating. You may need to eat blenderized foods using a certain utensil such as a syringe or a straw. Talk to your caregiver about the utensil that is right for you.
- Chunks of food in blenderized meals that have not been strained can lead to poor mouth care, cavities or choking. Rinse your mouth with water or clean your mouth after each meal. This will help prevent infections or problems with your teeth.

