

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dietitian/Diet  
Technician:



# Drink-a-Meal

This booklet will help you choose a nutritious, varied diet while your jaws are wired together (*intermaxillary fixation*), for about 6 weeks.

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Food and Nutrition Services**  
Box 356057  
1959 NE Pacific St. Seattle, WA 98195

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine



**Meal Plan**

(Remember to follow the “Food Group” guidelines on page 3.)

<b>Breakfast</b>
<b>Snack</b>
<b>Lunch</b>
<b>Snack</b>
<b>Dinner</b>
<b>Snack</b>

**Meeting Your Nutrition Needs**

All nutrients should be included in your diet. To meet your nutrient needs:

- Choose foods from each of the pyramid food groups
- Drink the recommended servings of the Milk Mixture to get enough vitamin D and calcium
- Drink the recommended servings of the Milk Mixture, eggs, and pureed meats for increased protein requirements
- Drink citrus fruit juices or drink any juice that has added vitamin C

**Food Groups to Select Each Day**

- **Milk and Dairy Products**  
Mix 1 cup of powdered milk with 1 quart of whole milk to increase the nutritional and caloric value of regular milk without changing the liquid volume. You can drink this alone or mix it with eggnog, cream soups, blended foods, etc. Ideally, you should have 6 cups or more of this Milk Mixture every day.
- **Vegetables: 2 or More**  
Most canned vegetables blend well with the Milk Mixture, while frozen vegetables do not. Fresh vegetables, either raw or cooked, can be blended. (Whipped potatoes can be mixed with broth or gravy.)
- **Fruits: 2 or More**  
Many kinds of fruit juices can be used. Fresh or canned fruits can be blended. Fruits and cottage cheese or yogurt can be blended with the Milk Mixture.

- **Meat or Meat Substitutes**

Baby food meat or poultry, eggs, yogurt, tuna, cottage cheese, and tofu are good sources of protein. It may be hard to blend meat particles so they are small enough. Mix with broth, soups or gravy mixes. Meat is not needed, since it is possible to get enough protein from milk and eggs and from foods that complement each other such as grains and legumes.

- **Cereals and Other Starches**

Combine strained cooked cereals with the Milk Mixture. Blend potatoes with gravy or the Milk Mixture or both. Pasta and rice do not blend well.

- **Other Foods**

- **Fats:** Butter, margarine, or oils can be used to increase caloric and nutritional value of soups and beverages. Melted butter is also a good flavoring agent.
- **Soups:** Soup makes a meal that is fast and easy to mix. Many commercial soups are good protein sources when diluted with the Milk Mixture. All soups must be blended and strained.
- **Desserts:** Ice cream, sherbets, warm puddings thinned with milk, custards, and liquid Jell-O (chilled or unchilled) help to increase your calorie intake.
- **Drinks:** Milk, coffee, tea, fruit juices, cocoa, carbonated beverages, and special drink mixes may be used.

### Calories and Protein Content

Recipe	Calories	Protein (grams)
Milk Mixture	850	70
High-Protein Chocolate Milk	1170	73
Instant Breakfast Shake	595	30
Breakfast in a Glass	425	23
Eggnog	325	23
Mexican Mocha	260	9
Madrilene	275	28
Vegetable Soup	500	31
Baked Potato Soup	390	20
Sweet Potato Shake	235	10
Hot Dinner Drink	700	61
Tomato Soup Shake	295	17
Spaghetti Sauce with meat (½ cup)	255	11
Chicken Delight	170	18
Beef Drink	410	36
Northeast Clam Chowder	630	44
Orange Julius	370	23
Fruit Nog	380	23
Fruit Julius	370	23
Strawberry-Orange Shake	250	15
Apricot Shake	600	23
Eggnog Protein Sweetie	750	50
Yogurt Shake	260	14
Yogurt Nog	475	16
Apple Nog	1,170	36
Creamy Fruit Salad	510	23
Mocha Orange Cream	750	9
Fruit Drink	350	6

**Creamy Fruit Salad** (Calories 510, Protein 23 grams)

¾ cup fruit cocktail  
½ cup Milk Mixture  
½ cup half-and-half  
⅓ cup liquid gelatin  
⅓ cup cottage cheese

*Blend and serve.*

**Mocha Orange Cream** (Calories 750, Protein 9 grams)

1 cup crushed ice  
½ cup heavy cream  
½ cup milk  
¼ cup sugar  
¼ cup liquid egg substitute  
1 tablespoon instant coffee  
2 drops orange extract

*Blend and serve.*

**Fruit Drink** (Calories 350, Protein 6 grams)

1 apple, peeled and cored  
¼ cup grape juice  
1 peach, pitted and peeled  
¼ cup pineapple  
1 banana  
1 fresh orange, peeled, or ½ cup orange juice concentrate  
juice of 1 medium lemon  
½ cup yogurt

*Mix in a blender, adding enough water to make 1 quart.*

**Recipes**

**Morning Drinks**

**Milk Mixture** (Calories 850, Protein 70 grams)

*(4 cups per day)*

1 quart regular milk  
1 cup powdered milk

*Mix together and use in place of regular milk for drinking, in special drinks, soups and cooking.*

**High-Protein Chocolate Milk** (Calories 1,170, Protein 73 grams)

1 cup instant nonfat, powdered milk  
1 quart whole milk  
⅓ cup chocolate syrup

*Mix all ingredients together. Serve hot or cold.*

**Instant Breakfast Shake** (Calories 595, Protein 30 grams)

1 cup Milk Mixture  
1 cup ice cream  
1 package Carnation Instant Breakfast

*Blend all ingredients together.*

**Breakfast in a Glass** (Calories 425, Protein 23 grams)

1 cup Milk Mixture  
½ cup orange or pineapple juice  
¼ cup liquid egg substitute  
1 banana  
1 to 2 teaspoons sugar, if desired

*Blend all ingredients together and serve chilled.*

**Eggnog** (Calories 325, Protein 23 grams)

¼ cup liquid egg substitute  
 2 teaspoons sugar  
 1 cup Milk Mixture  
 ¼ teaspoon vanilla

*Blend, add a dash of nutmeg.*

**Mexican Mocha** (Calories 260, Protein 9 grams)

2 tablespoons granulated sugar  
 2 teaspoon cocoa powder  
 1 teaspoon instant coffee granules  
 dash salt  
 ½ cup water  
 ½ cup evaporated milk

*Combine all dry ingredients in a small sauce pan. Stir in water until all ingredients are dissolved. Heat to boiling and add evaporated milk. Heat and stir until mocha reaches desired serving temperature.*

**Vegetable and Protein Drinks****Madrilene** (Calories 275, Protein 28 grams)

½ cup bouillon  
 ½ cup chicken broth  
 ½ cup tomato juice

*Mix all ingredients.*

**Vegetable Soup** (Calories 500, Protein 31 grams)

1 cup mashed potatoes  
 1 cup Milk Mixture  
 1 cup beef broth  
 1 jar (4.5 ounces) strained baby food carrots  
 1 jar (3.5 ounces) strained baby food beef  
 Salt and pepper to taste

*Heat all ingredients, stir until smooth.*

**Eggnog Protein Sweetie** (Calories 750, Protein 50 grams)

1 tablespoon honey  
 1 cup nonfat dry milk  
 ½ cup yogurt  
 ½ cup liquid egg substitute  
 1 tablespoon vanilla  
 ¼ teaspoon nutmeg  
 1 cup of your favorite ice cream  
 1 cup water

*Blend well. Makes about 1 quart.*

**Yogurt Shake** (Calories 260, Protein 14 grams)

½ cup Milk Mixture  
 ½ cup fruit yogurt  
 ½ cup pureed fruit

*Blend ingredients well.*

**Yogurt Nog** (Calories 475, Protein 16 grams)

1 cup vanilla yogurt  
 ½ cup orange juice  
 ¼ cup liquid egg substitute  
 1 small banana  
 1 tablespoon sugar

*Blend ingredients well.*

**Apple Nog** (Calories 1170, Protein 36 grams)

½ cup liquid egg substitute  
 ½ cup sugar  
 1 cup apple juice  
 ¼ teaspoon salt  
 ¼ teaspoon cinnamon  
 ⅛ teaspoon nutmeg  
 3 cups milk, heated

*Combine first 6 ingredients, then add the 3 cups warm milk.*

**Strawberry-Orange Shake** (Calories 250, Protein 15 grams)

½ cup orange juice  
½ cup strawberries  
½ cup liquid egg substitute  
½ cup Milk Mixture  
*Blend ingredients well.*

**Apricot Shake** (Calories 600, Protein 23 grams)

¾ cup apricot nectar  
½ cup Milk Mixture  
1 cup eggnog or ice cream or yogurt  
dash lemon juice  
*Blend ingredients well.*

**More Ideas**

**Flavored Milk Drinks:** (Limited only by your imagination!)

For each serving, add 1 of these ingredients to 1 to 1½ cups milk and whirl in blender:

- **Banana:** ½ cup banana
- **Peanut butter:** 1 tablespoon peanut butter, 2 teaspoons sugar, and a dash of maple flavoring
- **Maple:** 2 tablespoons maple syrup
- **Orange blossom:** ⅓ cup orange juice, 1 teaspoon sugar, 2 drops almond flavoring
- **Coffee:** 2 teaspoons instant coffee and 2 teaspoons sugar dissolved in 1 tablespoon water
- **Berry:** 2 teaspoons strawberry or raspberry jelly or ice cream topping, or thawed frozen berries. Be sure to strain this drink.
- **Caramel:** 2 teaspoons caramel syrup
- **Carrot:** ½ cup carrot juice and ½ cup pineapple juice

**Baked Potato Soup** (Calories 390, Protein 20 grams)

1 cup milk  
½ cup mashed potato  
¼ cup shredded sharp cheddar cheese  
2 tablespoon sour cream  
1 drop onion juice  
salt, pepper to taste

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

**Sweet Potato Shake** (Calories 235, Protein 10)

⅓ cup canned sweet potato  
¼ cup pineapple juice  
½ cup Milk Mixture  
brown sugar to taste  
*Blend ingredients well.*

**Hot Dinner Drink** (Calories 700, Protein 61 grams)

¾ cup Milk Mixture  
½ cup cubed chicken or chicken baby food  
⅓ cup cooked rice  
¼ cup cooked canned vegetables  
1 slice whole wheat bread  
1 cup Milk Mixture  
1 teaspoon butter  
½ teaspoon salt

*Blend together Milk Mixture and meat for 2 minutes. Add rice, vegetable, bread, salt and remaining milk. Blend 1 minute. Melt butter in top of double boiler. Add strained, blended mixture, and heat for 5 minutes.*

**Tomato Soup Shake** (Calories 295, Protein 17 grams)

½ can tomato soup  
½ cup Milk Mixture  
¼ cup liquid egg substitute  
dash salt and nutmeg

*Blend until smooth.*

**Spaghetti** (Calories 255, Protein 11 grams)

Meaty spaghetti sauce blended with tomato juice makes a flavorful meal. Strain if necessary. Noodles do not blend well, so they should be left out.

**Chicken Delight** (Calories 170, Protein 18 grams)

1 cup chicken broth  
chicken gravy mix  
butter to taste  
onion flavoring  
garlic salt  
½ cup cooked, strained chicken

*Blend together and simmer for 1 minute. You may need to add more broth to make it thin enough to drink. Beef or pork may be used instead of chicken.*

**Beef Drink** (Calories 410, Protein 36 grams)

1 cup Milk Mixture  
beef gravy mix  
½ cup cooked strained beef  
½ cup cooked carrots  
½ cup cooked potato  
season to taste

*Follow package instructions to cook gravy mix, using Milk Mixture. Simmer 1 minute. Blend gravy mixture with beef, carrots, and potatoes. Season and serve.*

**Northeast Clam Chowder** (Calories 630, Protein 44 grams)

1 can (10 ounces) minced clams, completely drained  
½ cup Milk Mixture  
½ cup half and half  
¼ cup mashed potatoes  
1 tablespoon vegetable oil  
½ teaspoon onion juice  
salt and pepper to taste

*Heat and pour into blender, blend until smooth, serve.*

**Fruit Drinks****Orange Julius** (Calories 370, Protein 23 grams)

1 cup orange juice  
¼ cup liquid egg substitute  
1 cup Milk Mixture or yogurt

*Whirl in a blender. Thin the mixture with milk if you like.*

**Fruit Nog** (Calories 380, Protein 23 grams)

1 cup Milk Mixture  
¼ cup liquid egg substitute  
½ teaspoon almond flavor  
1 to 2 teaspoon sugar, if desired  
½ cup pureed peaches

*Whirl in a blender and serve.*

**Fruit Julius** (Calories 370, Protein 23 grams)

¼ cup liquid egg substitute  
1 cup Milk Mixture  
1 cup fruit juice or canned fruit  
sugar or honey to taste

*Blend. This may need to be strained if canned fruit is used.*