

Drink-a-Meal



This handout can help you choose nutritious foods while you are on a full liquid diet.

Keeping Your Weight Steady

If you had surgery, it is common to lose 5 to 10 pounds during the first 2 weeks after surgery. Weigh yourself several times during the first week. After that, weigh yourself once a week.

Try to keep your weight steady, and do **not** try to lose more weight during this time. Your body needs enough food to heal. Your appetite should get better after the first week. Talk with your care team if you continue to lose weight.

Preparing Food

A full liquid diet includes foods and drinks that are liquid or can be made smooth and liquid. You may need to blend or strain some foods.

We strongly suggest that you buy or borrow a blender. A blender makes it easier to prepare foods you can drink. You can thin blended foods with the Milk Mixture (see page 2), broth, or juice instead of water. These choices add more nutrition and taste better.

After blending food, you may need to strain it. A strainer removes small pieces, seeds, and strings of fiber.

Helping Your Body Heal

Liquid foods can make you feel full quickly. Because of this, eat small meals more often. Many people on a liquid diet should aim to have **6 small meals each day**. Ask your provider how much you should eat.

If you had surgery to your face, it may be difficult to drink from a cup. This should get better as your swelling goes down. Ask your provider if it is okay to use a straw. Straws can sometimes slow healing.

Your body needs healthy foods to help you heal. You need extra vitamins C and D, calcium, and protein.

Getting the Nutrients You Need

Try to include all types of food in your diet.

- Include choices from each food group listed on page 2.
- Drink the suggested amount of Milk Mixture (see page 2). It gives you calcium and vitamin D.
- Drink Milk Mixture and eat blended eggs or meats to get more protein.
- Drink citrus fruit juices or any juice that has added vitamin C.



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this handout.

Food Groups to Choose Each Day

Dairy

Make Milk Mixture by mixing:

- 1 cup powdered milk
- 4 cups whole milk

This adds more nutrition and calories without making more liquid. You can drink it by itself or mix it with other foods. Ask your provider how much Milk Mixture you should drink. They may suggest 4-6 cups each day.

Vegetables

- Most canned vegetables blend well with Milk Mixture. Frozen vegetables may not blend as well.
- Fresh vegetables can be blended, whether they are raw or cooked.
- You can mix mashed potatoes with broth or gravy.

Fruits

- You can use many types of fruit juice. Fresh or canned fruit can be blended.
- Try blending fruit with cottage cheese or yogurt and Milk Mixture.

Meat or Meat Substitutes

Good protein choices include: Baby-food meat, chicken, eggs, yogurt, tuna, cottage cheese, and tofu. Meat can be hard to blend into very small pieces. Mix it with broth, soup, or gravy.

You do **not** have to eat meat. You can get enough protein from other foods like milk, eggs, and legumes.

Cereals and Other Starches

- Mix cooked cereal with Milk Mixture, then strain it.
- Blend potatoes with gravy, Milk Mixture, or both.
- Pasta and rice do not blend well.

Other Foods

- **Fats:** Butter, margarine, and oils can add calories and nutrition to soups and drinks. Melted butter can also add flavor.
- **Soups:** Soup is a quick and easy meal. Many canned or packaged soups provide protein when mixed with Milk Mixture. **Blend and strain all soups.**
- **Desserts:** These foods can help you get enough calories: Ice cream, sherbet, pudding thinned with milk, custard, and liquid Jell-O (cold or warm).
- **Drinks:** You can drink milk, coffee, tea, fruit juice, cocoa, carbonated drinks, and special drink mixes. Follow your care team's instructions about what and how much to drink.

Recipes

Morning Drinks

Milk Mixture

Calories: 850, Protein: 70 grams

- 4 cups regular milk
- 1 cup powdered milk

Mix together. Use instead of regular milk or as an ingredient in soups and cooking.

High-Protein Chocolate Milk

Calories: 1,170, Protein: 73 grams

- 1 cup instant nonfat, powdered milk
- 4 cups whole milk
- $\frac{1}{3}$ 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
- $\frac{1}{2}$ cup orange or pineapple juice
- $\frac{1}{4}$ 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

- $\frac{1}{4}$ cup liquid egg substitute
- 2 teaspoons sugar
- 1 cup Milk Mixture
- $\frac{1}{4}$ teaspoon vanilla

Blend, and add a dash of nutmeg.

Mocha

Calories: 260, Protein: 9 grams

- 2 tablespoons granulated sugar
- 2 teaspoon cocoa powder
- 1 teaspoon instant coffee granules
- dash salt
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup evaporated milk

Combine all dry ingredients in a small pot. 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

Vegetable Soup

Calories: 500, Protein: 31 grams

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

Heat all ingredients, stir until smooth.

Madrilene

Calories: 275, Protein: 28 grams

- ½ cup bouillon
- ½ cup chicken broth
- ½ cup tomato juice

Mix all ingredients.

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 pot. 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 well.

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.

Hot Dinner Drink

Calories: 700, Protein: 61 grams

- 1¾ 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 teaspoon butter
- ½ teaspoon salt

Blend ¾ cup Milk Mixture and meat for 2 minutes.

Add rice, vegetables, bread, salt, and 1 cup milk.

Blend 1 minute. Melt butter in a pot. Add strained, blended mixture, and heat for 5 minutes.

Spaghetti

Calories: 255, Protein: 11 grams

Try blending meaty spaghetti sauce with tomato juice. Strain if needed. Do not use noodles – they do not blend well.

Chicken Delight

Calories: 170, Protein: 18 grams

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

Blend, then simmer for 1 minute. You may need to add more broth to make it thin enough to drink.

You can also use beef or pork instead of chicken.

Beef Drink

Calories: 410, Protein: 36 grams

- 1 cup Milk Mixture
- beef gravy mix
- ½ cup cooked 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, 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, blend until smooth, and 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

Blend. You can thin this with milk if needed.

Fruit Nog

Calories: 380, Protein: 23 grams

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

Blend 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. May need to be strained if canned fruit is used.

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 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 well.

Flavored Milk Drinks

Blend 1 to 1 ½ cups of Milk Mixture to one of these ingredients:

- **Banana:** ½ cup banana
- **Peanut butter:** 1 tablespoon peanut butter, 2 teaspoons sugar, and a few drops of maple flavoring
- **Maple:** 2 tablespoons maple syrup
- **Orange blossom:** ⅓ cup orange juice, 1 teaspoon sugar, 2 drops almond flavoring or extract
- **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

Eggnog Protein Shake

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 4 cups.

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 warm milk.

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 peeled fresh orange, or ½ cup orange juice concentrate
- juice of 1 medium lemon
- ½ cup yogurt

Mix in a blender. Add enough water to make 4 cups.

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.

Yogurt Shake

Calories: 260, Protein: 14 grams

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

Blend 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 well.

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.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.