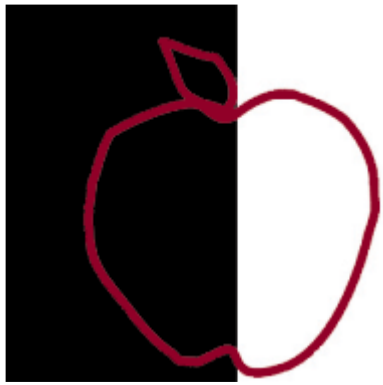




FRACTURED/ WIRED JAW DIET

If you have had some type of facial trauma or surgery that prevents you from chewing solid foods or requires your jaws to be wired together, you may be wondering how you are going to be able to eat. This diet will answer that question. It provides information to help you get the nutrition that you need to promote healing and remain healthy while you are unable to chew solid foods. The diet consists of liquids that can be easily swallowed. But, it's not just the liquids that you normally think of. Anything that you can put into a blender and turn into a liquid consistency will work.



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Here are a few guidelines to follow while you are on the diet:

- Eat three meals and three snacks daily to meet nutritional needs.
- Include a wide variety of regular foods, blended to a liquid consistency.
- Drink plenty of liquids.
- Even though you may lose a few pounds, this is not the time to "diet", since your body is healing.
- Take a liquid multivitamin and mineral supplement daily.
- Make your favorite recipes and use the food processor or blender to liquefy.
- Eat meals with others and enjoy the social aspects of eating, just as you normally would.

How Will I Eat?

Your dietitian will help you determine the best way to take your food, based on your situation and what you are comfortable with. You may be able to use a straw to drink your meals or a spoon to place liquids in your mouth. If you are unable to use either one of these methods, you can use a syringe to get the food into your mouth. The important thing is to do what is right for you.

What Can I Eat?

You can eat just about any food that you normally enjoy. The secret is to change the consistency of the food so that you can swallow it easily. Use a blender or food processor to liquefy the food and thin it to the consistency that you need. You may need to use a strainer to remove large particles that do not blend well.

Helpful Hints

- Eat the same foods that your family is enjoying, only in a liquid consistency.
- Prepare foods ahead of time and freeze in 1-2 cup containers.
- For foods on the go, simply blenderize your favorite foods and put in a thermos.
- Sit up straight when you eat to avoid choking.
- Avoid alcohol or any food which may cause vomiting.
- Request that your butcher grind meat such as pork, chuck, or sirloin 3-4 times to make it easier to blenderize.
- Many foods blend easier when warm. Try heating appropriate foods before liquefying them.
- Clean your mouth at least three times a day. This will help you feel better and foods taste better.

A variety of commercial nutritional supplements to increase your protein and calorie intake can be found at your grocery or pharmacy.

FRACTURED/WIRED JAW DIET FOOD GUIDE

Food Category	Preparation	Thin With	To Increase Calories/Protein	Special Considerations
Milk, dairy products	Blend solid dairy products; blend fruited yogurt and remove fruit pieces that do not blend well.	Milk, juice, or nutritional supplement	Add non-fat dry milk powder, instant breakfast, nutritional supplements, frozen or powdered egg products.	For lactose intolerance, use lactose free products, soy milk, or rice milk. To reduce fat, use low fat or non-fat products.
Meats, fish, poultry, eggs	Cook tender, blend, and strain to remove large pieces, and thin to liquid consistency. Strained baby food may be used if desired. Add a variety of spices to enhance flavor.	Liquid from cooking, thin sauces, gravies, broth, milk, vegetable juice, soup	Add non-fat dry milk powder, frozen or powdered egg products, nutritional supplements.	To reduce cholesterol or saturated fat, use lean meat and egg substitute or egg whites. Drain and discard fat if you use cooking liquid to thin meat. Use low fat sauces and gravies. Avoid eating raw eggs due to possible salmonella.
Fruit, Vegetables	Use cooked or raw, seasoned as desired. Remove skin and seeds. Blend or use food processor to liquefy.	Broth, gravies, fruit or vegetable juice, milk, soups	Add melted margarine or thin cheese sauce to vegetables; sweetened juice, honey, syrup, or cream to fruits.	Avoid foods that routinely cause gas, bloating, or discomfort, such as broccoli, cabbage, cauliflower.
Breads, Cereals, and Pastas	Cook, blend, and thin.	Milk, broth, fruit or vegetable juice, sauces, gravies, soups	Add non-fat dry milk powder, frozen or powdered egg products, nutritional supplements, melted margarine, sour cream.	
Soups	If it contains solid pieces, blend to a smooth consistency. Strain if necessary.	Milk, broth, vegetable juice, sauce	Add strained meat or vegetables; nutritional supplements to cream soups.	
Fats and Oils	Use to add calories and flavor.	Milk, fruit juice, cream, sauces		To reduce cholesterol, use polyunsaturated or mono-unsaturated fats and oils.
Desserts	Prepare as normal, avoiding seeds, nuts, and coconut. Blend or use food processor to liquefy.		Add non-fat dry milk powder, frozen or powdered egg products, nutritional supplements, instant breakfast, fruit juice, strained fruit.	
Condiments, Seasonings	Use any that will enhance the flavors of other foods. Strain out any that will not blend.			Avoid over use of strong flavored seasonings such as onion and garlic because the taste is hard to clean from your mouth.