UVA Nutrition



Liquid Diet (Including High Calorie Tips)

Your doctor and/or Registered Dietitian may recommend that you follow a liquid diet if you have trouble chewing or swallowing, if your stomach does not empty normally, if you have recently had a surgery, or for some other reason. Getting the nutrition you need every day can be a challenge on a liquid diet. The purpose of this handout is to help you continue to get the calories, protein, vitamins, and minerals that you need for healing and/or overall health while you are not eating solid foods.

The good news is that any food may be eaten as long as it is liquefied, thinned, or blended with a blender ("blenderized") and strained. The consistency should be thin enough to be sucked through a straw (even if you don't use a straw).

Blenderized Food

You can add enough liquid to any food to achieve a pourable consistency. Here are a few tips to keep in mind:

- ✓ Use commercial soups as a base and add canned or frozen vegetables, meats, and cooked grains such as rice; blenderize.
- ✓ For fewer calories, use water, broth, vegetable juice, and skim milk for blending.
- ✓ For more calories, use whole milk, cream, gravies, fruit juices, and even commercial nutritional supplements such as Ensure, Boost, or equivalent. See next section for more tips.
- ✓ 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.
- \checkmark Foods should be free of chunks. Use a strainer if necessary.
- Always clean the blender well using warm water and soap, including all parts. Any food left in the blender for more than 1-2 hours could cause food-borne illness.

| How to make this food | into a tasty liquid |
|---|---|
| Meats, fish, poultry | Blend with broths, water, milk, vegetable or V-8 [®] juice, tomato sauce, gravies. |
| Vegetables | Blend with water, tomato juice, broths, cream. Try using strained baby vegetables. |
| Starches such as potatoes, | Blend with soups, broth, milk, water, gravies. |
| pasta, rice | Add strained baby meats for extra protein if needed. |
| Fruits | Blend with their own juices, other fruit juices, water, strained baby fruits |
| Cereals | Make hot cereals with extra liquid, or blend cold cereals with milk. |
| | Instead of water, make with caloric beverages such as whole milk, kefir, soy or rice milk, juice, or liquid nutritional supplements (such as Ensure [®] , Boost [®] , or an equivalent). |
| | Add sugars, honey, molasses, syrups, or butter for extra calories. |
| | Consider using hot cereals such as cream of wheat or rice, oatmeal, or grits as your starch at lunch and dinner. |
| Mixed dishes like casseroles, chili, lasagna, mac and cheese, spaghetti | Add adequate liquid of your choice, blend well, and strain. |

Getting Enough Calories and Protein

A liquid diet is tough, and sometimes it can be hard to meet your needs, especially if you have been on the diet for a while. Here are some tips to help:

- ✓ High calorie drinks are better than water because they provide calories and fluid; use peach, pear, or papaya nectars, fruit juice, Hawaiian Punch[®], Hi C[®], lemonade, and/or Kool-Aid[®].
- ✓ Fortify milk with extra protein by adding dry milk powder. Add 1 cup of powder to 1 quart of milk.
- ✓ Use whole milk, evaporated milk, or condensed milk (if tolerated) instead of skim or 2% for drinking and preparing "cream type" soups, custards, puddings, and milkshakes.
- ✓ Add instant breakfast, protein powder, nut butter, dry milk powder, other flavored powders, or syrups like chocolate or caramel to whole milk, juices, smoothies, or shakes.
- ✓ Try adding nut butter, ice cream, sherbet, or sorbet to ready-made supplements such as Nutra-shakes[®], Ensure[®], or Boost[®]. Add oils, melted butter, or mayonnaise to savory liquids.
- ✓ Eggnog, available around the holidays, is a great source of calories!

Examples of Ready-Made Supplements

| Milk-Based Products | Lactose-Free Products |
|---------------------------------------|--|
| Instant Breakfast [®] | Ensure [®] /Ensure [®] Plus |
| www.carnationbreakfastessentials.com | www.ensure.com |
| Nutra-Shake [®] | Boost [®] /Boost [®] Plus |
| www.nutra-balance-products.com | www.boost.com |
| Scandishake/ScandiCal® | Boost [®] or Ensure [®] Puddings |
| Egg Nog | Generic brand supplements |
| | (Equate, CVS, Kroger, etc) |
| Kefir (fermented milk drink, very low | Ensure [®] Clear (juice-like) |
| in lactose) | abbottnutrition.com/ensure-clear-therapeutic- |
| | nutrition |
| | Boost [®] Breeze (juice-like) |
| | www.nestlehealthscience.us/brands/boost/boost- |
| | breeze |

High Protein and Calorie Shakes

The blender is your friend! Get creative with high calorie shakes and smoothies. Here are a few recipes to get your started. Calorie and protein amounts are listed per serving.

Milk-Based Shakes

You can substitute any of the following in place of milk: liquid nutritional supplements, soy milk, silken tofu, Lactaid[®] milk, or non-dairy creamers.

| HIGH PROTEIN MILK | SHERBET SHAKE |
|--|--|
| 1 guart low fat milk | ³ ⁄ ₄ cup milk (or substitute) |
| 1 cup nonfat dried milk powder | 1 cup sherbet, any flavor |
| Blenderize ingredients until powdered milk dissolves. Refrigerate. | Put ingredients into blender, cover, and blend until smooth. 360 calories, 8 gm protein |
| KEY LIME DELIGHT SHAKE | |
| 2 cups vanilla yogurt | COFFEE BUZZ |
| 6 oz key lime yogurt | 2 tsp of instant coffee, mixed in 1 TBSP |
| 2 ripe bananas | water |
| 1/3 cup milk (or substitute) | 1 cup milk (or substitute) |
| | 1 pack of chocolate or vanilla Instant |
| Put all ingredients into a blender and | Breakfast |
| blend until smooth. Makes 2 servings. | |
| 360 calories, 12 gm protein | Blend all ingredients together |
| | |
| | |

| BASIC MILKSHAKE ³ / ₄ cup milk (or substitute) 1 cup ice cream | HIGH PROTEIN/HIGH ENERGY SHAKE ½ cup milk (or substitute) |
|--|---|
| Put all ingredients into a blender, cover, and blend until smooth. <i>360 calories, 10 gm protein.</i> | 1 package Instant Breakfast [®] ¼ cup egg substitute ½ cup ice cream |
| <u>Flavoring ideas:</u> 1 to 2 Tbsp chocolate, strawberry, or caramel syrup ¹/₂ mashed banana | Put all ingredients into a blender and blend until smooth. 470 calories, 22 gm protein |
| ½ mashed bahana ¼ to ½ cup fresh or frozen strawberries 1 to 2 Tbsp peanut butter 2-4 crumbled chocolate sandwich cookies | NANA-PEANUT SHAKE ¹ / ₂ cup milk (or substitute) 1 banana 2 ¹ / ₂ Tbsp peanut butter 1 cup vanilla ice cream |
| THE SUPER SHAKE 1, 8 oz can Ensure [®] Plus/Boost [®] Plus or equivalent 1 cup whole milk ¹ / ₂ cup ice cream | Place milk in blender container. Add banana, peanut butter, and ice cream. Cover; blend on high for one minute or until thick and smooth. Makes 2 servings. 330 calories, 10 gm protein |
| Put all ingredients into a blender and blend until smooth. Makes 2 servings. <i>370 calories, 14g protein</i> COCOA SUPREME envelope chocolate Instant Breakfast[®] oz milk tsp chocolate syrup | MALTED MILKSHAKE 1/2 cup milk (or substitute) 1 Tbsp malted milk powder 1/2 cup half and half 1 package instant breakfast 2 cups ice cream 2 Tbsp Ovaltine® |
| Heat milk and add Instant Breakfast and syrup. Stir well to blend. Top with marshmallows. | Put all ingredients into a blender and blend until smooth. Makes 2 servings. |
| STRAWBERRY-BANANA FRAPPE (not sweet) | STRAWBERRY CHEESECAKE SHAKE (not sweet) |
| 1 cup milk (or substitute) 2 bananas 1 carton (8 oz.) strawberry yogurt 1 Tbsp lemon juice | 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 |
| Combine all ingredients in blender. Makes 2 servings. 275 calories, 9 gm protein | Hint: Use frozen strawberries for a thicker shake. |

Yogurt and Nondairy Shakes

Try using Greek yogurt for extra protein, or full-fat yogurt for extra calories.

| | HIGH PROTEIN FRUIT DRINK |
|---|---|
| ³ / ₄ cup vanilla or plain yogurt | 8 oz Boost [®] Breeze/Ensure [®] Clear or |
| ³ / ₄ cup orange juice | equivalent |
| | • |
| 1 pack vanilla Instant Breakfast [®] | 1/2 cup sherbet |
| | 6 oz ginger-ale |
| Add all ingredients to the blender, cover, | |
| and blend until smooth. | Add Boost [®] Breeze/Ensure [®] Clear and |
| | sherbet to the blender, cover, and blend |
| | until smooth. Gently stir in ginger-ale. |
| FROZEN FRUIT SLUSH | |
| 6 oz can frozen fruit juice | JUICE SHAKE |
| 4 Tbsp sugar | ³ ⁄ ₄ cup pineapple juice (or other juices) |
| 3 cups crushed ice | ¹ ⁄ ₄ cup egg substitute (optional) |
| | 1-1/2 cups vanilla ice cream |
| Combine all ingredients in blender and | |
| mix until slushy. | Add all ingredients to the blender, cover, |
| | and blend until smooth. |
| BREAKFAST SHAKE | 630 calories, 13 gm protein |
| 6 oz. can frozen concentrated orange | , 51 |
| juice | GREEN SMOOTHIE |
| ¹ / ₄ cup cold water | 1 banana |
| 1 cup ice cubes | 1/2 cup frozen mango chunks |
| 1 carton (8 oz.) plain yogurt | ¹ / ₂ ripe avocado |
| | 1 cup baby spinach |
| Combine all ingredients except ice cubes | 1 ¹ / ₄ soy or almond milk |
| in blender and blend until frothy. With | 1/2 tsp vanilla |
| mixture still running, drop in ice cubes | |
| one at a time. | Add all ingredients to the blender, cover, |
| | and blend until smooth. |
| Makes 2 servings. | Makes 1 serving. |
| 240 calories, 8 gm protein | 5 |
| | 485 calories, 11 g protein |
| | |
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Soups

Add whole milk, evaporated milk, or heavy cream for extra calories **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.