

WIRED JAW COOKBOOK

THE NAME OF THE GAME IS:

High Calorie -----
High Protein -----In a liquid-form that will go through a straw
Low volume -----

Eating your meals through a straw will take time and extra effort. If you must face 3 or 4 cups of liquid each meal to get your needed calories and protein, you will get tired and quit. Thus, you will lose more than the normal 10 to 15 lbs. Which is expected with wired jaw convalescence. The decreased protein intake could slow down the healing process. Here are examples of liquids that can be added to your blenderized diet that will promote good bone healing and a healthy diet.

Liquids that add calories and protein

Milk
Cream
Nutritional Supplements

Liquids that add calories only

Salad oil
Syrups (white and flavored)
Margarine – melted

Powders that add calories and protein

Skim Milk Powder
Instant Breakfasts
Powdered Beverage Mixes
(Except hot chocolate, ovaltine)

HELPFUL HINTS

JUICES AND BEVERAGES

Any juice or beverage that is thin enough to pass through a straw

The following recipes will give you some ideas of what liquids to use when thinning foods in your blender and how much is needed to obtain proper consistency.

CEREAL AND EGGS

3/4 cup cooked cereal + 1 scrambled egg + 1/2 cup milk
1 small box (1 ounce) dry cereal + 1 1/2 cup milk

MEAT OR MEAT SUBSTITUTE

1 jar strained meat + 1/4 cup gravy or broth
1/2 cup macaroni and cheese + 1/2 cup milk

VEGETABLES

1/2 cup cooked vegetables + 1/2 cup vegetable juice (broth from cooked vegetables)
1/2 cup mashed potato + 1/4 cup gravy + 1/2 cup milk
1/2 cup mashed potato + 3/4 cup milk
1 small baked potato + 2 tsp. Margarine + 1 tbs. sour cream + 1/2 cup milk
1/2 cup baked bean + 1/4 cup hot water
1/2 cup scalloped potatoes + 1/2 cup milk

SALADS

1 cup liquid jello + 1/4 cup whipped cream
1/4 cup cottage cheese + 1/4 milk

DESSERTS

1/2 cup pudding + 1/4 cup milk
1/2 cup custard + 1/4 cup milk
1/2 cup lemon pudding + 1 1/4 cup hot water
4 graham crackers + 1/3 cup milk
2 sugar cookies + 1/3 cup milk
6 vanilla wafers + 1/2 cup milk

CANNED FRUIT

2 peach or pear halves + 1/4 cup peach or pear juice
1/2 cup other fruit + 1/4 cup juice
1/2 cup stewed apples + 1/2 cup apple juice

SNACK FOODS

1 cup lime or orange sherbert + 1 cup 7-Up
1 jar strained baby food fruit + 1 cup ice cream + 1 cup milk
1 cup liquid jello + 1/4 cup fruit

Fruit Julius = 6 ounces concentrated orange juice + 1 cup milk + 1/2 cup sugar + 1 tsp. vanilla
+ 1 cup hot water + 16 ice cubes

Minute Milk Shake = 1 cup milk + 1 envelope strawberry instant breakfast powder
+ 1/4 crushed pineapple

or 1 cup milk + 1 envelope vanilla instant breakfast powder + 1 baby food jar of
pureed fruit

or 1 cup milk + envelope chocolate instant breakfast powder + 1 small banana

EXAMPLES OF FOODS SUITABLE FOR BLENDING

MILK	All kinds, as a beverage and in cooking. Use double-strength milk for increased protein (see recipe following). Carnation Instant Breakfast, Slim-Fast, eggnog, malts, shakes, cocoa, etc.
BEVERAGES	Tea, coffee, carbonated beverages, juices
CEREALS	Cream of wheat, malt-o-meal, grits thinned with milk or cream
SOUP	Strained and/or pureed cream soup, vegetable soup, chowders, oyster stew
BROTHS	Beef or chicken broth should be used for thinning foods only
VEGETABLES	Pureed tomatoes, carrots, beets, cauliflower, string beans, asparagus, squash, turnips, spinach, lettuce, potatoes (white or sweet) peas, zucchini
MEATS	Finely ground (blended) and strained poultry, beef, pork, fish
DESSERTS	Ice cream, sherbert, ices, soft custards, jello, puddings
FRUITS	Pureed peaches, pears, baked apples, applesauce, apricots, pineapple, bananas, avocados, fruit cocktail, cantaloupe, and other melons
STARTCHES	Pureed and mixed with sauces, macaroni, spaghetti, noodles, and breads
FATS	Margarine, cream, gravy, used in foods to add calories
RAW EGGS	Are not recommended but can be made into custard and blended with milk

Additional supplements for beverages and cooking can be found in your grocery store or pharmacy. They contain additional vitamins and iron supplementation. They are:

Carnation Instant Breakfast
Slim-Fast
Pro Mix (A plain high protein powder that can be added to meat and potato or soup dishes.)
Polydose (Concentrated sugar for calories only)
Boost/Ensure (diet product taken in addition to meals can help you gain weight)

Persons allergic to milk may use:

Sustacal
Ensure
Isocal

If you do not choose to use the above supplements, you should take adult liquid vitamins, plus iron, equal to the recommended dosage daily.

In your supermarket you will find super-jumbo plastic straws that will be suitable for hot or cold liquids.

SAMPLE MENU FOR ONE DAY

BREAKFAST	Grape juice, oatmeal with milk, scrambled eggs blended with milk, hot cocoa
LUNCH	Cooked hamburger blended with gravy and beef broth, spaghetti with tomato sauce blended, fruit cocktail blended, milk.
SUPPER	V-8 juice, beef stew blended and thinned, white cake with soft orange sherbert blended together, milk
DINNER	(All are blended and strained)
SUGGESTIONS	Chili con carne thinned with tomato juice
	Grilled hamburger or frankfurter with baked beans thinned with V-8 juice
	Spaghetti and meatballs thinned with milk or tomato juice
	Roast turkey or baked chicken with stuffing, green vegetables, and potato thinned with bouillon
	Lasagna thinned with milk or tomato juice
	Pot roast and vegetables thinned with bouillon
	Meat loaf and vegetables thinned with V-8 juice

RECIPES

DOUBLE STRENGTH MILK

To make double strength milk add one cup of dried skim milk to one quart of whole milk. Mix well and chill. One cup will provide about twice as much protein as one cup of whole milk or skim milk.

Double strength milk can be flavored with:

Strawberry or raspberry syrup
Vanilla, coffee extract, or chocolate
Molasses or maple syrup
Mashed bananas, apricots, peaches, or other fruit puree and juices.

Double strength milk has many uses in cooking, use it in preparation of:

Cream soups
Cereal (cook cereal in double strength milk instead of water)
Desserts (custard, tapioca, bread, rice and cornstarch puddings)
Cocoa
Creamed foods (creamed tuna fish, creamed chicken, etc.)
Meat loaf, mashed potatoes and other foods to which milk is ordinarily added

HOT BREAKFAST DRINK

1/2 cup cooked or prepared cereal
1 cup milk
2 strips bacon cooked (not crisp)
1 teaspoon salt
2 eggs, soft cooked
1 teaspoon butter

Put all ingredients except the eggs in the container and blend for 2 minutes. Add the eggs, blend for one or two seconds longer, then strain. Melt the butter in the top of a double boiler, add the strained mixture and heat for five minutes, stirring slightly.

HOT LUNCH DRINK

3/4 cup milk
1/2 cup cubed chicken
1/3 cup cooked rice, spaghetti or noodles
1/4 cup cooked or canned vegetables
1 slice whole wheat bread
1 cup milk
1 teaspoon butter
1 teaspoon salt

Blend 3/4 cup milk and meat separately for 2 minutes. Blend rice, vegetable, bread, salt, and remaining milk 1 minute. Strain. Melt butter in the top of a double boiler. Add the strained, blended mixture and heat for 5 minutes.

Hot Dinner Drink

3 oz. Or 1 medium cooked beef patty (lean)
1 1/2 cups milk
1/4 cup cooked or canned vegetables
1 boiled potato or 1/2 cup mashed potato
1 cup milk
1 teaspoon butter
1 1/2 teaspoons salt

Follow same procedure as for hot dinner drink, but allow beef and milk mixture to blend for 4 minutes instead of 2 minutes

Chocolate Milk Shake

3/4 cup high protein milk
1 tablespoon instant cocoa mix
1 scoop ice cream, vanilla or chocolate

Blend ingredients with an egg beater or in a blender. Makes 1 to 2 servings.
Variations: substitute other flavorings and flavors of ice cream.

Content of 1/2 cup is 8 grams protein and 210 calories with whole milk of 185 calories with skim milk.

Pink Thick Shake

1 egg
1/2 cup high protein milk or whole or skim milk
1/2 cup vanilla ice cream
2 tablespoons undiluted frozen concentrated fruit juice (red punch)

Combine all ingredients in a blender or with a mixer until smooth. Pour into a tall glass and serve. It may be stored in the refrigerator and rebled before serving. Makes two 3/4 cup servings.

Content of 3/4 cup is 9 grams protein and 200 calories with high protein whole milk and 180 calories: with high protein skim milk.

Float

1/2 cup ice cream
3/4 cup carbonated beverage or juice

Put ice cream into two glasses. Pour half the carbonated beverage or juice over the ice cream. Stir until well mixed. Add remainder of liquid and serve at once. Makes two 1/2 cup servings.

Content of 1/2 cup is 2 grams protein and 90 to 130 calories.

Café Au Lait

1/2 cup boiling water
1/2 cup scalded high protein milk or whole milk
1 teaspoon instant coffee

Put instant coffee into a cup, pour the hot water and hot milk into the cup simultaneously. You may garnish with whipped topping. Makes 1 cup.

Content of 1 cup is 7 grams protein and 105 calories with whole milk, or 70 calories with skim milk.

Cocoa

1 cup milk, whole or skim
2 tablespoons skim milk powder
1 tablespoon instant cocoa mix
Few drops of vanilla

Blend first three ingredients. Heat to boiling point, but do not boil. Beat with egg beater and add vanilla. Garnish with marshmallow or whipped cream. Makes one serving.

Content of one serving is 16 grams protein and 240 calories with whole milk and 170 calories with skim milk.

Fruit Drink

1 banana or 1 portion canned fruit
Lettuce – 1 large leaf
2/3 cup fruit juice – grapefruit, orange or pineapple

Blend all ingredients for 2 minutes. Strain. Serve cold.

Bacon and Eggs

2 slices of bacon, crisp
2 soft cooked eggs
1/2 cup hash brown potatoes
1/2 slice of buttered toast
1 cup of warm milk

Put bacon into blender. Process 1 cycle at chop. Add eggs, potatoes and toast. Process 1 cycle at mix. Add milk and process 2 cycles at blend, or until smooth. Add more milk if thinner liquid is desired. Pour into an 8 oz. glass.

Beef Stew

1 cup of cooked beef stew
1 cup of beef bouillon

Put into blender, process 1 cycle on mix, 1 cycle on puree, 1 cycle at blend. Approx. 350 calories.

Chicken Soup

1 cup chicken and noodles
1 cup chicken broth

Put chicken and noodles into blender, process 1 cycle at chop, add bouillon. Process 1 cycle at mix, 2 cycles at blend. Approx. 660 calories.

Hamburger

1 cooked hamburger patty, 2 oz.
1/2 bun hamburger bun
season to taste
1 cup beef bouillon

Put hamburger patty into the blender, process 1 cycle at chop. Add the bun in pieces, seasoning, and bouillon. Process 2 cycles at blend. Approx. 360 calories.

Cottage Cheese and Fruit

1 cup cottage cheese
1/2 cup cooked fruit
1/2 cup fruit juice

Put into blender, process 2 cycles at liquefy. Approx. 300 calories.

Jello Salad

2 tablespoons Jello powder
1 cup boiling water
1/2 cup of fresh or cooked fruit

Put Jello into boiling water, stir until dissolved. Put Jello and fruit into blender, process 2 cycles at liquefy. Drink while warm. Approx. 330 calories.

Turkey and Dressing

3 oz. serving of turkey
1/2 cup dressing
1/2 cup mashed potatoes
1 cup of turkey gravy
3/4 cup of hot water or bouillon

Put turkey, dressing and potatoes into blender. Process 2 cycles at chop. Add gravy and liquid, process 3 cycles at blend. Serve with 1 glass of cranberry juice. Approx. 800 calories.

Steak

3 oz. serving of broiled steak
1/2 cup of mashed potatoes
1/2 cup gravy
1 cup of warm milk

Cut the steak into small cubes. Pour into blender. Process 2 cycles at chop. Add remaining ingredients. Process 1 cycle at mix, 2 cycles at blend, or until smooth. Add more liquid if desired. Approx. 660 calories.

Roast Beef

3 oz. serving of roast beef
1/2 cup of mashed potatoes
1/2 cup gravy
1 cup of beef bouillon

Put meat into blender. Process 2 cycles at chop. Add remaining ingredients, process 1 cycle at stir, 2 cycles at blend. Approx. 670 calories.

Fried Chicken

2 of your favorite pieces of chicken
1/2 cup of mashed potatoes
1/2 cup cream gravy
1 cup hot milk
salt to taste

Put chicken meat into blender, process 2 cycles at chop. Add potatoes, gravy, salt and hot milk. Process 2 cycles at blend. Approx. 800 calories.

Serve a pureed vegetable diluted with water or vegetable juices, add seasoning to taste. Baby foods make ideal vegetables when diluted.

Steak and Mushrooms

1 – 3 oz. serving of steak
1/2 cup of mashed potatoes
3/4 cup of mushroom gravy or soup
1 cup hot milk

Put steak into blender. Process 2 cycles at grind. Add potatoes, gravy and hot milk, process 1 cycle at stir, 2 cycles at blend. Approx. 670 calories.

Pork Chops and Dressing

1 pork chop, baked with dressing
1/2 cup dressing
1/2 cup mashed potatoes
1 cup of vegetable bouillon
1/2 cup of hot milk

Put pork chop into blender, process 2 cycles at chop. Add dressing, and potatoes. Process 1 cycle at mix. Add liquid. Process 2 cycles at blend. Approx. 880 calories.

Apple Pie

1 serving of pie
1 cup cold milk

Put pie and milk into blender, process 1 cycle at chop, 2 cycles at blend. Add a scoop of ice cream if you like. Try all of your favorite pastries in this manner if pie crust is allowed in your diet.

Puddings

3/4 cup soft pudding
1 cup cold milk

Process 2 cycles at blend. Very tasty!

ACKNOWLEDGEMENTS

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