



Date: _____

Client's Name: _____

Registered Dietitian's Name: _____

Phone # 705-522-6237 ext- _____

Toll Free # 1-877-228-1822 ext- _____

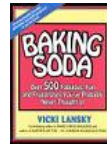
Easy to Chew and Blenderized Diets

Some individuals who have received chemotherapy, radiation and/or surgery to the head, neck or esophagus may experience a sore mouth or throat, chewing and/or swallowing difficulties and changes to their saliva. It may become thick and ropy or leave the mouth very dry. The information and recipes below will help you cope with these changes by making eating easier and less painful.

Healing will occur more rapidly if you eat well, drink plenty of fluids and clean your mouth often using a baking soda and salt rinse below:

Baking Soda Salt Mouthwash

2 ml	Baking soda	½ tsp
2 ml	Salt	½ tsp
500 ml	Warm water	2 cups



In a clean container, mix ingredients well. Swish around in mouth and gargle. This should be done before and after eating and as needed. Discard after 24 hours.

The Easy to Chew Diet

These guidelines are for patients with the early signs of mouth irritations and problems with chewing and/or swallowing. The soft diet will help make eating easier and less painful. If you have mouth sores, additional foods that may irritate your mouth are included under “some foods to avoid”. Remember, some foods might not be appropriate if you have other side effects of treatment. Consult with your dietitian and/or health care team.

	Some Suggested Foods	Some Foods to Avoid
Fruit & Vegetables	Canned vegetables Well cooked/mashed vegetables Apple sauce Canned fruit	Acidic foods (citrus fruit and juices, tomato products) Raw, hard fruit and vegetables
Grains	Instant or quick hot cereal Cold cereal soaked in milk Pasta with cream sauce or butter Mashed, instant or scalloped potatoes	Crusty or dry bread Coarse cereals
Meat & Alternatives	Eggs (cooked any way) with butter Seafood, fish Minced/chopped meat with sauce Egg, tuna, or ham salad Baked or canned beans and legumes Silken or soft tofu	Tough or dry meat (e.g. pork, steak) Nuts Peanut butter
Milk & Alternatives	Milk & chocolate milk Fortified soy, rice or almond milk Milkshakes, malted milk Soft or shredded cheese Cottage cheese or ricotta cheese Yogurt	
Fluids	Nutrition supplements (Boost ®, Ensure ®, Carnation Breakfast Essentials ®) Hot chocolate, Ovaltine Fruit nectars or low-acid fruit juices Water Soup (cream or broth) Electrolyte/sports drinks Herbal teas	Alcohol Carbonated beverages Acidic fruit juices
Mixed Dishes	Casseroles Shepherd's Pie Macaroni & cheese Cream soups Soft stew (ground/chopped meat) Pork and beans Soft frozen dinners	
Desserts & Snacks	Cake or cookies dipped in milk/tea Bread pudding Pudding or custard Ice cream, sherbert, or frozen yogurt Jell-o ® Pie fillings (no crust)	Dry snack food (pretzels, chips, popcorn)
Other	Gravy and sauces (e.g. cream sauce) Oil and butter Sour cream	Spicy foods Spicy or acidic condiments

Eating Tips:

- Relax and eat slowly
- Eat small, frequent meals
- Use brightly coloured foods and serving plates to stimulate appetite



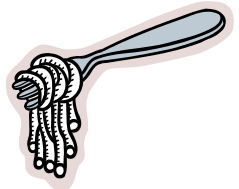
Other helpful tips:

- Soak cold cereals with a generous amount of milk/cream
- Dip bread in soup, gravy or sauce
- Use extra gravy and sauces with meat, vegetables, and pasta
- Grate vegetables into casseroles and soups
- Select naturally soft foods (e.g. ripe bananas, applesauce, peaches, pears)
- Drink fruit nectar instead of juice
- Sip liquid with your meals to help you swallow
- Avoid commercial mouthwashes that contain alcohol as they can dry out your mouth



Pasta in Cheese Sauce

1 cup	small shell pasta	250 mL
2 tbsp	butter	30 mL
2 tbsp	all-purpose flour	30 mL
1 ½ cup	milk, high protein milk or half and half cream	375 mL
1 cup	shredded cheddar cheese	250 mL
	salt and pepper	



Cook pasta in boiling salted water until tender, about 7 to 8 minutes.


Meanwhile, in small heavy saucepan melt butter over low heat. Whisk in flour and cook for 2 minute. Gradually whisk in milk and cook until mixture comes to a boil and thickens. Stir in cheese until melted.

Drain pasta and stir into sauce. Season to taste with salt and pepper.

Makes 2 servings. Each serving provides 619 calories, 27 g protein, 35g fat, 50 g carbohydrates (using high protein milk)

Recipe from “Goes Down Easy”, The Princess Margaret Hospital Foundation

Holiday Chicken Casserole


3/4 cup	package noodles, cooked		180g
1 can	cream of chicken soup		1
3/4 cup	evaporated milk		175 mL
1 1/2 cups	cheddar cheese, shredded		375 mL
2 cups	chicken, cooked and finely chopped in blender		500 mL
1 cup	celery, very finely chopped		250 mL
1/4 cup	green pepper, very finely chopped		50 mL
1/4 cup	pimento, finely chopped (optional)		50 mL

Spread noodles over bottom and up sides of 2 quart casserole. Combine soup, evaporated milk in saucepan and heat, stirring constantly. Add cheese and stir until melted. Stir in remaining ingredients, after well mixed, pour over noodles. Bake at 350 degrees for 30 minutes.

Makes 4 servings. Each serving provides 626 calories, 45g protein, 29g fat, 45g carbohydrates

Recipe from the Non-Chew Cookbook.

Salmon Tetrazzini

2 tins (213g)	canned salmon		426 g
2 Tbsp	butter, melted		30 mL
2 Tbsp	flour		30 mL
2 cups	cooked spaghetti, finely chopped		500 mL
1/2 cup	canned mushrooms, drained and finely chopped		125 mL
2 Tbsp	parmesan cheese		30 mL
2 Tbsp	dry bread crumbs		30 mL
	dash each of pepper and nutmeg milk		

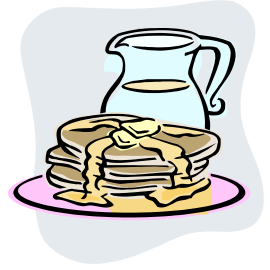
Drain salmon, reserving liquid. Add enough milk to reserved liquid to measure 2 cups. Blend butter, flour, and seasonings in saucepan. Stir in milk mixture gradually and cook over moderate heat until thick, stirring constantly. Mix half the sauce with spaghetti and mushrooms in a greased 2 quart casserole. Stir salmon into remaining sauce. Spoon into center of spaghetti and sprinkle with cheese and crumbs. Bake at 350°F (175°C) degrees for 30 minutes or until bubbly.

Makes 4 servings. Each serving provides 360 calories, 15.5g fat, 29g protein, 25 g carbohydrates

Recipe from the Non-Chew Cookbook.

Mini Pancakes

½ cup	buttermilk	125 mL
½ cup	plain yogurt	125 mL
1	egg	1
½ tsp	vanilla	2 mL
1 cup	all-purpose flour	250 mL
1 ½ tsp	baking powder	7 mL
¼ tsp	salt	1 mL
Butter or oil (for cooking)		



In large bowl, whisk together buttermilk, yogurt, egg and vanilla. In another bowl, stir together flour, baking powder, and salt. Gradually whisk dry ingredients into buttermilk mixture just until blended. Batter will be thick.

Heat a large skillet over medium heat. Melt about 1 tbsp (15 mL) butter or oil in skillet. Pour about 2 tbsp (25mL) batter into skillet to form a small pancake. Repeat until skillet is full. Cook for 1-3 minutes or until bubbles appear on top and underside is golden brown. Carefully flip with a spatula and cook for an additional 30 to 60 seconds or until underside is golden brown. Repeat with rest of batter, adding butter or oil as needed.

Makes ~15 mini pancakes, 4 to 5 servings . Each serving provides 153 calories, 6 g protein, 23 g carbohydrates, 4 g fat

Recipe from “Goes Down Easy”, The Princess Margaret Hospital Foundation

Souper Easy Tuna and Noodles

1 tbsp butter or margarine	15 ml
2 tbsp all purpose flour	25ml
1 can (10 oz/284 ml) chicken noodle soup	1
½ cup milk	125 ml
1 can (170 g) flaked tuna, drained	1



In saucepan, melt butter over medium heat. Stir in flour to make a paste. Stir in chicken noodle soup and milk, stirring constantly until mixture comes to a boil and thickens.

Stir in tuna until heated through.

Makes about 2 cups (500 ml)

Each serving provides 269 calories, 23 g protein, 10 g fat, 20 g carbohydrates.

Recipe from “Goes Down Easy,” the Princess Margaret Hospital Foundation

The Blenderized Diet

The blenderized diet is recommended to help maintain your weight and adequate nutrition for those individuals who have moderate difficulty chewing and/or swallowing their food.

Blender Tips:



- Use liquids to add a smooth texture and great taste to blenderized foods
- Add ground spices, herbs, tomato paste, mustard, ketchup, tartar sauce or other smooth condiments to the blender to add flavour

How to Blenderize Food:

- Food should already be cooked or canned foods may be used
- Cut solids into small cubes before placing in blender
- Blend for a second or two (pulse)
- Add a small amount of liquid and pulse several times
- Add more liquid and blend to get desired thickness
- Best results are obtained when you only blend small amounts of food at a time (e.g., 1 cup/ 250 mL servings)



Safety Tips:

- Wait until blender blades have completely stopped before removing the lid
- After you blend a food, either serve it or refrigerate it immediately

Foods Storage Tips:

- Do not store blended food for longer than 2 days in the fridge
- Freeze in small portions for a quick meal. You can place blenderized food into ice cube trays, freeze, then store in freezer bags for convenient use
- Blended foods can be stored in the freezer for up to 2-3 months
- Thaw frozen food in the refrigerator (rather than on the counter)



Preparation of Basic Pureed Foods

Food	<i>Place in blender container and cover</i>	<i>Blend</i>	<i>Yield</i>
<i>Fruits</i>	1/3-1/2 cup (75-125mL) cooked fruit, 2 tsp(10 mL) fruit juice or water if necessary	15-45 seconds	1/3-1/2 cup (75-125mL)
<i>Vegetables</i>	3/4 cup (200mL) cooked vegetables, 3 to 4 tbsp (45-60 mL) vegetable liquid, broth or water	1-2 minutes	1/2-3/4 cup (125-200mL)
<i>Meat</i>	1/2 cup (125mL) cubed meat, 3 to 4 tbsp (45-60 mL) water, milk, broth, gravy, vegetable water or other liquid	Process until smooth	1/3-1/2 cup (75-125mL)

Additional Recipe Ideas for Preparing Pureed Foods

<i>Cut up food into small pieces and place in blender.</i>	<i>Add small amounts of foods and blend until smooth. Make as thin as desired by adding more liquid.</i>	<i>To add more flavour, try the suggestions below or invent your own.</i>
Beef Stew, Shepherds' Pie Hamburger Meatloaf Roast beef	Gravy, broth, cream soup Beef or mushroom soup Stewed tomato, tomato juice, gravy	Garlic, basil, oregano Ketchup, relish, mustard Worcestershire sauce
Baked fish Tuna or salmon Ham	Cream milk, instant mashed potato Mayonnaise, cream, milk Pineapple juice, roasting juices	Tartar sauce, lemon juice Pickle, sweet relish, onion powder Honey, mustard
Macaroni and cheese Cabbage rolls Salisbury steak Chicken à la King	Milk, cream Gravy, onion soup, tomato juice Broth, gravy, tomato soup Chicken or vegetable soup	
Canned Chunky soup	None needed	
Broccoli, cauliflower Potato, any style Canned or cooked vegetables	Butter, cheese spread Cream, milk, butter Butter, mayonnaise, cooking water	Parmesan cheese Onion powder, cheese Favourite spices
Fruit- canned or fresh e.g. peach, pear, banana, applesauce, pineapple	Any of the following: ice cream, fruit juice, unset Jell-O, pudding, yogurt, custard, whipping cream	Maple or corn syrup, jam, honey

When Extra Protein is Required:

- Add powdered milk to milk, milkshakes, cream soups, mashed potatoes, pudding or blend with fruit juice for a frothy drink
- Add a beaten egg, pureed meat, legumes or any type of cheese to soup for extra protein. Have cream soups made with milk more often
- Use high protein milk (* see recipe below) instead of water when making foods such as pudding, hot chocolate, soups or hot cereals
- Make Jell-O® with milk rather than water
- Add tofu to soups and casseroles

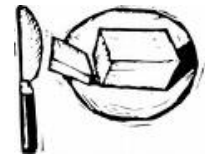


* High Protein “Fortified” Milk Recipe:

Dissolve 1 cup (250mL) dry milk powder in 4 cups (1 L) homogenized (3.25 %) milk. Refrigerate.

If you want to stop losing weight:

- Snack on HIGH calorie foods instead of LOW calorie foods
 - Use whole dairy products instead of 2% or skim
 - Choose rich desserts (i.e. ice cream instead of fruit)
 - Add extra butter, margarine, mayonnaise or cream (sour, whipping, table cream) to foods such as vegetables, soups, bread, cooked cereal and rice
 - Fruit nectar has more calories than fruit juice
- Most people find it is easier to drink than to eat.
 - Make your own nutritious milkshakes and smoothies using milk, ice cream, and yogurt.
 - Fruit nectar has more calories than fruit juice.
 - Commercial nutritional supplements may also be used. (see below for more information)



Frequently Asked Questions:

1. What do I do if I don't have a blender or food processor?

Try to see if you can borrow a blender or food processor from family or friends. If this is not possible:

- Many convenience foods do not need to be blended or are soft enough to be mashed with a fork; i.e., canned cream soups, frozen meals, pastas, canned meatballs and gravy, macaroni and cheese, and desserts.
- Contact the Food Services Department of your local hospital and/or nursing home with regard to the availability of purchasing Trepuree® entrees manufactured by Campbell's. Trepuree® are high quality pureed frozen meals which come complete with a meat, vegetable and potato portion.
- Purchase jars of strained baby foods from the super market. Baby chicken or beef can easily be stirred into soup for added nutrition. If these foods taste too bland, then add your own seasonings.



2. What if I don't have time to prepare meals every day?

- Make large batches of soups, stews, pasta sauce, etc. Pour into containers and seal tightly. Clearly label with the date and name of contents. Freeze immediately. Thaw in refrigerator just before using.
- Frozen, blended foods can keep in the freezer for up to two months in airtight containers.
- If you do not like to cook, buy canned or frozen convenience foods. Just blend, heat and serve. (i.e., meatballs and gravy, Irish or beef stew, macaroni and cheese, chicken à la king, Salisbury steak, cabbage rolls, lasagna).



3. Oh no! I'm constipated! Now what?

You must make an extra effort to get enough fibre on a blenderized diet. If you are having trouble with regularity:

- Prune juice can do wonders. Try mixing it with other juices for a change
- Add 1-2 tablespoons of bran to hot cereal, pureed meats or vegetable dishes
- Be sure to have 8-10 glasses of liquids daily



4. What should I know about nutritional supplements?

Nutritional supplements (e.g., Ensure Plus®, Boost Plus®, Nestlé® Carnation® Breakfast Anytime) can help maintain your weight when added to your diet as a between meal snack. Many types and flavours are available at your local pharmacy and/or grocery store. Ask your dietitian and/or physician for further information regarding nutrition supplements.

Recipes for the Blenderized Diet

Pureed Vegetable Soup

2	medium potatoes peeled and cut into chunks
1	carrot, diced
1	medium onion, chopped
1	clove garlic, minced
4 cups (1L)	vegetable broth
Pinch	dried thyme leaves



In large saucepan, combine potatoes, carrot, onion, garlic, vegetable broth and thyme. Bring to a boil, cover and simmer until vegetables are very tender about 20 to 25 minutes. Cool, and then blend.

Makes about 5 cups (1250 mL)

Per serving of 1 cup (250 mL): 69 calories, 2 g protein, 1 gram fat, 2 grams fiber.

Recipe from “Goes Down Easy”, The Princess Margaret Hospital Foundation*



Pumpkin Soup

1 large onion, sliced	1
¼ cup butter	50 ml
½ tsp curry powder	2 ml
2 c canned pumpkin (not the pie filling)	500 ml
1 ½ tsp salt	7 ml
2 c heavy cream	500 ml
2 ½ c chicken stock	625 ml

Melt butter in skillet, add the onion and sauté until soft. Sprinkle with curry powder and sauté an additional few minutes. Add curried onions, pumpkin and salt to food processor or blender. Process until well mixed, then pour in heavy cream, while continuing to process. Transfer pumpkin puree to a large saucepan and heat slowly with chicken stock. Serve steaming hot.

Makes 4 servings

Per serving: 577 calories, 6.3 g protein, 56 g fat

Recipe from the Non-Chew Cookbook.

Meal-in One

½ cup	milk or broth	125 mL
½ cup	cooked meat	125 mL
4 tbsp	cooked vegetables	60 mL
4 tbsp	infant cereal	60 mL

Blend the milk, meat, vegetables and cereal at low speed until smooth. If necessary, stop the blender during processing and push the ingredients toward the blades. Heat before serving.

Makes 1 serving

Each serving provides: 340 calories, 36g protein, 12g fat, 18g carbohydrates

Carnation® Strawberry Mousse

3 pkgs	Strawberry Nestlé® Carnation® Breakfast Anytime	120g
1 tbsp	unflavoured gelatin	15 mL
1 ½ cups	homogenized milk	375 mL
½ cup	frozen whipped topping, thawed	125 mL
	fruit slices (optional)	



Stir together Nestlé® Carnation® Breakfast Anytime and gelatin in small saucepan; gradually add ¾ (175 mL) cup of the milk, stirring constantly. Cook over medium heat until hot and smooth, about 5 minutes. Remove from heat; stir in remaining milk. Pour into bowl chill for 45 minutes or until mixture mounds when lifted with spoon. Gently whisk in whipped topping. Divide equally between dessert cups; cover and chill for 1 hour or for up to 2 days.

Makes four 1/2 cup (125 mL) servings

Each serving provides 190 calories, 4.7g fat, 27 grams carbohydrates.

High Calorie, High Protein, Full Fluid Drinks

This diet may be required on a temporary basis if you are experiencing severe mouth or throat soreness and/ or you have difficulty swallowing very soft/blenderized foods.

Remember to contact your doctor and/or dietitian if your ability to chew and/or swallow has limited your food intake to primarily fluids. There are prescribed mouth rinses available which may help ease any pain or discomfort that you are experiencing with eating and drinking. Also, the dietitian may recommend some commercial nutrition supplements to help better meet your daily energy and protein requirements when your solid food intake is reduced.

A full fluids diet includes liquids that you cannot see through and foods such as: cream soups, milk, soy milk, milkshakes, hot chocolate, smoothies, commercial nutrition supplements, ice cream, pudding, yogurt, custard, sherbet, soup broth, fruit and vegetable juices, Jell-O®, pop, coffee and tea.



Eating Tips While on a Full Fluid Diet

- Add dry milk powder to regular milk, milkshakes, cream soups, and pudding mix
- Switch to higher fat milk (e.g., whole or 2%)
- Add some table cream when preparing cream soups, puddings and custards
- Add whipped cream to puddings, custards, Jell-O®, and hot chocolate.
- Use high protein milk* in beverages and in cooking and baking (e.g., puddings, custards, cream soups, hot chocolate). Refer to the recipe below
- Add high calorie, high protein beverages (e.g., milkshakes) and/ or commercial nutrition supplements (e.g. Ensure Plus®, Boost® or Nestle® Carnation® Breakfast Anytime) into your daily meal plan. Supplements are available at your local pharmacy and/or grocery store
- Add ice cream and/or fresh, frozen, or canned fruits to your commercial nutrition supplement. Place in blender and mix until well blended.

*** High Protein “Fortified” Milk Recipe:**

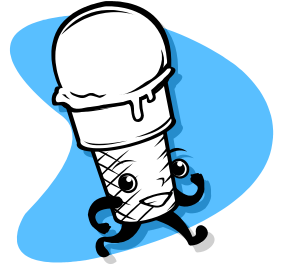
Dissolve 1 cup (250mL) dry milk powder in 4 cups (1 L) homogenized (3.25 %) milk. Refrigerate.



Recipes for High Calorie, High Protein, Full Fluid Drinks

Power Milkshake

1 cup	fortified milk (refer to recipe above)	250 mL
1 scoop	ice cream	60 mL
½ tsp	vanilla extract	2 mL
2 Tbsp	butterscotch, chocolate or strawberry syrup	30 mL



Measure all ingredients into a tall glass or blender. Stir or blend until well mixed.

Makes 1 serving

Per serving: 530 calories, 28g protein



Peanut Butter Shake

1 tbsp	peanut butter	15 mL
½	banana, sliced	½
½ cup	whole milk	125 mL
1 tbsp	ice cream (vanilla)	15 mL

Combine all ingredients in blender. Mix until smooth.

Variations: Use chocolate milk and chocolate ice cream instead of regular milk and vanilla ice cream for a chocolate banana treat!

Makes 1 serving

Each serving provides 350 calories and 10 grams of protein.

Peach Yogurt Smoothie

1 cup	sliced peaches	250 mL
1 cup	plain yogurt	250 mL
1 cup	whole milk	250 mL
2 tbsp	honey	30 mL



Put all ingredients in blender and blend. Refrigerate amount not being served.

Makes 2 large servings

Each serving (1/2 recipe) provides 300 calories & 8.75 grams of protein.

Orange Blender Snack



½ cup	orange juice	125 mL
¼ tsp	grated orange peel	1mL
1 tsp	sugar	5 mL
½ cup	plain yogurt	125 mL

Mix all ingredients in blender on high speed for 5 to 10 seconds.

Makes 1 serving

Each serving provides: 190 calories: 6g protein, 2 g fat, 26 g carbohydrates

Nestlé® Carnation® Tropical Smoothie Breakfast Shake

1 cup	homogenized milk	250 mL
1	ripe banana	1
½ cup	canned pineapple chunks, drained	125 mL
1 pkg	vanilla Nestlé® Carnation® Breakfast Anytime	40 g
2	ice cubes	



Combine all ingredients in a blender; blend until smooth.

Makes two 1-cup (250ml) servings

Each serving provide 206 calories, 8.4g protein, 2.7 g fat, 37g carbohydrates

Mocha Float



1 tsp	Instant coffee	5 ml
2 tbsp	Chocolate syrup	30 ml
¾ cup	Vanilla ice cream	175 ml
½ cup	Fortified milk	125 ml

Combine all ingredients & blend until smooth or desired consistency is reached

Makes 1 serving (400 mL)

= 412 kcal, 12.8 g protein

References

“Non-Chew Cookbook” Wilson, Randy. J. Wilson Publishing Inc. Seventh Ed. Colorado, USA 1985.

“Goes Down Easy”. E. Mecklinger. The Princess Margaret Hospital Foundation. 2006.

For more information on the activities of the foundation or to order a copy of this cookbook, visit www.pmf.ca, and go to the online Store link or call 1 866-YES-PMHF (1-800-937-7643). All proceeds go to the Princess Margaret Hospital Foundation.