

GOLDEN FOOTHILLS ORAL & FACIAL SURGERY CENTER

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**FOOD PREPARATION
&
NUTRITION**

ON A

WIRED JAW DIET



Preface

Nutrition is the process by which the body uses the foods for its normal growth and repair. The major nutrients; carbohydrates, protein, fat, water, vitamins and minerals; are each required daily. This booklet was designed to give you practical tips on eating and preparing foods to meet your nutritional needs after surgery. Your dietitian can assist you with any other questions you may have.

After surgery on your jaw (maxilla or mandible) your upper and lower teeth will be held together by either wires or very strong rubber bands for several days or weeks. A small plastic splint will be wired between your teeth to help stabilize and protect your teeth. If you have large spaces between your teeth, or are missing teeth, you may be able to take thick pureed items while your jaws are wired together. If you do not have these spaces all of your food and nutrition must go through the small spaces between your teeth or at the back of your mouth where your wisdom teeth are (or were). Your food will probably need to be liquefied, thinned and strained during this initial healing.

How Do I Eat After Surgery?

Your first liquids after surgery will be water, juice, melted gelatin, and broth. Your lips may be swollen and numb and you may find it difficult to take liquids. Remember, the swelling will decrease over several days. Eating during the first few days may be very frustrating. Most people dribble as they learn to eat and deal with numb lips so have a small hand towel handy at meals. Take a small amount of liquids frequently rather than large amounts three times a day. You must be able to take enough liquid to maintain your fluid and nutritional status before you will be discharged from the medical center.

Many people take liquids successfully by pouring the liquid from a paper cup (squeeze the cup to a point and pour the liquid in slowly). Your nurse may give you a large syringe with a red tube on the end of it. First, pull the liquid through the tube into the syringe. Next, place the tube in the back of your mouth along your teeth and then slowly squeeze the liquid into your mouth. Your cheeks may be swollen making it difficult to work the red tube into a successful position for the first time. Spoons, straws or glass glasses have been unsuccessful for most people.

You may be very sensitive to hot and cold temperatures. Many people find room temperature liquids most acceptable. Taking liquids is very important. Fruit juice may burn mouth sores and incisions. This may be avoided by taking warm juices and/or diluting them. Melted gelatin is very soothing to a sore throat during the initial days after surgery. Gelatin is not the most nutritious food, yet serves a valuable purpose in this situation.

What Can I Eat?

Your surgeon will advance your diet to strained soups, milk, thin milk shakes, eggnog, strained fruit juices and thinned puddings after you have tolerated clear liquids. Broth or milk will be on your tray so you can thin any items to the best consistency for you. Your nurse will assist you and can reheat items if they cool before you are able to drink them. If you are unable to tolerate milk and milk products, be sure to tell your surgeon before your surgery and your nurse when you are admitted. There are many good tasting products which can be substituted for milk. This will be discussed in a later section.

Foods vary in the kinds and amounts of nutrients they contain. No one food provides all of the nutrients that the body requires in a day. Only a variety of food can do that. Planning a nutritionally balanced liquid diet can be fun. Anything that can be pureed and strained can usually be liquefied and enjoyed. You can even get that pizza taste if you work on it.

What About My Weight Change?

Some people see jaw surgery as a great opportunity to lose weight and some people fear they will lose too much weight. The average weight loss after jaw surgery is 10 pounds. The stress of surgery and several days with a lower intake level contributes to this loss. Weight loss during this stressful time should be avoided or minimized. The healing process requires increased nutrition.

Planned weight loss:

If you are over your desirable body weight and want to lose weight after this surgery, you should discuss it with your surgeon and family physician or dietitian before the surgery. They will help you set reasonable goals and maintain your good health.

Weight Maintenance or Gain:

If you are underweight before surgery or have difficulty maintaining your weight, extra supplements may be necessary. If you are an athlete, concerned with maintaining your muscle status and activity level, review this with the dietitian.

Vitamin and Mineral Supplements:

Is it necessary to take vitamin and mineral supplements? If you are well nourished before your surgery and follow the recommendations given for daily intake, you do not need any vitamin-mineral supplements while your mouth is wired. Most if not all, liquid vitamin supplements do not have minerals and are in an alcohol base which may cause burning in your mouth. Chewable children's supplements are very difficult to grind and dilute. If your jaws will be wired shut for eight or more weeks, you may wish to discuss supplements with your dietitian. It is not necessary to purchase supplements or special items from health food stores.

Equipment and Foods to Have Ready After Surgery?

It is a good idea to have someone to cook and prepare foods for you at least for the first week. As the swelling goes down, you may be able to take thicker liquids and pureed foods. This does not necessarily mean baby food, although it may be handy at times. You will need a food processor or blender and a small wire strainer to prepare your food. A microwave is very helpful, but not necessary.

Basic Food to be Included in Your Diet:

Milk

Six (6) or more servings from this group each day supply adequate protein, calcium, vitamins A and D, and riboflavin. Milk and milk products are the primary source when you are unable to take meats and other high protein foods. Whether you select low fat, 2%, or whole milk products, will depend on your personal preference and your total caloric needs. The extra fat supplies additional calories which you may need at this time.

ONE SERVING =

1 cup (8 ounces) Milk (skim, 2%, whole, chocolate)	2 oz. Cheese Spread
1 cup Buttermilk	1 c. custard or pudding
1 cup Yogurt	1-1/2 c. Cottage Cheese
1-1/2 oz. Cheese (Cheddar, Swiss, American, Provolone, Monterey Jack, Colby, etc.)	2 c. Ice Cream
4 Tbsp Parmesan cheese	1 c. Milk based soup
1/2 c. Instant breakfast mix with milk	1/3 c. Non-fat powdered milk
1 c. High calcium Alba drink mix	2 c. Hot Chocolate (mix with water)
1 c. Meritene powder mix with milk	1 c. Hot cocoa (made with milk)
1 c. Citroprotein powder* mix with juice or water	7 oz. Tofu
1 c. ProMod* with juice or milk	1/2 c. Ensure* or Ensure Plus*
1/2 c. Sustacal* or Sustacal HC*	1/2 c. canned pudding

Your surgeon recommends you take 3-4 packages of instant breakfast mix in milk daily to supply adequate protein and vitamin/mineral nutrition. This product tastes very good and is convenient.

The addition of small amounts of powdered milk to your milk will increase the protein and nutritional value without changing the flavor. You can add 1/2 to 1 cup powdered milk to one quart of milk and use this special high protein milk in all of your cooking and drinking to increase protein and calories.

If you experience diarrhea, cramping, and gas after consuming milk and /or milk products, you may not be able to digest milk sugar (lactose) completely. The following low or no lactose milk products may be helpful; sweet acidophilus milk, Lactaid milk, yogurt and buttermilk. All are available at grocery stores and are very acceptable, high nutrition products if you can tolerate them. Supplements that do not contain any milk or milk products have a star (*) next to them in the above lists.

Protein and Meat Group

A balanced diet usually includes one serving from the meat and protein food group at each meal. You may find it difficult to eat foods from this group. Baby meats and home cooked pureed, strained meats may be mixed with soups or broth to add protein to your diet. The number of servings from the milk group has been increased for you to provide adequate protein without meat. When your surgeon advances you to a pureed or non-chew diet you will be able to add more servings from the meat group and decrease the milk group servings.

Foods in the meat group supply protein, iron, niacin, thiamin, zinc, and many other vitamins and minerals. Select the higher fat meats and cook them with extra fat to increase your calorie intake whenever possible. Larger portions of this group are recommended if you can tolerate more. Items which have a star (*) next to them may be blenderized and/or strained while your mouth is wired. When your surgeon advances your diet to a non-chew diet, the following items can be blenderized for more variety.

1 SERVING =	2 oz. of Tuna	1/2 c. canned clams	2 oz. Roasted chicken
	3 lg. Shrimp	3/4 c. Crab	2 eggs.
	3 oz. Scallops	2 sl. 95% fat-free lunch meat	1/2 c. egg substitutes*
	3 oz. Fish	7 oz. Tofu	3 oz. Beef
	3 Fish sticks	2 oz. Lamb	1 sm. Beef patty
	1/3 c. Canned salmon	6 strips bacon (crisp)	2 oz. Lean ham
	3-5 Oysters (med.)	3 Tbs. Creamy Peanut Butter*	2 oz. Lean pork

2 patties (or 6 links) sausage	1/3 c. Pumpkin seeds	1/3 c. Squash seeds
1 c. cook beans (navy, great Northern lima, kidney, black, pinto, garbanzo, red beans, soybeans)	1/3 c. Sunflower seeds	1 c. Split peas*
	1 c. Pork & Beans*	

Many people use raw eggs in shakes to add protein. To prevent salmonella contamination, eggs should be; (1) fresh, (2) not cracked, and (3) thoroughly clean. Consume drinks with raw eggs immediately or within two (2) hours if refrigerated. Excessive use of raw eggs is not recommended.

Fruits and Vegetables Group:

You should normally eat four servings from this group every day. These foods provide complex carbohydrates, fiber, and many vitamins and minerals. Avoid any juices that have fiber or pulp if you are tightly wired without adequate space for the pulp to flow through. Try to eat 3-4 high vitamin A sources each week and 1-2 high vitamin C sources each day. Any pureed, strained items or juices are acceptable. You may add margarine for flavor and calories, if desired. ONE SERVING IS ½ CUP COOKED, OR 1 CUP RAW.

<u>Vitamin A</u>			<u>Vitamin C</u>	
<u>Best Sources</u>	<u>Good Sources</u>		<u>Best Sources</u>	<u>Good Sources</u>
Cantaloupe	Apricots		Broccoli	Coleslaw
Carrots	Broccoli		Orange Juice	Green pepper
Greens	Tomato		Strawberries	Tangerine
Pumpkin	Watermelon		Grapefruit Juice	Tomato
Sweet Potato	Winter squash		Greens	Tomato Juice
Spinach	Carrot / Tomato Juice		Papaya	
	V8 Juice		Brussel sprouts	

Breads and Grains:

There are few items in the breads and grains group which can be eaten with a wired jaw. Baby cereal, occasionally regular hot cereal, whipped potatoes, and occasionally pureed casseroles or baby dinners are tolerated. It is usually recommended that you eat at least four servings from this list every day.

These foods supply your body with carbohydrates and fiber plus many vitamins and minerals including thiamin, niacin, iron, and zinc. You will receive adequate amounts of these nutrients (with the exception of fiber) without taking food from this group if you take the instant breakfast mix in milk or the special supplements listed. You will miss the fiber from this food group. Changes in bowel habits are discussed in a later section.

ONE SERVING =

1 slice bread (whole wheat, cracked wheat, Rye, or enriched white, raisin, French Or Sourdough)	4-6 crackers
½ c. Cooked dry cereal	1 med. Dinner Roll
¾ c. Dry cereal	1 sm. English muffin
1 sm. Bagel	1 sm. Hot dog / Hamburger bun
1 med. Biscuit	1 med. Muffin
	1 med. Pancake
	1 med. Waffle

1 med. Tortilla
½ c. Macaroni / Spaghetti
1 Tbs. Wheat germ

½ c. Bread stuffing
½ c. Rice (brown or enriched)
2-1/2" Wedge Pizza crust

Other Foods:

To add a variety and additional calories, other foods not specified in the Basic Food Groups may be used. Such foods include butter, margarine, oil, salad dressing, gravies, sauces, jellies, candies, syrups, sweet desserts, and carbonated beverages.

Nutrition on the Run:

Dining at a restaurant is possible with a wired jaw. Order juices, strained soups, broth, or milk. Some people find it difficult to drink from a spoon while wired, so consider ordering your soup by the cup.

Changes in your Bowel Patterns:

The sudden change from solid, high fiber foods to liquids and low fiber items may change your bowel patterns. You may go several days without a bowel movement after surgery. Your stools may be softer, less formed, and less frequent. If you are uncomfortable and feel constipated, be sure you are drinking enough fluids daily. Eight to ten cups of fluid should be considered a daily minimum. Balance your intake of milk products with fruit juices for the most nutrition and comfort. If you have further problems, call your physician.

Suggested Shopping List:

Foods you may wish to have on hand:

Juices: Apple, grape, cranberry (strained orange, grapefruit, nectars and pineapple juice). Citrus juices may burn mouth sores due to higher acid content. Individual juice packs are very convenient if they do not contain pulp.

Preparation note: Juices may need to be diluted, warmed or strained.

Soups: Canned cream soups, any flavor (these are not considered high protein sources)

Preparation note: Blenderize canned condensed soups. Mix creamed soup from the can with milk, removing all lumps. Heat in microwave oven or on stove top. Pour soup through a food strainer to remove all lumps and pieces of meat or vegetables. You may wish to add baby food turkey or chicken to soup before heating or straining. This is only necessary if you are unable to take milk products and need additional protein or calories.

Milk: Whole, 2%, Skim, Chocolate
Carnation (or another brand) Instant Breakfast (3-4 packages each day is recommended by your surgeon.)
Ice cream / yogurt (will need to be thinned and strained)
Pudding (thinned with extra milk)
Eggnog

Meats & Other High Protein Foods:

Baby meats are almost the only meats which will go through your wires. The red meat baby foods have a stronger flavor. Try chicken and turkey baby meats.
Creamy Peanut Butter (mix into thin shake with Milk to thin) Strain before drinking.

Broths:

Broths are very important to dilute items and add variety to your diet. Chicken broth is often preferred over beef broth. Dilute broths as very salty broths may burn mouth sores.

Vegetables & Fruits:

Baby fruits and vegetables can be thinned with fruit juice or water to add variety, yet often must be thinned so much as to lose the flavor of the item. Baby fruit deserts are a nice treat but have limited nutrition and a high sugar content. Tomato, V8, and carrot juice are readily available. The pulp may cause difficulty and the juice may need to be strained.

Breads & Starches:

Baby cereal is often tolerated if it is thinned with milk. Tolerance of regular instant hot cereal and whipped potatoes varies greatly.

Special Liquid Supplements:

There are many liquid supplements available at pharmacies and grocery stores. Your surgeon may provide samples to try prior to your surgery and recommend you consume at least 3 servings per day while wired. These supplements contain vitamins and minerals with balanced nutrition in a liquid form. Grocery stores usually stock such items near the baby formula, although instant breakfast mixes are located in the cold cereal section. The following is a brief description of common supplements to assist you in selecting a supplement. Specific calorie and protein information is noted in the section.

Citrotein Powder and Forta Fruit Drink Powder come in a variety of flavors which can be mixed with water or fruit juice. Both provide vitamins and minerals and are similar to skim milk in nutritional value. They are lactose and milk-free and can be used in a variety of recipes.

Ensure and Sustacal Liquids are milk or lactose-free milkshake type drinks. Flavors include vanilla, chocolate, strawberry, eggnog, black walnut, etc. They are available in 8 ounce cans for convenience, can be used in milkshakes and are tasty over ice. Both are produced by different companies and have slightly different flavors.

Ensure Plus and Sustacal HC have more calories and protein per serving than Ensure and Sustacal. They also come in a variety of flavors.

Instant Breakfast Powders. Your surgeons recommend you take 3 to 4 packages of instant breakfast powder in milk daily, unless you are milk intolerant. If you are milk intolerant, any of the other products noted above will be acceptable. Instant breakfast powders are based on dry milk solids with vitamins and minerals and a variety of flavors. Several companies make these products including Carnation, Pillsbury, and Kroger. This is the most economical supplement for most people.

Meritene is similar to instant breakfast powders, yet provides slightly more liquid per serving. It comes in a variety of flavors and in liquid or powder form. It is usually found at a pharmacy rather than the grocery store. Meritene powder is mixed with milk and the liquid contains milk. Meritene can be used for milkshakes or in recipes, as desired.

Canneo Commercial Milkshakes are available from a variety of companies. Check the label and ingredients to insure your selection has added vitamins, minerals and adequate calories and protein.

Polycose or Moducal are unflavored carbohydrate supplements used in foods and liquids to increase calories. They are rarely necessary for wired jaw patients. Most wired jaw patients can meet their needs without these supplements. If a carbohydrate supplement is recommended by your dietitian, he/she will explain how to use it and where to purchase it.

Suggested Fluids for Wired Jaw Patients (High Protein and Calorie):

Items listed below are commonly recommended for wired jaw patients needing concentrated nutrition in a strained liquid form. The dietitian can give you an estimate of the calories and protein you need to maintain your weight and health during this stressful time. Try to select foods and liquids which give you a variety of flavors and maximize your nutrition.

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN IN GRAMS
Instant breakfast mix in whole milk	8 oz	320	15
Instant breakfast mix in 2% milk	8 oz	275	15
Instant breakfast mix in skim milk	8 oz	230	15
Diet Instant breakfast mix in skim milk	8 oz	170	15
Eggpro	8 oz	250	15
Whole Milk	8 oz	150	8
2% milk	8 oz	125	8
Skim milk	8 oz	80	8
Chocolate milk (2%)	8 oz	240	8
Cream (Half-n-Half)	8 oz	312	8
Ensure (Ross Laboratories)	8 oz	240	10
Ensure Plus	8 oz	355	14
Sustacal (Meat Johnson Laboratories)	8 oz	240	10
Sustacal HC	8 oz	360	15
Meritene Powder in Whole Milk	8 oz	266	18
Meritene Powder in 2% Milk	8 oz	241	18
Meritene Powder in Skim Milk	8 oz	196	18
Ovaltine in Whole Milk	8 oz	227	10
Hot Cocoa Mix (made with water)	8 oz	110	4
Citroprotein Powder in water	8 oz	158	10
Citroprotein Powder in Orange Juice	8 oz	218	10
Citroprotein Powder in Cranberry Juice	8 oz	238	10
Forta Brand Shake (made with Whole Milk)	8 oz	290	17
Forta Brand Fruit Drink (with water)	8 oz	170	10
Forta Brand Soup (with water)	2/3 cup	250	9
ProMod (protein powder)	1 Tbsp	17	10
Fruit Juice (strained)	8 oz	120	1
Soup (creamed, strained, made w/ whole milk)	8 oz	272	5
Tomato Juice / V-8 Juice	6 oz	50	2
Ice Cream (Vanilla)	8 oz	260	6
Yogurt (fruit strained)	8 oz	190	7
Hot Cereal (made with water)	½ cup	80	3

Note: No specific product or company is preferred. Specific names, brands, and companies are listed as examples for clarification purposes only.

**SAMPLE MENUS FOR A DAILY TOTAL INTAKE
FOR WIRED JAW PATIENTS**

SAMPLE #1	AMOUNT	CALORIES	PROTEIN
Instant breakfast in whole milk	4 servings	1280	60
Soup, creamed & strained w/ whole milk	2 servings	544	10
Baby fruit	2 jars	320	----
Ice cream	8 oz	260	6
Fruit juice	12 oz	180	1
Total:		2584	77

SAMPLE #2	AMOUNT	CALORIES	PROTEIN
Ensure Plus (8 oz cans)	4 cans	1440	56
Fruit juice	12 oz	180	1
Soup, creamed & strained w/ whole milk	2 servings	544	10
Baby meat mixed in soup	1 jar	115	14
Baby dessert	2 jars	210	2
Total:		2489	83

SAMPLE #3	AMOUNT	CALORIES	PROTEIN
Instant breakfast in whole milk	4 servings	1280	60
Ice cream	8 oz	260	6
Citrotein with strained orange juice	8 oz	410	20
Fruit juice	16 oz	240	1
Total:		2190	87

SAMPLE #4	AMOUNT	CALORIES	PROTEIN
Diet Instant breakfast with skim milk	5 servings	850	75
Tomato juice	6 oz	50	2
Fruit juice	16 oz	240	1
Total:		1140	78

SAMPLE #5	AMOUNT	CALORIES	PROTEIN
Citrotein with strained orange juice	16 oz	820	40
Soup, creamed & strained	16 oz	544	10
Baby meat, in soup	3-1/2 oz	115	14
Ensure Plus	8 oz	355	15
Total:		1824	79

NOTE:

Remember to drink extra water to meet your fluid needs, if necessary.

What is a “Non-Chew” Diet?

When your mouth is unwired it is still healing your surgeon may instruct you to eat foods that do not require chewing. Follow the general guidelines given in the basic food groups section of this booklet. This will increase the variety of foods you can eat and still maintain the nutrition your body needs. Foods should be cooked and well blenderized or mashed so you can eat them without chewing. Swallowing foods whole without chewing them may create indigestion. You should add back the meat and protein foods and the breads and starches and can decrease the milk servings to 4 servings each day. Continue to take adequate fluids as you increase the fiber content in your diet to avoid constipation.

SAMPLE MENUS FOR A NON-CHEW DIET

SAMPLE #1	AMOUNT	CALORIES	PROTEIN
Instant breakfast in 2% milk	1 cup	275	15
Oatmeal (instant)	1 package	110	3
Sugar	1 tsp	16	---
Fruit juice	½ cup	60	---
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Egg salad	(2 eggs & 2 Tbsp mayonnaise)	340	16
Fruit juice	½ cup	60	---
2% milk	1 cup	125	8
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Whipped potato & 1 tsp margarine	½ cup	125	3
Ground beef in gravy (very fine)	½ cup	285	16
Pureed broccoli & cheese sauce	½ cup	105	8
Instant breakfast in 2% milk	1 cup	275	15
Mashed banana	1 medium	160	1
Total:		2096	88

SAMPLE #2	AMOUNT	CALORIES	PROTEIN
Instant breakfast in 2% milk	1 cup	275	15
Cream of Wheat	2/3 cup	110	3
Sugar	1 tsp	16	---
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Scrambled egg	1 medium	80	8
V8 juice	6 oz	50	2
Blenderized Macaroni & Cheese	6 oz	163	7
Blenderized green beans & 1 tsp margarine	½ cup	40	2
Milk shake from McDonalds	1 medium	440	6
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Eggnog	1 cup	250	10
Mashed Tuna Noodle Casserole	1 cup	280	18
Mashed carrots (cooked)	½ cup	25	2
Fruit juice	½ cup	60	---
2% milk	1 cup	125	8
Total:		2004	81

SAMPLE #3	AMOUNT	CALORIES	PROTEIN
Instant breakfast in 2% milk	1 cup	275	15
Orange juice	1 cup	120	---
Custard (homemade)	1 cup	306	14
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Tuna Salad (1/2 cup tuna in water & 2 Tbsp mayonnaise)	ALL	285	14
Soup, blenderized Cream of Potato	1 cup	300	8
Saltine crackers (softened in soup)	5 crackers	80	3
2% milk	1 cup	125	8
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Pudding (canned)	5 oz serving	180	4
Chili, blenderized	1 cup	230	19
Ice cream (soft serve)	1 cup	300	2
Total:		2321	87

RECIPES

The following recipes may need to be strained before drinking if your mouth is tightly wired.

HIGH PROTEIN MILK

1 cup whole milk

¼ cup instant non-fat dry milk

Add non-fat milk to whole milk; beat until dissolved. Refrigerate.

1 cup provides 270 calories and 10 grams of protein.

This mixture can be used in recipes in place of milk to increase calories and protein.

VANILLA WARMER

1 cup whole milk

1 package vanilla flavored instant breakfast mix

1 tsp sugar

¼ tsp cinnamon

1/8 tsp nutmeg

dash of ground cloves

Blend milk and other ingredients for 1 minute. Heat in saucepan or microwave. Do not boil. One serving provides 320 calories and 15 grams of protein.

MEXICAN MOCHA

2 Tbsp sugar

1 Tbsp cocoa powder (Hershey)

1 tsp instant coffee granules

Dash of cinnamon

½ cup water

½ cup evaporated milk

Combine all dry ingredients in a small sauce pan. Stir in water until all dry ingredients are dissolved. Heat to boiling and then add evaporated milk. Continue to heat and stir until cocoa reaches desired serving temperature. One cup provides 291 calories and 3 grams of protein.

JUICE SHAKE

¾ cup pineapple juice (or other juice)
1 egg (raw, with no cracks OR ¼ cup egg substitute)
1-1/2 cups vanilla ice cream

Combine all ingredients in a blender or mixing bowl and mix well. One shake provides 360 calories and 17 grams of protein.

PINK LASSIE

1 cup cranberry juice
¼ cup orange juice
1 cup vanilla ice cream (soft)

Put all ingredients into a blender and process until smooth. 2-1/2 cups provide 440 calories and 7 grams of protein.

LEMONADE SHAKE

1 cup lemonade
1-1/2 cups vanilla ice cream
1 egg (raw, with no cracks OR ¼ cup egg substitute)

Combine all ingredients in a blender or mixing bowl and mix well. Provides 575 calories and 17 grams of protein.

LEMON COOLER

1 cup whole milk
1 package vanilla instant breakfast
½ cup lemon sherbet
¼ tsp lemon extract

Blend all ingredients well. One serving provides 380 calories and 18 grams of protein.

ORANGE COOLER

1/3 cup concentrated orange juice
½ cup water
½ cup milk (high protein milk can be substituted)
¼ cup sugar
1 tsp vanilla
5-6 ice cubes

Combine all ingredients in a blender. Mix about 30 seconds. Provides 135 calories and 1 gram of protein per cup.

ORANGE JULIUS

¼ cup orange flavored Citrotein
1 cup orange juice
½ cup vanilla ice cream

Mix well in blender. Provides 348 calories and 13 grams of protein.

ORANGE NOG SUPREME

1 cup whole milk
½ cup orange juice
1 package eggnog flavored instant breakfast
2 Tbsp brown sugar
¼ cup vanilla ice cream

Pour milk and juice into blender. Add instant breakfast power, ice cream and brown sugar. Blend well. Provides 486 calories and 16 grams of protein.

PEANUT BUTTER MILK

1 quart whole milk (high protein milk may be substituted)
1/3 cup creamy peanut butter
2 Tbsp sugar

Add a small amount of milk to peanut butter in blender. Continue adding milk until peanut butter is in solution. Add remainder of milk and sugar. Mix well. Chill. One cup provides 276 calories and 9 grams of protein.

APRICOT DRINK

2 cups whole milk (high protein milk may be substituted)
2 tsp lemon juice
2 cups Apricot nectar, sweetened

Blend all ingredients together. Chill and serve. One cup provides 196 calories and 4 grams of protein.

BANANA MILK SHAKE

1 medium banana (mashed) OR 1 jar baby food bananas
1-1/2 tsp sugar
¼ tsp vanilla extract
½ cup whole milk (may substitute high protein milk)

Mix well in blender. Provides 235 calories and 5 grams of protein.

HOT CHOCOLATE

1 cup whole milk
1 package chocolate flavored instant breakfast
1/8 tsp mint extract

Mix ingredients well. Heat in saucepan or microwave to desired temperature. Provides 320 calories and 15 grams of protein.