

Your Diet

This book was written to help you through this special time. The 75 tested and tasty recipes include listings of calorie counts and important nutrients in each. Try to maintain your weight – this is not the time to diet! Normally, men require about 2600 calories daily, while women require about 2000. For proper healing, you may need more calories, protein, and vitamins than normal. To help meet these requirements, eat more frequently (6-8 times daily). Make double batches and freeze in small containers for later use.

For work, carry hot soup in a thermos bottle, or take instant breakfast powders to mix with milk. Supplemental drinks, such as Sego, Slender, Ensure, Metrecal, Nutrament, etc., are also convenient.

Physical activity should be minimized for 2-3 months following surgery, or as recommended by your surgeon. This includes all activities where the jaws would have a tendency to be hit or jarred. Strenuous work, such as lifting heavy objects, could cause stress and displacement of the healing jaw segments.

If you are having surgery on your TMJ joints, it is essential that you follow a soft diet for about 3 months following surgery. The joints take a long time to heal, and undue stress on the joints from biting on hard foods, or opening the mouth too wide, can cause a terrific amount of pain. Do not become overconfident about the healing ability of your joints one month after surgery and begin eating raw vegetables. GO SLOWLY!

Almost anything you are accustomed to eating and drinking can be blended and thinned to the right consistency for you. Some foods may require the use of a metal strainer as well. Bon Appetit!

Nutritionally Speaking

It is helpful to know a few nutritional terms and their functions.

Protein functions in the growth and maintenance of tissues. **Calcium** is important in bone formation and blood clotting. **Vitamin A** is vital in the formation and maintenance of skin. **Vitamin C** is important in the development of bone matrix, cartilage, and collagen. **Potassium** helps maintain the body's water balance. **Iron** is essential in maintain the blood supply, and is absorbed better when eaten with foods containing **Vitamin C**.

Continue taking vitamins if you do so. Whole vitamins can be smashed in a cloth with a hammer and dissolved in juice or soup. Prescribed liquid vitamins may also be taken.

Raw eggs may be used if rinsed carefully before cracking, and the egg mixture is used within two hours. Eggshells may be the source of salmonella and other harmful bacteria.

Bowel movements may become less frequent. Don't be alarmed. Rather, try adding bran or wheat germ to your diet for needed bulk.

If you have any pre-existing conditions, such as diabetes, high blood pressure, heart condition, etc., whereby a specific diet plan has been prescribed, continue to follow the diet recommendation of your physician.

Negative pressure can be harmful for healing if you have had maxillary (upper jaw) surgery. To avoid negative pressure, sneeze and cough through your nose. If you must blow your nose, do so gently by placing both hands firmly over your cheeks. Also, don't sip through a straw.

Highly acidic and sweetened foods may cause decalcification and discoloration of your teeth over a long period of time. So, when eating these foods, such as fruit juices, carbonated beverages, milkshakes, etc., practice good oral hygiene!

I would like for you to refrain from strenuous physical activity for 8-16 weeks following surgery. This includes jogging and aerobics. Avoid contact sports for minimum of 4-6 months, such as football, basketball, and soccer. Avoid any situation where you might be hit or jarred – the bones don't need any additional trauma to the area while healing is taking place. Also, do not lift any heavy objects, for the jaw muscle may become tight and place a strain on healing bones.

When you begin eating solid food, do not attempt to open your mouth too wide, such as with a large hamburger or raw apple. Cut your food very small and chew slowly. It is important that you avoid stress to the TMJ area. If you have chronic TMJ pain, you may need to always be careful about your eating habits.

Do not bend over for the first weeks because it may make the jaws and TMJ ach more. Avoid clenching and gritting your teeth because this puts pressure on the healing of bones, muscles, and joints.



The Pyramid is an outline of what to eat each day. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calorie to maintain healthy weight.

Diet and Headaches

The following foods may cause migraine headaches. Keep track of the foods you have eaten before a migraine attack and see whether their removal reduces or eliminates the headaches.

- Ripened cheeses (cheddar, gruyere, brie and camembert)
- Herring
- Chocolate
- Vinegar (except white vinegar)
- Anything fermented, pickled or marinated
- Sour cream, yogurt
- Nuts, peanut butter
- Hot fresh breads, raised coffeecakes, donuts
- Pods of broad beans (lima, navy and pea)
- Foods containing MSG (Chinese foods)
- Onions
- Canned figs
- Citrus fruits (no more than one orange daily)
- Bananas (no more than ½ banana daily)
- Pizza
- Pork (no more than 2-3 times per week)
- Excessive amounts of tea, coffee or cola beverages
- Avocado
- Fermented sausage (bologna, pepperoni, salami, hot dogs)
- Chicken livers
- Alcoholic beverages

Oral Hygiene Considerations



1. Following each meal, clean your mouth properly. Child-size toothbrushes are small and can get in tight spots for better cleaning.
2. A water pik may be used beginning one week after jaw surgery. A good solution is made of 4 parts water and/or mouthwash to 1 part hydrogen peroxide.
3. Avoid relying solely on food containing high amounts of sugar. Sugar increases the chance for cavities and contains few nutrients.
4. If the teeth are sensitive to extreme temperatures, serve foods either lukewarm or slightly chilled.
5. Your surgeon may prescribe Peridex, a special mouthwash that helps eliminate plaque and debris from the teeth and braces. Peridex may leave a stain on the teeth, which can be removed by your general dentist.

Soups

To increase calories, protein, and calcium, add non-fat dry milk to any soup.

Asparagus Soup (good source of protein, calcium, vitamin A and iron)

1 10 $\frac{3}{4}$ oz. Can cream of asparagus soup
1 cup milk
1 Tbsp. Mayonnaise
Dash of Worcestershire sauce

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
450 calories.

Avocado-at-Sea (good source of protein, calcium and vitamin A)

1 cup condensed clam chowder from a can
1 10 $\frac{3}{4}$ oz. can chicken broth
 $\frac{1}{2}$ cup half and half
 $\frac{1}{2}$ ripe avocado, mashed

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
600 calories.

Avocado Chicken Soup (good source of protein, potassium)

1 10 $\frac{1}{2}$ oz. Can cream of chicken soup (reconstituted with $\frac{3}{4}$ cup water)
3 cups chicken bouillon
1 ripe avocado, mashed
 $\frac{1}{2}$ cup celery, finely chopped
1 Tbsp. Liquid vegetable oil
 $\frac{1}{2}$ tsp. onion salt

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
765 calories.

BBQ Soup (good source of protein, calcium)

1 cup beef bouillon
 $\frac{3}{4}$ cup cooked rice
 $\frac{1}{2}$ cup milk
1 Tbsp. Liquid vegetable oil
 $\frac{1}{2}$ tsp. onion juice
 $\frac{1}{2}$ tsp. barbecue sauce
 $\frac{1}{2}$ tsp. chili sauce
 $\frac{1}{4}$ tsp. prepared mustard
Dash each of salt, pepper and Tabasco

Heat all ingredients in saucepan. Blend until smooth.
375 calories.

Baked Potato Soup (good source of protein, calcium, vitamin C)

1 cup milk
 $\frac{1}{2}$ cup mashed potatoes
 $\frac{1}{4}$ cup shredded sharp cheddar cheese
2 Tbsp. Sour cream
1 drop onion juice
Salt, pepper to taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
475 Calories





Bean Soup (good source of protein, vitamin c and vitamin c)

¾ cup chicken bouillon
½ cup canned pinto beans, drained
½ cup canned carrots, drained
1 8 inc stalk celery, fine chopped
1 Tbsp. Deviled ham
½ tsp. onion juice
Dash of garlic powder
Salt, pepper to taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
200 Calories

Borsch (good source of iron)

1 ½ cups beef bouillon
1 cup canned beets, chopped
1Tbsp. Sour cream
1 tsp. liquid vegetable oil
1 tsp. onion juice
1 tsp. lemon juice
2 drops garlic juice
Dash of hot pepper sauce, salt and pepper.

Blend until smooth. Serve cold.
205 Calories

Cauliflower Soup (good source of protein, calcium, vitamin A, vitamin C and potassium)

1 10oz. Pkg. Frozen cauliflower, cooked
1 cup half and half
¾ cup milk
3 slices American cheese
1 tsp. flour
1 tsp. butter
Dash of Worcestershire

Heat butter and flour in a saucepan until smooth.
755 calories

Cheddar Cheese Soup (good source of all nutrients due to Ensure)

1 11 oz. can cheddar cheese soup
½ cup vanilla Ensure
½ cup water
1 tsp. worchestshire sauce
Salt, pepper to taste

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
480 Callories

Cheese Broccoli Soup (good source of protein, calcium, vitamin A and iron)

1 11 oz. can cheddar cheese soup
1 cup milk
½ of 10 oz pkg. Frozen broccoli, cooked

Heat all ingredients in saucepan. Pour in blender. Blend until smooth.
500 Calories.

Chicken Asparagus Soup (good source of iron)

1 10 ¾ oz. can chicken broth soup
½ cup mashed white asparagus
1 Tbsp. Sour cream
1 Tbsp. Deviled ham
1 Tsp. flour

Salt, Pepper to taste Heat all ingredients in saucepan. Pour in blender. Blend until smooth. 315 Calories



Squash Soup (good source of protein, vitamin A and vitamin C)

1 cup cooked summer squash, diced
1 cup chicken bouillon
1/3 cup half and half
1 tsp. sugar
1/2 tsp. liquid vegetable oil
Dash each of nutmeg, salt and pepper

Blend until smooth. Serve cold.
175 Calories

Chicken Soup with Corn (good source of protein, vitamin A and vitamin C)

1 10 1/2 oz. can cream of chicken soup
1 1/4 cups milk
1/2 cup creamed corn
1/2 cup water
1 drop hot pepper sauce
Dash each of salt, pepper and poultry seasoning.

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. May require straining.
575 Calories

Crabmeat Soup (good source of protein, vitamin A and vitamin C)

2 cups half and half
1 10 1/2 oz can cream of mushroom soup
1 10 1/2 oz can cream of asparagus soup
1 cup chopped crabmeat
1/2 cup water
Dash of white pepper

Heat all ingredients in saucepan. Pour in blender. Blend until smooth. May require straining.
1200 Calories

Cream Curry Soup (good source of protein, vitamin A and vitamin C)

1 3 oz pkg. Cream cheese, softened
1 1/2 cups beef bouillon
Dash each of curry powder, garlic powder and pepper

Blend until smooth. May be served hot or cold.
300 Calories

Cucumber Soup (good source of protein, vitamin A and vitamin C)

2/3 medium cucumber, peeled, seeded and chopped
1/4 cup milk
1/2 cup chicken bouillon
1 tsp. cottage cheese
1 tsp. sour cream
1 tsp. minced onion
Dash salt and pepper

Blend until smooth. May be served hot or cold.
160 Calories

Vegetable Broth (good source of protein, vitamin A and vitamin C)

1 cup beef bouillon
3/4 cup canned chicken broth
1/2 cup cucumber, peeled, seeded and chopped
1/2 cup tomato, peeled, seeded and chopped
1/4 ripe avocado, mashed
1 tsp. sour cream
1/4 tsp onion juice
1/4 tsp wine vinegar
Salt and pepper to taste

Put all ingredients in blender. Blend until smooth. May be served hot or cold
210 Calories

Pepper-Upper

Good source of all nutrients due to Ensure

1 cup Dr. Pepper
¾ cup vanilla ice cream
½ cup vanilla Ensure

Blend until smooth
450 calories

Strawberry-Pear Cooler

Good source of protein, calcium, potassium

2 canned pear halves
½ cup cottage cheese
½ cup strawberry yogurt
½ cup milk
1 Tbsp. Sugar
2 drops almond extract

Blend
400 calories

Vanilla Milkshake

Good source of protein, calcium, potassium, vitamin A

3 cups vanilla ice cream
1 ¼ cups milk
1 banana
1 egg
½ tsp. Vanilla extract

Blend until smooth. For variation, add ¼ cup chocolate syrup or 1 cup canned peaches
1500 calories

Yankee Malted

Good source of all nutrients due to Ensure

2 cups milk
1 ½ cups chocolate ice cream
½ cup vanilla ensure
1 egg
2 Tbsp. malted milk powder

Blend until smooth
1150 calories

Yogurt Nog

Good source of protein, vitamin C, vitamin A, potassium, calcium

1 cup vanilla yogurt
½ cup orange juice
1 egg
1 small banana
1 Tbsp. sugar

Blend until smooth
410 calories

Fruit Punches

Fruit has little protein, so whenever possible, combine it with yogurt, and egg, or half and half.

Apple Fizzy

Good source of protein, calcium, potassium

¾ cup club soda
½ cup vanilla yogurt
3 oz. Frozen apple juice concentrate

Blend until smooth
190 calories

Banana Daiquiri

Good source of vitamin C, potassium

2 cups apple juice
1 ripe banana
15 raisins
1 Tbsp. sugar
½ tsp. Cinnamon

Blend
395 calories

Cranberry-Fruit Punch

Good source of vitamin C

1 ½ cups orange sherbet
1 ½ cups cranberry juice cocktail
1-½ cups crushed pineapple
½ cup water
1 Tbsp. sugar

Blend until smooth
900 calories

Fruit Punch

Good source of vitamin C, potassium

1 cup ginger ale
½ cup applesauce, unsweetened
½ cup orange juice
½ cup tea
1/3 cup sugar
1/3 cup lemon juice

Blend all ingredients
390 calories

Orange Berry Punch

Good source of vitamin C

1 ¼ cups orange juice
1 10-oz pkg. Sweetened strawberries (slightly frozen)
1 cup orange sherbet

Blend until smooth
770 calories

Orange Julie

Good source of vitamin C, iron

2 cups orange juice
½ cup crushed ice
1 raw egg
2 Tbsp. honey
¼ tsp. Vanilla extract
Blend
400 calories

Orange Sherbet Punch

Good source of vitamin C

1 pint orange sherbet
¾ cup ginger ale
½ cup pineapple juice
¼ cup grapefruit juice

Blend
690 calories

Pear Icy

Good source of potassium

4 canned pear halves, drained
1 cup crushed ice
¼ cup sugar
1 Tbsp. lemon juice

Blend until smooth
380 calories

Strawberry Crush

Good source of vitamin C, Potassium

2 cups frozen strawberries, unsweetened
½ cup crushed pineapple
½ cup water
½ medium banana
6 Tbsp. sugar
¼ cup lemon juice
2 Tbsp. honey

Blend until smooth
640 calories

Cinnamon Fruit Juice

God source of vitamin C, potassium

2 cups apple juice
¾ cup cranberry juice
½ cup orange juice
2 Tbsp. sugar
½ Tbsp. cinnamon
½ tsp. Cloves

Mix well serve hot or cold
490 calories

Virgin Pina Colada

Good source of protein, calcium, vitamin c, potassium

1 cup crushed ice
½ cup pineapple juice
¼ cup cream of coconut
3 Tbsp. milk
3 Tbsp. cottage cheese

Blend
350 calories

Milkshakes

Apple Pie A La Mode (good source of protein and calcium)

1 cup apple pie filling
1 cup vanilla ice cream
½ cup of milk
Dash of cinnamon

Put all ingredients in blender. Blend until smooth.
525 Calories



Banana Berry (good source of vitamin C, protein, calcium and potassium)

1 ½ cups strawberries
1 cup half and half
1 cup crushed ice
1 ripe banana
¼ cup dry milk powder
2 Tbsp. Sugar
1 Tbsp. Peanut butter
1 tsp. wheat germ
½ tsp. vanilla extract

Blend
785 Calories

Berry-Berry Shake (good source of protein, calcium and vitamin C)

1 10 oz pkg. Frozen strawberries (unsweetened)
1 cup vanilla ice cream
1 cup crushed ice
2/3 cup canned pitted cherries, drained
¼ cup half and half
1 Tbsp. Honey
1 tsp. lemon juice
2 drops vanilla extract

Blend
625 Calories

Best Banana Bisque (good source of protein, calcium, vitamin A and potassium)

1 ½ cups crushed ice
1 cup half and half
1 large ripe banana, peeled
½ cup vanilla ice cream
1 slice crustless white bread, diced
2 Tbsp. Sugar
1 tsp. vegetable oil
Dash of cinnamon
Drop of almond extract

Blend
750 Calories

Buttermilk Yogurt (good source of protein and calcium)

1 cup vanilla yogurt
¾ cup club soda
¾ cup crushed ice
1 Tbsp. Sugar
2 drops vanilla extract
Dash of salt

Blend
250 Calories



Cantaloupe Shake (good source of protein, calcium, vitamin A and vitamin C)

1 ½ cups vanilla ice cream
½ ripe medium cantaloupe, peeled, seeded and chopped
¼ cup milk
1 Tbsp. Sugar
2 tsp. lemon juice
¼ tsp. vanilla extract

Blend until smooth
620 Calories

Cherry Shake (good source of protein and calcium)

1 ½ cups ice cream
1 cup cherry pie filling
½ cup milk

Put all ingredients in blender. Blend until smooth. May require straining.
750 calories

Chocolate Mint Shakes (good source of protein and calcium)

1 ½ cups chocolate ice cream
¾ cup milk
1 drop peppermint extract

Put all ingredients in blender. Blend until smooth.
550 Calories

Creamy Fruit Salad (good source of protein, calcium, vitamin A and vitamin C)

¾ cup fruit cocktail
½ cup milk
½ cup half and half
1/3 cup liquid gelatin (any flavor)
1/3 cup cottage cheese

Blend
475 Calories

High Fiber Foods

Following surgery, occasionally patients complain of constipation. This results mainly from pain medication. Constipation can be cured with a diet high in fiber, which acts as a natural laxative. It's best if the patient eats high fiber foods before the surgery as well as after.

Cooked Fruits



Applesauce



Apricots



Prunes and Figs



Bran Muffins, Fresh Vegetable Soups with Dried Peas, Lentils and Barley



Cooked vegetables like: carrots, celery, tomatoes, lettuce, cabbage and scallions.
Steamed vegetables like: baked potatoes, squash, broccoli, green beans, onions and sprouts.