Blenderized diet
Disclaimer
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your own personal physician who will be able to determine the appropriateness of the information for your specific situation.
Introduction

This booklet has been designed to help you plan nutritious meals when blenderized foods are needed. This semi-liquid diet may be individualized to your condition and tolerance.

A blenderized diet can be nutritious and tasty when using simple recipes. Since the appearance of food is very important to stimulate the appetite, you can vary the serving dish and garnish attractively. Use of condiments such as lemon wedge, ketchup, mustard, or mayonnaise can help improve the flavor. When there is an indication for a blenderized diet, foods must be liquified to a consistency that would pass through a straw.

Nutritional care

Milk and milk products

Recommended:
- whole or 2% milk
- buttermilk
- chocolate milk
- plain yogurt
- blenderized fruit yogurt
- milk shakes, eggnogs, milk drinks
- Breakfast Anytime® made with whole or 2% milk
- strained cream soups, homemade or canned
- ice cream
To avoid:
- fruit-flavored yogurt containing pieces or seeds
- very thick puddings, custards or milk shakes
- hard ice cream
- desserts containing nuts, coconut or pieces of fruit

**Meat and alternatives**

**Recommended:**
- thinned commercial baby food: beef, pork, poultry
- homemade blenderized meats, thinned with broth, tomato juice, vegetable juice or milk
- blenderized cooked eggs, thinned with broth
- blenderized commercial egg substitute
- blenderized cottage cheese, thinned with milk
- blenderized pea soup, thinned with broth
- blenderized cooked legumes, thinned with broth
- nut butters (i.e. peanut butter, almond butter) blended in milk drinks

To avoid:
- nuts and seeds
- all others not on the recommended list
**Bread and cereals**

**Recommended:**
- strained oatmeal; cornmeal and cream of wheat cooked in whole or 2% milk
- dry cereal presoaked in milk and then blenderized
- mashed potatoes thinned with milk

**To avoid:**
- regular pasta, rice or bread
- all other textures, not of a semi-liquid consistency

**Fruits and vegetables**

**Recommended:**
- commercial baby foods e.g. fruits and vegetables, thinned with vegetable or fruit juice, milk or buttermilk
- homemade blenderized vegetables made from cooked vegetables (e.g. fresh, canned or frozen)
- homemade blenderized fruits made from canned, fresh or frozen fruits
- all fruit and vegetable juices without pulp

**To avoid:**
- thick purées
**Fats and oils**

**Recommended:**
- butter, margarine, oil
- commercial cream substitute
- cream

**Sweets**

**Recommended:**
- white and brown sugar
- honey, syrup, molasses, jellies
- sherbet

**To avoid:**
- jams
- candy bars with nuts, coconut or seeds

**Beverages**

**Recommended:**
- tea, coffee, decaffeinated coffee, cereal drinks
- fruit-flavored beverages, carbonated beverages

**To avoid:**
- alcohol, as it can increase nausea with your medication
Recipe ideas

**Cereals**
Blend strained oatmeal, cornmeal or cream of wheat with hot milk or fortified milk* (see recipe p. 7) and brown sugar.

**Vegetables**
Blend one part of baby vegetables or homemade pureed vegetables with one part of consomme or chicken, beef broth. Add salt and pepper to taste.

**Meat**
Blend one part of baby meat with one part of broth, tomato or vegetable juice. Add lemon juice, salt and pepper to taste.
High Calorie
High Protein Drinks

Banana drink

Blend: 125 mL (½ cup) whole or 2% milk
   15 mL (1 Tbsp) sugar
   5 mL (1 tsp) vanilla
   ½ banana

Milkshake

• Blend: 250 mL (1 cup) whole or 2% milk
   125 mL (½ cup) ice cream
   50 mL (¼ cup) skim milk powder

Prune nog

• Blend: 250 mL (1 cup) prune juice
   50 mL (¼ cup) skim milk powder

Fruit milkshake

• Blend: 125 mL (½ cup) fortified milk
   200 mL (3/4 cup) vanilla ice cream
   125 mL (½ cup) peaches

Saucy buttermilk

• Blend: 250 mL (1 cup) buttermilk
   125 mL (½ cup) apple sauce
   5 mL (1 tsp) sugar
**Fruit yogurt**

- Blend: 125 mL (½ cup) frozen orange or grape juice
  250 mL (1 cup) plain yogurt

**Fruit float**

- Blend: 125 mL (½ cup) whole or 2% milk
  125 mL (½ cup) ice cream
  ½ a jar of baby fruits
  or
  50 mL (¼ cup) blenderized canned fruits

**Fruit fizz**

- Blend: 125 mL (½ cup) Ginger ale
  125 mL (½ cup) ice cream
  ½ a jar of baby fruits
  or
  50 mL (¼ cup) blenderized canned fruits

* **Fortified milk**

- Combine: 250 mL (1 cup) skim milk powder
  1 L (4 cups) whole milk

**Note**

The fortified milk can be substituted for the milk used in any of the listed recipes.
More tips to increase calories...

Special nutritional products are also available to increase the amount of calories and proteins in the semi-liquid diet. These include:

- Ensure® (lactose free – 250 Kcal/can)
- Ensure Plus® (also lactose free – 355 Kcal/can)
- Breakfast Anytime® (300 Kcal per portion with whole milk)

These can be used alone or can replace milk in most blended recipes for added energy and protein.

If you have further questions or concerns regarding food choices, food preparation, meal patterns or other recipes, consult with your dietitian.