

Blenderized (Liquid) Diet

Patient Name: _____ Surgery date: _____

Dietitian: _____ Voicemail: _____

You will need a blenderized diet for _____ weeks or as instructed by your doctor or surgeon. Solid food will need to be blended to a smooth liquid consistency that can be consumed through a syringe, straw or cup.

What to Blend

It is important to include a variety of foods in your diet. Soft foods blend easily while hard foods may not entirely break down when blended. All foods that would normally require cooking when eaten as solids must also be cooked if intended for blending (e.g. meat, fish, eggs, potatoes, grains). It is best to use a nutritious liquid (examples below) for blending, rather than water which dilutes the nutritional value of the blend.



To ensure your nutrition needs are met, blended meals should contain protein, carbohydrate and fat. You may need to take a multivitamin and mineral tablet if you find it difficult to eat a variety of foods. Chewable tablets can be crushed and added to blenderized liquids.

Suggestions:

- ✓ Protein: tofu, eggs, fish, tender meat, legumes, cottage cheese, yogurt, Greek yogurt, nut or seed butter (e.g. peanut butter, almond butter, tahini), protein powder, milk powder
- ✓ Carbohydrate: oatmeal, bread, rice, quinoa, beans, starchy vegetables (e.g. potato, squash, sweet potato), fruit
- ✓ Fat: oils, nut or seed butter, full fat dairy products, avocado
- ✓ Liquids: milk, non-dairy milk (e.g. soy milk, coconut milk), juice, nutrition supplement drinks

How Do I Prepare Blenderized Food?

Equipment:

- ✓ A blender or food processor that is able to blend food to a completely smooth texture.
- ✓ A mesh strainer to remove solid pieces of food that remain after blending (as needed).

Directions:

1. Prepare ingredients: remove stems, skins, seeds and bones where appropriate.
2. If the food needs to be cooked, cook it thoroughly.
3. Chop the food into small pieces and place in the blender.
4. Add liquid.
5. Cover and blend until a smooth fluid texture is achieved. This may take several minutes.
6. Add more liquid as needed – thinner texture for straw, thicker for syringe.
7. Pour the blended food through a mesh strainer to remove remaining food solids as needed.



Tips:

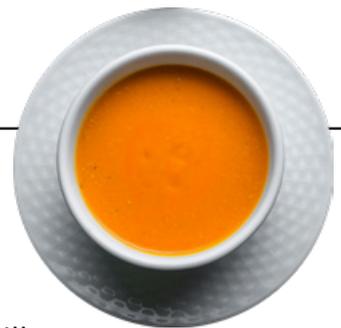
- ✓ **Use about a 1 cup of liquid for each 1 cup of solid food.**
- ✓ Add ground spices, condiments or sauces to enhance the taste of the blend.
- ✓ If your blender is weak, use soft foods and blend longer.
- ✓ Use finely chopped or ground meat because they blend easier.
- ✓ Blends may thicken when stored- add more liquid if needed.

Food Safety

1. Wash hands and food preparation surfaces before you start preparing food, and again after handling raw meat, fish, or eggs.
2. Meat, fish, and eggs must be fully cooked before blending.
3. Blended food should not be left at room temperature for longer than 2 hours.
4. Blended food can be refrigerated for up to 2 days or frozen for up to 2 months.
5. Frozen blends should be thawed in the refrigerator or microwave, not at room temperature.
6. Clean your blender between uses by following the manufacturer's instructions.

Convenience Foods

Ready-to-drink	Requires added liquid to become drinkable
<ul style="list-style-type: none"> ✓ Yogurt drinks (e.g. YOP®) ✓ Kefir ✓ Smoothies, milkshakes ✓ Supplement drinks (e.g. Boost®, Ensure®, Vega®) ✓ Melted smooth ice cream ✓ Smooth soups (e.g. cream of tomato, butternut squash) 	<ul style="list-style-type: none"> ✓ Smooth yogurt ✓ Instant mashed potatoes ✓ Smooth hummus and dips ✓ Applesauce cups (e.g. Mott's) ✓ Squeezable fruit (e.g. Dole) ✓ Baby food ✓ Pudding



Meal ideas

Breakfast:

- Oatmeal: blend cooked oatmeal, fruit, and nut butter with milk
- Smoothie: blend Greek yogurt and fruit with juice or milk
- Plant-based shake: blend plant-based protein powder, fruit, and greens (e.g. spinach) with non-dairy milk
- Muffin: blend a muffin and nut butter with milk

Lunch and Dinner:

- Pasta and casseroles:
 - Lasagna: blend with marinara sauce and milk
 - Mac & cheese: blend with vegetables (e.g. cauliflower) and milk
 - Shepard's pie: blend with broth
- Stews and curries:
 - Chili: blend with broth
 - Congee (rice porridge) with minced meat or tofu: blend with broth
 - Curry: blend dahl (lentil curry), chole (chickpea curry) or Thai coconut curry with rice and broth or sauce

Sample Meal Plan

Breakfast:

Peanut Butter and Jelly Sandwich

Blend 1½ cups milk or soy milk, 2 slices of toasted whole wheat bread, ½ banana, ½ cup chopped strawberries, 2 tbsp peanut butter (substitute another nut or seed butter if desired).

Recipe makes approximately 550 ml and contains about 590 calories, 29 g protein, and 9 g fibre.

Lunch:

Carrot Lentil Soup

Blend 1 cup vegetable broth, 1 cup chopped cooked carrots, ½ cup cooked or canned red lentils, ½ cup canned coconut milk, 1 tbsp chopped raw onion, 1 tbsp honey, ¼ tsp ground cumin (optional).

Recipe makes approximately 475 ml and contains 455 calories, 12 g protein, and 12 g fibre.

Dinner:

Tofu Green Curry

Blend 1 cup vegetable broth, 1 cup cooked long grain white rice, ½ cup fresh spinach, ½ cup canned coconut milk, 4 oz firm tofu, ½ cup chopped steamed broccoli, ¼ avocado, ½ tsp curry powder (optional).

Recipe makes approximately 650 ml and contains 655 calories, 24 g protein, and 8 g fiber.

Snack:

Fruit Smoothie

Blend 1 cup milk or soy milk, ½ banana, ½ cup blueberries, 1 tbsp honey.

Recipe makes approximately 350 ml and contains 260 calories, 9 g protein, and 3 g fibre.

This meal plan provides about 2000 calories and 75 grams of protein.

Other Recommendations:

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