

Blenderized Liquid Diet

The blenderized liquid diet is often used as a step between a full liquid diet and a regular diet. This diet consists of fluids and foods blenderized to a liquid form. It may be appropriate for persons who have chewing or swallowing problems. This diet should only be followed at the recommendation of your doctor. Your doctor will tell you when you can return to your regular diet. If you must follow this diet for more than two weeks, ask your doctor about adding a supplement like Ensure or Boost to your diet. You should see a registered dietitian if you need to follow this diet for more than a few weeks or if you are losing more than two pounds a week.

Food Group	Foods that Blend Well	Foods that Do Not Blend Well
Dairy	Milk, milkshakes, eggnog, yogurt drinks, custard, pudding, ice cream, sherbet, cottage cheese	Dairy products with nuts, seeds or pieces of fruit; hard cheese
Vegetables	Vegetable juices, well cooked or canned vegetables except those that do not blend well	Raw or fried vegetables; vegetables with seeds, membranes or tough skin; corn, celery
Fruit	All cooked or canned fruits without seeds, peels or skins; bananas, melons, peaches, pears; fruit juice and nectar	Fruit with seeds, membranes, peels or tough skins (strawberries, raspberries, pineapple, orange and grapefruit sections, cherries, grapes), dried fruit
Bread/starch	Bread and crackers without nuts, seeds or dried fruit; cereal; pancakes; pasta; rice; cooked peeled potatoes	Coarse whole grain breads or breads with nuts, seeds or hard crust; granola and bran cereal; fried potatoes and potato skins
Meat/protein	Cooked tender meat, fish, poultry; infant strained meats; tofu; eggs; casseroles made with foods that blend well	Fried meats; sausages or hot dogs with tough skins; poultry skin; fish with bones; anchovies; fried eggs;
Fat	Butter, margarine, cream, cream cheese, oil, gravy, whipped topping, avocado, smooth peanut butter	Bacon, nuts, crunchy peanut butter
Sweets/desserts	Jelly, honey, sugar, sugar substitute, maple syrup, chocolate syrup, gelatin	Marmalade, jam
Beverages	All	None
Soups	Broth or bouillon; all blended and strained soups	Chili, split pea, corn chowder, lentil, bean soup
Miscellaneous	Ground seasonings and spices, mustard, ketchup	Coconut, seeds, popcorn, pickles

Sample Menu:

Breakfast: 1 cup cream of wheat blended with milk
8 ounces juice
8 ounces milk
1 cup coffee with cream and sugar

Snack: 1 container yogurt drink

Lunch: 1 cup blended, strained cream of potato soup
½ cup blended cottage cheese
½ cup blended peaches
1 cup milk

Snack: ½ cup pudding

Dinner: 1 cup blended chicken and noodles thinned with broth or gravy
½ cup blended carrots
½ cup blended pears
1 cup milk
1 cup hot tea

Snack: milkshake

Blending tips:

- 1) A food processor will work better than a blender. Food may blenderize more easily when cut into small pieces before placing in a blender or food processor. Meats blenderize more easily when they are warm.
- 2) Mixing equal parts of solids and liquids can liquefy most foods. Fruits and vegetables do not need as much liquid since they are naturally high in water.
- 3) Strain the blenderized food if it contains lumps or chunks.
- 4) Blenderized foods may be stored up to 48 hours in the refrigerator.
- 5) Use of gravy, vegetable juices, cream soups, cheese or tomato sauce, milk and juice rather than water is recommended when blenderizing food.
- 6) If you do not have a blender, strained baby foods will work and can be thinned as needed.

Please call the St. Luke's Nutrition Center if you have questions – 319/369-7440.