



WIRED JAW DIET

Purpose

To meet calorie and protein needs while jaw is wired.

Tips

- Always have wire cutters with you at all times in case of nausea, vomiting, or excessive coughing.
- A straw may be used to sip fluids. Be cautious not to irritate stitches.
- Whole milk, fruit juices or both may be used to thin food. This will provide extra calories.

Grocery Check List

- Nutritional Supplements (such as Ensure, Boost, Resource)
- Milkshakes
- Creamed Potatoes
- Carnation Instant Breakfast
- Thinned Baby Foods

RECIPES

Chocolate-Peanut Butter Shake

1/2 c. heavy whipping cream
3 tbsp. creamy peanut butter
3 tbsp. chocolate syrup
1 1/2 c. chocolate ice cream

Blend in blender.

Peaches & Cream

1 c. milk
1 c. canned peaches
1 c. vanilla ice cream
1/4 tsp. salt
1/4 tsp. vanilla

Blend in blender.

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