



## MEAL PLANNING FOR MECHANICAL SOFT DIET

### Definition of Terms

Calories	Units of energy.
Protein	A nutrient used by your body for growth and repair. The best sources are milk, meats, fish, eggs, cheese, peanut butter, and dried beans and peas.
Blenderized	Food which is soft or cooked until tender and blended in a blender or a food processor.
Pureed	The thick, smooth consistency of food which has been blenderized.

### Indication For Use

The mechanical soft diet is recommended for people who have trouble chewing.

### Goal

The goal of the mechanical soft diet is to provide a balanced diet with adequate amounts of protein and calories for people who have trouble chewing.

### General Guidelines

Ease of chewing may be increased by mashing, chopping, or blenderizing.

The following guidelines will help you prepare foods with a blender:

1. Scrub all equipment with hot soapy water and rinse well.
2. To prepare food for cooking, remove skin, pits, or seeds. Remove bone, gristle, and fat from meat. Bring to a full boil and cook until tender. Vegetables do not need to be overcooked to blend well.
3. Add 1 cupful of food at a time to the blender with  $\frac{1}{4}$  cup liquid.\* More liquid may be needed for meat to allow blades to operate: care should be taken, however, to use as little water as possible so product is not too diluted.



\*Possible blending liquids include:

- Juices from canned vegetables and fruits.
- Water used to boil vegetables, rice, or spaghetti for a fuller taste.
- Pan gravy.
- Water-flavored adding parsley, carrots, celery, and a mixture of herbs when boiling meats or potatoes.
- Sour cream, cream, and clear soups, ice cream, tomato and vegetable juice, water with an added bouillon cube, and whipped cream.

4. Force food through a strainer to remove large particles that could clog your syringe.

5. Save time! Prepare several days' feedings at once and freeze.

TO MAINTAIN YOUR CURRENT WEIGHT,  
YOU NEED \_\_\_\_\_ CALORIES EVERY DAY.

Your weight is your best indicator of your intake of calories. If you find yourself losing more than five to six pounds, try the suggestions for increasing calories.

YOU NEED AT LEAST \_\_\_\_\_ GRAMS OF PROTEIN EACH DAY.

Good sources of protein are meat, eggs, milk, cheese and yogurt. To help you decide if you are getting enough protein, here are some examples of the amount of protein in different foods.




<b>FOOD</b>	<b>PROTEIN grams</b>	<b>CALORIES</b>
1 cup whole milk	8	160
1 cup skim milk	8	80
*1 cup double strength milk	16	250
*1 cup milkshake with whole milk	16	420
*1 serving blender eggnog made with whole milk	26	423
1 cup yogurt, plain	8	125
1 egg	7	75
1 cup instant breakfast with whole milk	17.5	290
2 tablespoons peanut butter	10	230
1 ounce of meat, fish, or poultry	7	75
1 ounce of cheese	7	100
½ cup of cottage cheese	14	150
fruits and vegetables	1-2	varies
1 jar strained meats (baby)	13	120

\* Recipes in page 5.



Avoid drinking raw eggs. This can lead to Salmonella food poisoning.

## DAILY FOOD GUIDE

FOOD GROUP	ALLOWED FOODS	AVOID
<b>Milk and milk products</b> 	Milk; all types Yogurt Custard Ice cream Cottage cheese Cheese Eggnog Milk drinks*	
<b>Protein Foods</b> 	Tender meats and poultry, ground or chopped Eggs, egg salad Tuna salad Meatloaf, meatballs Soft fish Casseroles Smooth peanut butter	Tough meats
<b>Fruits and Vegetables</b> 	All juices All canned fruits Fresh fruits: Applesauce Banana Cantaloupe Melon (seeded) Grapefruit sections (without membranes) Berries Avocado Apple (peeled) Pear (peeled)	Fresh fruit with membranes or tough skins Dried fruit
	Well cooked soft or pureed vegetables Tomato paste Tomato catsup Tomato puree	Raw vegetable Vegetables with tough skins or membranes

FOOD GROUP	ALLOWED FOODS	AVOID
<b>Grain Groups</b> 	Soft bread including: Toast Rolls Biscuits Muffins Cornbread Cooked cereals Dry cereals with milk Cooked noodles Rice Crackers with beverage Waffles Pancakes	Hard rolls Bread sticks Bagels Popcorn
<b>Fats</b> 	Butter Margarine Mayonnaise Salad dressings Cream: Sour Whipping Coffee Cream cheese Gravy Olives	Bacon Nuts Deep-fried; crispy food
<b>Desserts</b> 	Sherbet Gelatin Puddings Cakes Pies Cookies with beverage	Desserts containing nuts or dried fruits
<b>Miscellaneous</b> 	Sauces Soups Seasonings	Potato chips Snack chips

## HINTS AND SUGGESTIONS

- If constipation is a problem while you are on this diet, you may wish to try:
  - adding bran to milkshakes, cream soups, yogurt.
  - including a whole grain cereal in your breakfast such as cream of wheat or oatmeal OR eating a whole grain cold cereal soaked in milk.
  - prune juice.
  
- Since it is now more difficult for you to eat, you may find it easier to have six small meals each day instead of three larger ones. Remember, when snacking, choose snacks which provide protein, vitamins, and minerals rather than empty calories.
  
- Try adding dry milk to mashed potatoes to help increase the protein content.
  
- Add grated cheese to mashed potatoes or vegetables.



## RECIPES FOR DRINKS HIGH IN PROTEIN AND CALORIES

### Vanilla Milkshake – makes 1 cup

Vanilla ice cream	½ cup	Calories	289 per cup
Whole milk	½ cup	Protein	12 grams
Skim milk powder	1 tbsp	Fat	13 grams
Vanilla	1/8 tsp	Carbohydrate	31 grams

### Chocolate Milkshake – makes 1 cup

Chocolate ice cream	½ cup	Calories	321 per cup
Whole milk	½ cup	Protein	11 grams
Skim milk powder	1 tbsp + 1 tsp	Fat	13 grams
Chocolate syrup	1 tbsp	Carbohydrate	40 grams

### Swiss Miss Drink – makes 1 cup

Vanilla ice cream	1 cup	Calories	478 per cup
Whole milk	¼ cup + 2 tbsp	Protein	14 grams
Swiss Miss mix	1 package or 1/3 cup	Fat	18 grams
Eggnog mix*	3 tbsp	Carbohydrate	65 grams

### Peanut Butter Drink – makes 1 cup

Heavy whipping cream	½ cup	Calories	829 per cup
Smooth peanut butter	3 tbsp	Protein	15 grams
Chocolate syrup	3 tbsp	Fat	65 grams
Vanilla ice cream	½ cup	Carbohydrate	46 grams

Creamy Milkshake – makes 1 cup

Vanilla ice cream	½ cup	Calories	680 per cup
Heavy whipping cream	½ cup + 2 tbsp	Protein	16 grams
Eggnog mix*	2 tbsp	Fat	54 grams
Sugar	1 tbsp	Carbohydrate	32 grams

If any of these drinks are too thick, thin them with milk.

Avoid overblending the drinks which contain whipping cream; they may become too thick.

\*Egg custard mix, or Carnation Instant Breakfast Egg Flavor may be substituted for the Eggnog Mix.

Nutritional Adequacy

If an individual consumes a variety of foods from all food groups, the diet will be nutritionally adequate.



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