

Notes:

- *Needs SLP/RD individual review
- Registered Dietitian (RD), Speech Language Pathologist (SLP) will order thickness level if required.
- This diet is not intended for long term use, this diet is for short term use
- Regular diet blenderized to provide a consistency thin enough to pass through a straw.
- Can be eaten with a spoon, drunk from a cup or with a straw
- Cannot be eaten with a fork because it drips through the fork prongs
- Has a smooth texture with no 'bits' (lumps, fibers, husk, bits of shell or skin, particles of gristle or bone
- Caution for use: Average calories ≤ 1500 kcal/day and fibre content may be less than 15 grams per day. Does not meet Eating Well for Canada's Food Guide Recommendations.

Indications for Use

- Trauma or surgery of the oral cavity
- Trauma or surgery to esophagus

Standard Diet to Provide:

Breakfast – Juice, Milk x2, Cream of Wheat, Brown Sugar, Hot Beverage, White Sugar, Creamer, High Calorie Milkshake

Lunch/Supper – Hot Blender Meal, Blenderized Dessert, Milk, Juice, Hot Beverage, Creamer, Sugar,

HS Snack – High Calorie Milkshake

Ready to Drink	Requires Added Liquid to Be Drinkable
<ul style="list-style-type: none"> • Yogurt Drinks • Kefir • Smoothies, milkshakes • Supplement Drinks (e.g Boost®, Ensure®, Vega®) • Melted smooth ice cream • Smooth pureed soups (e.g. cream of tomato, butternut squash) 	<ul style="list-style-type: none"> • Smooth yogurt • Mashed potatoes • Hummus • Applesauce • Squeezable fruit pouches • Pudding • Baby food

References:

International Dysphagia Diet Standardization Initiative <https://iddsi.org>

Winnipeg Regional Health Authority Adult Diet Criteria for Menu Database

Vancouver Coastal Health Blenderized (Liquid) Diet <https://vch.eduhealth.ca/en/permlink/pbem4086>