

Oral Supplemental Diets

UMass Dining is able to assist you with your wired jaw diet or help you gain weight. Please ask to speak to the manager or supervisor of the DC you frequently attend. UMass Dining can purchase Carnation Instant Breakfast and prepare smoothies for you.

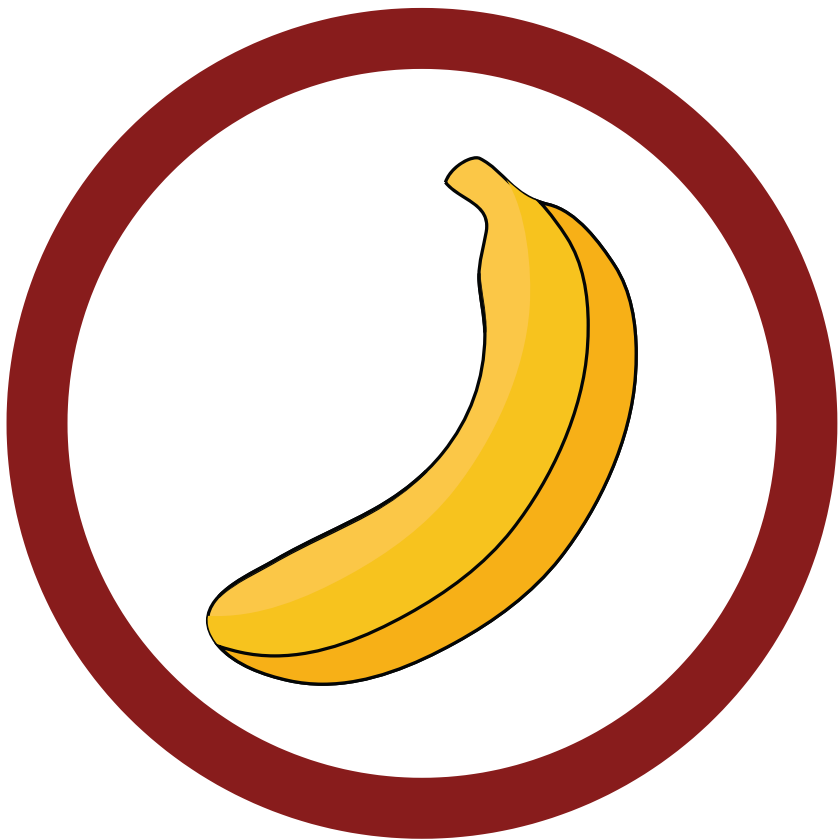
General Tips for Smoothies

- Freeze fruit for frostier drink (bananas work great)
- Avoid sweetened frozen fruit, which may make the drink too syrupy sweet
- Drink too thick? Add more juice or milk.
- Drink too thin? Add more fruit or ice cubes.
- Drink too tart? Add a packet of sweetener or 2 Tbsp silken tofu.
- Drink too sweet? ... Add lemon juice or 2 Tbsp tofu.
- Any fruit tastes good in a smoothie.
- Vegetables can be added for increased flavor and nutrient value.
- Ice cream and whipped topping will make a smoothie creamier.
- Experiment with different flavors of ready-to-drink products to alleviate boredom. The DCs have flavored extracts.
- Dried nonfat milk (add it to your shakes; 4 Tbsp contains 65 calories, 7 grams protein)
- Carnation Instant Breakfast mixes are available in the DCs, but you must make arrangements with the manager.
- Creamed potatoes (must thin these out)
- Following are suggestions that can easily be accommodated in the DCs with the nutritional values to help you meet your needs.

Recipes Available in the DC's

Peanut Butter Banana Cream

- 4 ice cubes
- 1/2 frozen banana
- 4 tbsp peanut butter
- 1 cup cream or 2% milk



Banana Peanut Butter Cream	Carbs	Protein	Fat	Calories
Made with 2% Milk	40g	22g	39g	559 kcal
Made with Cream	37g	21g	61g	742 kcal

Chocolate Chiller

- 4 ice cubes
- 1 packet cocoa
- 4 tbsp peanut butter
- 1 cup cream or 2% milk



Chocolate Chiller	Carbs	Protein	Fat	Calories
Made with 2% Milk	48g	25g	40g	606 kcal
Made with Cream	45g	23g	62g	789 kcal

Fantastic Fruit

- 4 ice cubes
- 1/4 cup fresh/canned fruit
- 1/2 cup tofu
- 1 cup cream or 2% milk



Fantastic Fruit	Carbs	Protein	Fat	Calories
Made with 2% Milk	42g	15g	10g	320 kcal
Made with Cream	39g	13g	32g	503 kcal

Srrawberry Sensation

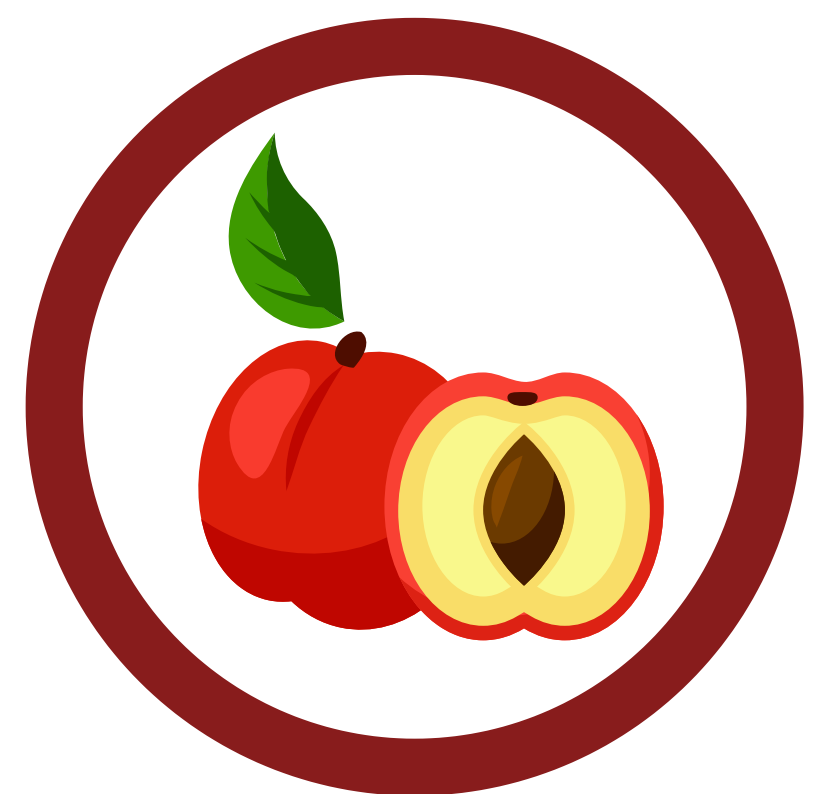
- 1 packet of Vanilla Carnation Instant Breakfast
- 1/2 cup frozen strawberries
- 1/2 cup soft serve vanilla ice cream



Strawberry Sensation	Carbs	Protein	Fat	Calories
Total	85.3g	17.95g	8.2g	476 kcal

Peach Perfection

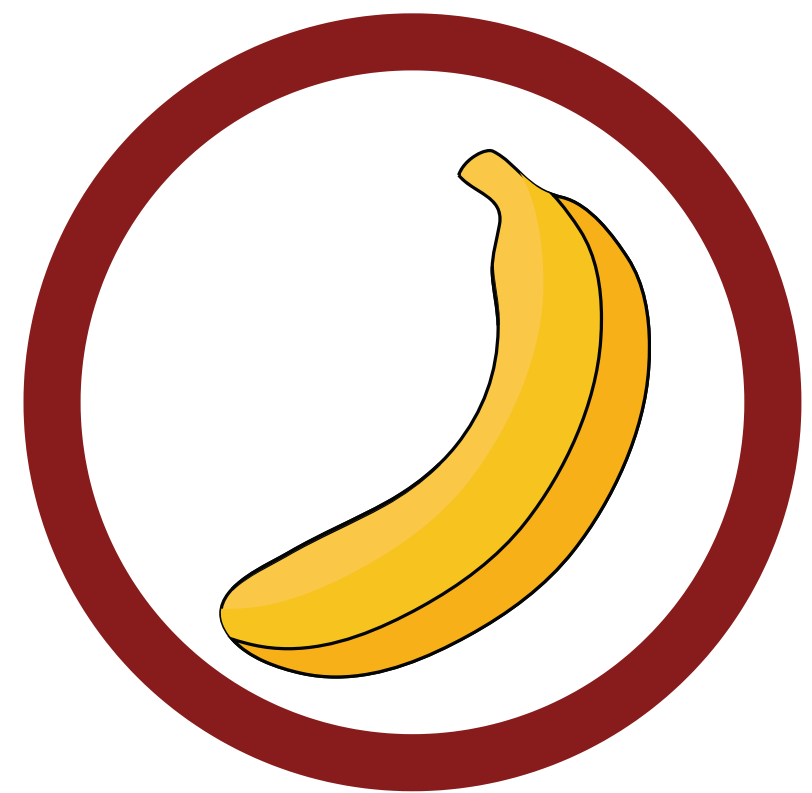
- 1 packet of Vanilla Carnation Instant Breakfast
- 1 can peaches in syrup
- 1/2 cup soft serve vanilla ice cream



Peach Perfection	Carbs	Protein	Fat	Calories
Total	130.2g	23.3g	11.7g	570 kcal

Banana Blender

- 1 packet of Vanilla Carnation Instant Breakfast
- 1 cup sliced bananas, frozen
- 1/2 cup vanilla soft serve ice cream



Banana Blender	Carbs	Protein	Fat	Calories
Total	86.1g	18.5g	8.6g	485 kcal

Blueberry Blaster

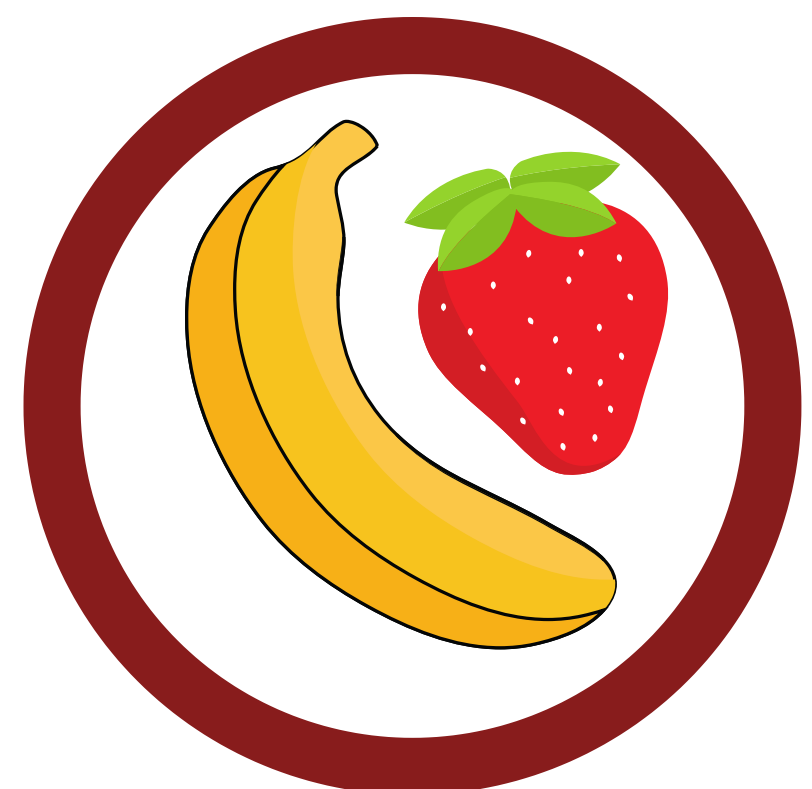
- 1 packet of Vanilla Carnation Instant Breakfast
- 1 cup frozen blueberries
- 1/2 cup vanilla soft serve ice cream



Blueberry Blaster	Carbs	Protein	Fat	Calories
Total	109g	18.2g	8.3g	562 kcal

Strawberry Banana Smoothie

- 1 packet of Vanilla Carnation Instant Breakfast
- 1 sliced banana
- 1/2 cup frozen strawberries
- 1/2 cup vanilla soft serve ice cream



Strawberry Banana Smoothie	Carbs	Protein	Fat	Calories
Total	112.9g	19.15g	8.8g	584 kcal

Contacts

- Dietitians at UMass Dining, Dianne Sutherland & Sabrina Hafner: 413.545.2472 or dietitian@umass.edu
- Dietitian at University Health Services, Molly Barnes: 413.577.5101, can work with you to ensure the proper calorie level is achieved
- Worcester Dining Commons 413.545.0302
 - Tim Woods trwood@umass.edu or 413.214.3630
 - Dave Kushi dkushi@umass.edu or 413.687.1742
 - Luanne Wu lwu@umass.edu or 413.559.7069
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