

# Oral Supplementation Diet

UMass Dining is able to assist you if you have a wired jaw diet or to 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.

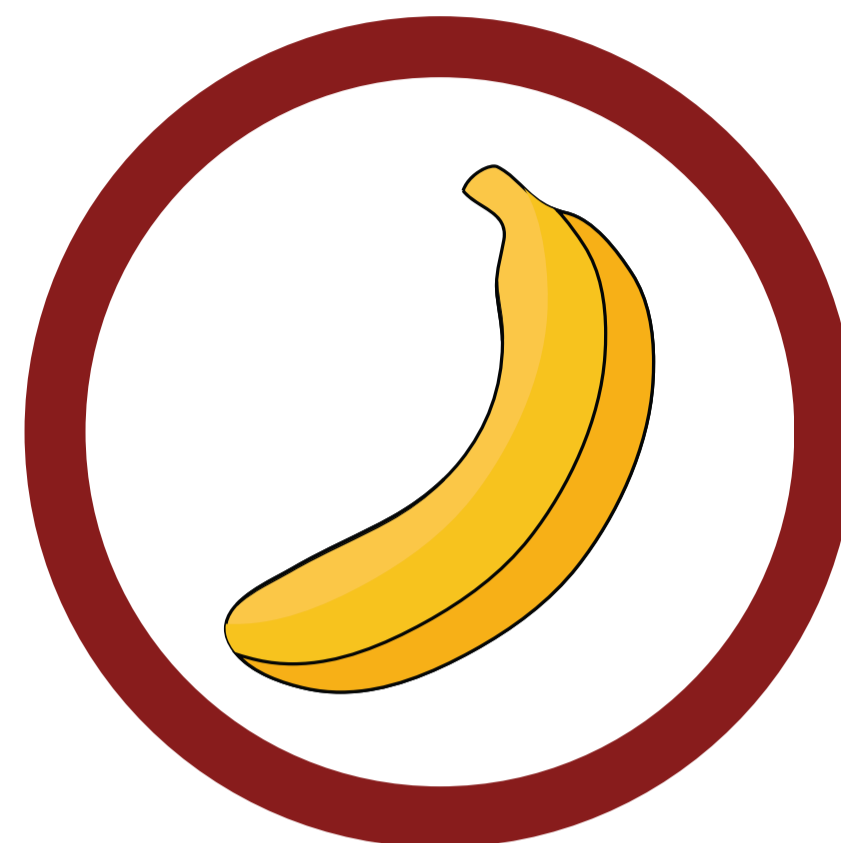
## General Tips for Smoothies

- 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.
- 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 for variety. 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

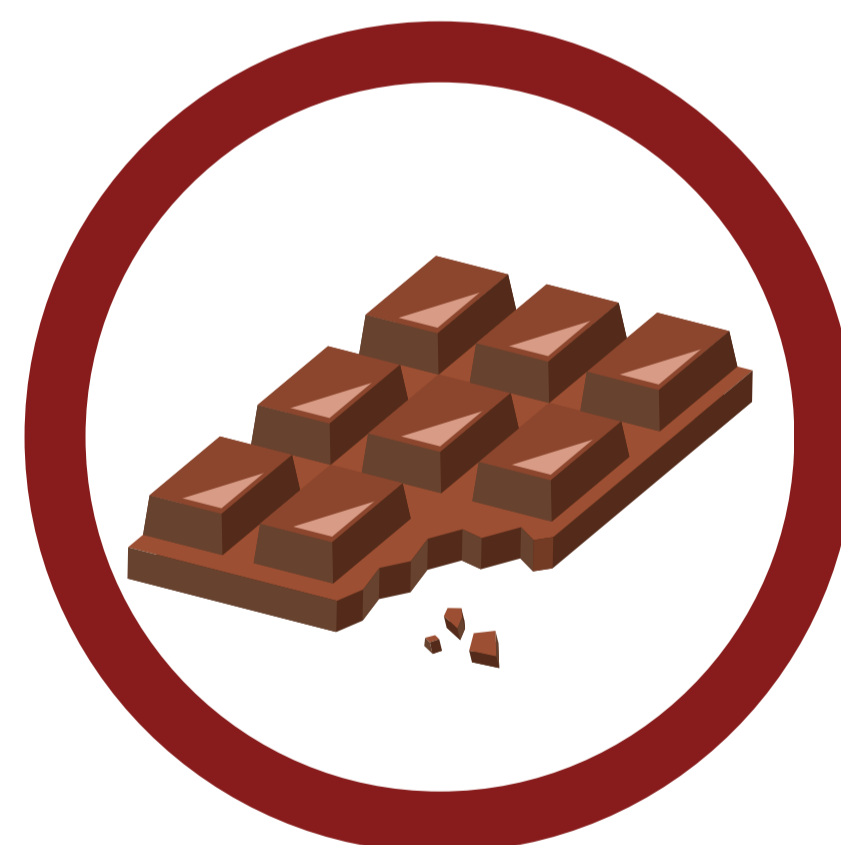
- 4 ice cubes
- 1/2 frozen banana
- 4 tbsp peanut butter
- 1 cup cream or 2% milk



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

## Strawberry Sensation

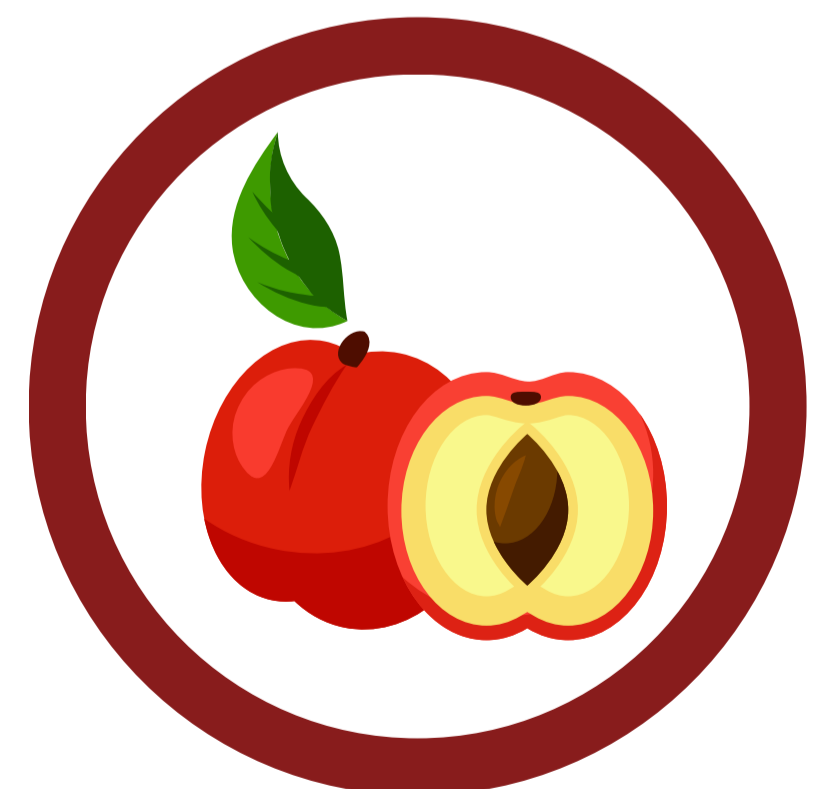
- 1 packet of Vanilla Carnation Instant Breakfast
- 1/2 cup frozen strawberries
- 1/2 cup soft serve vanilla ice cream



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

## Peach Perfection

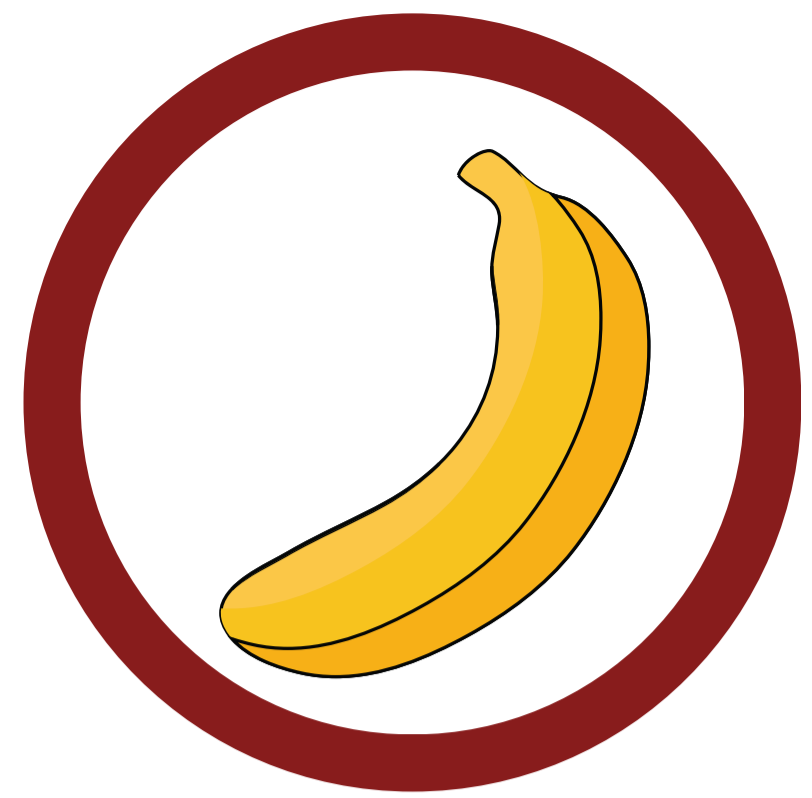
- 1 packet of Vanilla Carnation Instant Breakfast
- 1 can peaches in syrup
- 1/2 cup soft serve vanilla ice cream



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

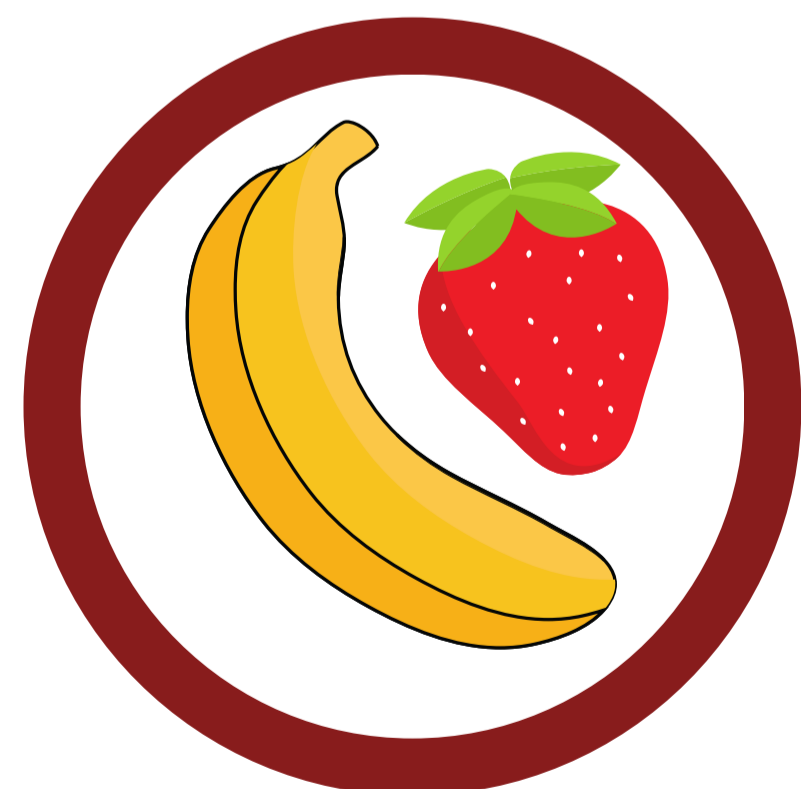
- 1 packet of Vanilla Carnation Instant Breakfast
- 1 cup frozen blueberries
- 1/2 cup vanilla soft serve ice cream



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 and Sabrina Hafner: 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, provide a personalized diet or counsel you for a newly diagnosed condition or body composition.
- Worcester Dining Commons 413.545.0302
  - Luanne Wu: lwu@umass.edu or 413.559.7069
  - Steph Stacy: sstacey@umass.edu or 413-262-1838
  - Carl Ketchen: cketchen@umass.edu or 413-387-5044
  - Betse Curtis: ecurtis@umass.edu or 413-335-3637
  - Tenzin Jamyang: tenzinjamyang@umass.edu or 413-695-3304
- Franklin Dining Commons 413.545.5373
  - Marc Morrissette: mhmorris@umass.edu or 413.687.3365
  - Emily Bourdreau: ebourdrea@umass.edu or 413.545.1520
  - Paul MacGregor: macgrego@umass.edu or 413-530-2793
- Hampshire Dining Commons 413.577.5160
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