

**NUTRITION GUIDE AND SOME RECIPES FOR POST SURGICAL PATIENTS**

**TABLE OF CONTENTS**

**FOOD GROUPS: ..... 2**  
FRUITS AND JUICES ..... 2  
VEGETABLES ..... 2  
POTATOES AND SUBSTITUTES ..... 2  
MEAT AND SUBSTITUTES ..... 2  
BREADS ..... 2  
CEREAL PRODUCTS ..... 2  
FATS ..... 2  
SOUPS ..... 3  
SWEETS ..... 3  
DESSERTS ..... 3  
**CARNATION INSTANT BREAKFAST RECIPES ..... 3**  
MOCHA-BANANA MILKSHAKE (makes 1 3/4 cups) ..... 3  
CHOCOLATE MALT SHAKE (makes 2 2/3 cups) ..... 3  
PEACH MELBA (makes 2 1/2 cups) ..... 3  
O.J. AND CINNAMON SMOOTHIE (makes 2 1/4 CUPS) ..... 4  
P'NUT PROTEIN BOOSTER ..... 4  
**BEVERAGES ..... 4**  
**MISCELLANEOUS ..... 4**

## **FOOD GROUPS:**

### **FRUITS AND JUICES**

- Applesauce, apricot, cherry, peach, pear, plum, prune
- All juices strained, bananas pureed
- Avoid all raw fruits except bananas

### **VEGETABLES**

- Asparagus, beets, carrots, green beans, peas, spinach, squash, tomatoes, wax beans
- All vegetables are canned or cooked and pureed
- Avoid unstrained vegetables
- Carrots

### **POTATOES AND SUBSTITUTES**

- White and sweet potatoes, mashed and thinned with milk
- Mashed potatoes in cream soup
- Avoid all potato substitutes and other proteins not listed

### **MEAT AND SUBSTITUTES**

- All meat, poultry and fish, cooked, strained and thinned with broth or bouillon
- Eggs in beverages
- Cottage cheese
- Avoid all other meats and meat substitutes not listed

### **BREADS**

- Avoid all

### **CEREAL PRODUCTS**

- Cooked and thinned with cream
- Cooked wheat, cornmeal, cream of rice, cream of wheat, furina, malt-o-meal
- Avoid all dry cereals

### **FATS**

- Butter, margarine, cream
- Avoid all others not listed

## **SOUPS**

- Strained cream soups made with permitted foods
- Broth, bouillon
- Avoid other soups not listed

## **SWEETS**

- Sugar, honey, syrup, jellies
- Avoid, other sweets not listed
- 

## **DESSERTS**

- Melted gelatin, custard thinned with milk, pudding thinned with
- Milk, melted ice cream, melted sherbet, melted fruit ice
- Avoid all other desserts not listed

## **CARNATION INSTANT BREAKFAST RECIPES**

Directions: place ingredients in blender container. Cover and process on high speed until well-blended.

### **MOCHA-BANANA MILKSHAKE (makes 1 3/4 cups)**

1 ENVELOPE CARNATION  
1 CUP COLD SHOLE MILK  
1 SMALL RIPE BANANA

### **CHOCOLATE MALT SHAKE (makes 2 2/3 cups)**

CHOCOLATE INSTANT F  
1/2 TSP. CRUSHED INSTANT  
1 ENVELOPE  
1 1/2 CUPS  
1 CUP COLD

### **PEACH MELBA (makes 2 1/2 cups)**

ENVELOPE CARNATION VANILLA INSTANT BREAKFAST  
1 CUP COLD WHOLE MILK  
1/2 CUP PEACH YOGURT  
1 TSP RED RASBERRY PRESERVES  
STRAWBERRY YOGURT FROST (makes 2 1/2 cups)  
ENVELOP CARNATION STRAWBERRY INSTANT BREAKFAST  
1CUP COLD WHOLE MILK  
1/3 CUP STRAWBERRY YOGURT  
6 ICE CUBES

**O.J. AND CINNAMON SMOOTHIE (makes 2 ¼ CUPS)**

1 ENVELOPE CARNATION VANILLA INSTANT BREAKFAST  
1 CUP COLD WHOLE MILK  
3 TBSP THAWED FROZEN ORANGE JUICE CONCENTRATE  
1/8 TSP GROUND CINNAMON  
6 ICE CUBES

**P'NUT PROTEIN BOOSTER**

1 ENVELOPE CARNATION CHOCOLATE OR VANILLA INSTANT  
BREAKFAST  
1 CUP COLD WHOLE MILK  
2 TSP. WHEAT GERM  
2 TSP. PEANUT BUTTER  
1 EGG

**BEVERAGES**

Coffee, coffee substitutes, tea, cocoa, carbonated beverages, milk, Meritene  
nourishments, milk shakes, malts eggnog  
Avoid none

**MISCELLANEOUS**

Herbs, spices, salt, gravy, white sauce,  
Avoid olives, pickles, relishes, nuts popcorn