

High Calorie Liquid Diet

This diet may be important to you if you have a sore mouth or throat related to surgery, radiation or chemotherapy. Also, for those with altered taste who find it easier to “drink” calories versus eating food, this diet will help you maintain your weight and nutrition until eating solids again.

General Tips

- Eat smaller more frequent meals, such as 6–8 meals each day.
- Use whole milk or evaporated milk when drinking or cooking.
- Use nutritional supplements each day, such as Instant Breakfast, Ensure, or Boost.
- Fortify whole milk with dry milk powder – 1 cup powder to 1 quart milk.
- Use regular yogurt, cottage cheese, and ice cream in smoothies and milkshakes.
- Add 1–3 tsp of vegetable oil to milkshakes or smoothies.
- Drink higher calorie beverages, such as whole milk, soy or rice milk, juice, Kool-Aid, or any other nutritional supplements (see on following page).

Try Blenderized Foods

- Any food can be blenderized, but solid foods will need to be thinned with some type of liquid. All solid foods should be blended well and strained if needed.
- **Meats, fish, poultry, & ham:** blend with broths, whole milk, vegetable juice, tomato juice or paste, pureed baby foods, gravies, or sauces.
- **Vegetables:** blend with vegetable or tomato juice, broths, strained baby vegetables, or salad dressing.
- **Starches:** potatoes, pasta, and rice may be blended with whole milk, broth, creamed soups, gravies, sour cream, or sauces. Consider hot cereals, such as Cream of Wheat/Rice, grits, etc.

- **Fruits:** blend with their own juice or syrup from a can, other fruit juice, strained baby fruits, whipping cream, half and half, cottage cheese, yogurt, custard, pudding, cheesecake, Kool-Aid, Hawaiian Punch, or nectar juices.
- **Cereals:** mix with the high calorie beverage ideas listed above. Add sugar, brown sugar, honey, molasses, syrup, butter, margarine, and jellies or jams.
- **Mixed dishes:** lasagna, spaghetti, macaroni and cheese, chili, stew, pizza, casseroles, can all be mixed with a liquid of your choice – blend well and strain.

High Calorie Liquid Supplements

- Try Ensure Plus or Boost Plus. The “Plus” varieties have more calories than just regular Ensure or Boost.
- Try store brands too (they’re nutritionally equal). Kroger Fortify, Walmart’s Equate, Food Lion’s NutraFit, K-mart’s Complete Nutrition Drink, Walgreen’s Nutritional Drink, and Giant’s Nutritional Drink.
- Try Instant Breakfast mixed with whole or 2% milk. Try soymilk, rice milk, or Lactaid milk if you’re lactose intolerant. Available in sugar-free too!
- Other “juice-based supplements,” include Boost Breeze, and Resource Fruit beverage. Make your own homemade high calorie smoothies or milkshakes with a blender.
 - Add sherbets, frozen concentrated juices, canned fruit, or other fruit juices
 - Add ice cream, regular yogurt, cottage cheese, custard, or whipping cream
 - Add whole milk, fortified milk, or hot chocolate mixes

High Calorie Drink Recipes

To make, combine all ingredients in a blender and blend until smooth. Chop fruit before blending.

Fruit and Cream

1 cup whole milk*
1 cup vanilla ice cream
1 cup canned fruit in heavy syrup (peaches, apricots, pears)
Almond or vanilla extract to taste

High Protein Smoothie

1 cup pears or peaches
1/2 cup cottage cheese
1/2 cup fortified milk*

Super Milkshake

1/2 cup fortified milk*
1-2 scoops high fat ice cream
1 packet Instant Breakfast

Chocolate Peanut Butter Shake

1 can chocolate Sustacal* *
2 tbsp peanut butter
2 scoops vanilla ice cream

Delicious High-Calorie Malt

1/2 cup whole milk*
1 tbsp malted milk powder
1/2 cup half and half
1 oz package instant breakfast
2 cups ice cream, any flavor
2 tbsp Ovaltine

Fruity Yogurt Sipper

1 ripe large banana or 2 medium peaches, peeled and pitted
1 1/2 cups fortified milk*
8 oz carton vanilla yogurt
1-2 tbsp powdered sugar
1/2 cup ice cubes

Strawberry Yogurt Frappe

1 cup strawberries
1/2 cup strawberry yogurt
1/2 cup fortified milk*
1/4 cup orange juice
Dash vanilla

Banana Apple Smoothie

1 small banana
1 cup cottage cheese
1/2 cup apple juice

Tropical Sensation

1 cup raspberry yogurt
1 frozen ripe banana
1/2 cup orange juice

Chocolate Peanut Butter Pudding

2 cups chocolate pudding
1/2 cup peanut butter
2 1/2 tbsp nonfat dry milk
1/3 cup whole milk*

High-Protein Milkshakes

1 cup fortified milk*
1/2 cup ice cream
1/2 tsp vanilla extract
2 tbsp of your favorite fruit syrup or sauce
For variety add:
1/2 cup banana and/or
2 tbsp peanut butter and/or
2 tsp sugar

Orange Breakfast Nog

1 1/2 cups buttermilk
2 tbsp brown sugar
1 tsp vanilla
2-3 large ice cubes
1/3 cup of frozen orange juice concentrate

Frozen Fruit Slush

(Non-Dairy)
6 oz can frozen fruit juice
4 tbsp sugar
3 cups crushed ice

High Protein Fruit Drink

(Non-Dairy)
8 oz Resource* *
1/2 cup sherbet
6 oz ginger-ale

Slushy Punch

(Non-Dairy)
1 cup sugar
2 ripe medium bananas, cut up
3 cups pineapple juice
2 tbsp lime juice
6 oz can frozen orange juice
1-liter bottle carbonated water or lemon-lime beverage, chilled (add after above items are blended)

* Any flavor or vanilla liquid supplement, fortified milk or whole milk can be used

** Use any supplement with the appropriate flavor