Cleft Surgery/Oral Trauma – Liquid Diet

This diet is to be followed for _______ weeks after surgery. This diet should be given only with an open lided cup, a cup with an indented lid, or a syringe. **Do not use bottles, infant feeders, spoons, or straws.** A child younger than five (5) years of age can be spoon-fed by an adult with a spoon too big to go inside the mouth, such as a soup spoon or serving spoon. Allow the child to sip the liquid off the side of the spoon. An older child can sip liquids carefully off the end of a spoon.

Many foods can be thinned to liquid or milkshake consistency. Below are suggestions to help you select better food choices. Giving your child liquids that contain protein and fat, as well as calories, will help him feel full and more satisfied, and will promote healing.

**Beverages:**
- Infant formula
- Carbonated beverages
- Milk
- Cocoa
- Chocolate milk
- Carnation Instant Breakfast Essentials®
- Pediasure® or equivalent generic product
- Ovaltine®
- Yogurt or fruit smoothies

**Cereals:**
Thin cereal to milkshake consistency with milk or formula. Butter can be added to increase fat and calories.
- Rice cereal
- Cream of Wheat® or Malt-O-Meal®
- Cooked or refined cereal
- Grits with butter

**Soups:**
Cheese sauce or mashed potatoes can be added to increase fat and calories. Be sure to keep a thin consistency and cool to lukewarm
- Broth
- Bouillon
- Strained or pureed cream soups

**Fruits and Vegetables:**
Citrus foods and tomato should be avoided in the first few days after surgery.
- Pureed fruits thinned with fruit juice
- Pureed vegetables thinned with juice or water
Eggs:
- Egg nog (pasteurized, no raw eggs)

Desserts:

Be sure to thin to milkshake consistency.
- Custards
- Gelatins (Jell-O®)
- Ice cream
- Sherbet
- Puddings
- Frozen fruit pops (taken off the stick)
- Yogurt without seeds, nuts, or other solids

HELPFUL HINTS:
- Kids like to make fruit shakes. Combine ice cream, milk, and any soft fruits or juices to make great smoothies. Creamy peanut butter or powdered milk may be added to shakes also.
- Blended table foods have more nutrition than commercial baby foods. They are also better accepted by older kids. Add liquids to solids when putting them in a blender.
- Many kids have been known to "drink" pizza that is blended (with a little milk, tomato juice, or pizza sauce) to a pureed consistency. Be creative!

Potato Cheese Soup Recipe:

This is a favorite and includes several food groups!

1. Try cuddling and rocking your baby during crying times.
2. Dice potatoes and place in a pot. Almost cover the potatoes with water or chicken broth.
3. Add diced carrots, celery and onion.
4. If water is used as liquid, add a bouillon cube or two.
5. Cook until all the vegetables are tender.
6. Do not drain. Put the soup in a blender and blend until smooth.
7. Stir in grated cheese.
8. Cool to lukewarm.