

## Mouth and Throat Soreness Management

Good nutrition can aid in healing, reduce fatigue, and help you to take an active role in your treatment. Sometimes side effects from treatment may affect your ability to eat well. Tolerance of different foods, textures and temperatures will vary between patients.

- Choose soft, moist foods that are easy to swallow. Avoid rough-textured, acidic, tart and spicy foods that may cause irritation.
- Cut foods into small bites to reduce the amount of chewing needed.
- Puree or liquefy foods with a blender or food processor by adding liquids such as milk or broth to your favorite foods. If spoons or forks cause pain, try drinking blended meals from a cup.
- Drink liquids through a straw to help push the food beyond painful areas.
- Avoid extremely hot foods and extremely cold foods, as they may cause discomfort. Try drinking fluids and eating foods that are at room temperature.
- Use liquid nutritional supplements, such as Boost<sup>®</sup>, Ensure<sup>®</sup> and Carnation Instant Breakfast<sup>®</sup> to help you maintain adequate calorie and protein intake.
- Limit caffeine and drink plenty of fluids to prevent dehydration and dry mouth.
- Practice good mouth care as directed by your doctor.
- Ask your doctor about prescription mouthwashes, medication, lozenges or sprays to help relieve pain.

**The chart below includes foods that may cause irritation. Avoid them if they cause you discomfort.**

Food Group	Try these foods...	These foods may cause discomfort...
Beverages	<ul style="list-style-type: none"><li>• Milk (Cow, Soy, Almond, Rice)</li><li>• Decaffeinated tea and coffee at room temperature</li><li>• Juice and fruit-flavored drinks that are not acidic</li><li>• Boost<sup>®</sup>, Ensure<sup>®</sup>, Carnation Instant Breakfast<sup>®</sup></li><li>• Shakes and smoothies</li></ul>	<ul style="list-style-type: none"><li>• Alcoholic beverages</li><li>• Carbonated beverages</li><li>• Acidic drinks and juices such as orange, grapefruit and pineapple juice; lemonade</li></ul>

<b>Food Group</b>	<b>Try these foods...</b>	<b>These foods may cause discomfort...</b>
Grains, Breads and Cereals	<ul style="list-style-type: none"> <li>● Cooked cereals (oatmeal, cream of wheat, grits)</li> <li>● Dry cereals soaked in milk</li> <li>● Rice with gravy</li> <li>● Pasta or noodle casserole</li> <li>● Bread, cornbread or crackers soaked in milk or soup</li> <li>● Pancakes or french toast with syrup</li> </ul>	<ul style="list-style-type: none"> <li>● Toasted bread, bagels, crackers, muffins and waffles</li> <li>● Hard rolls</li> <li>● Popcorn and pretzels</li> </ul>
Meats and High Protein Foods	<ul style="list-style-type: none"> <li>● Pureed, shredded or chopped meat with gravy</li> <li>● Flaked fish with sauce</li> <li>● Chopped eggs, tuna or minced chicken with mayonnaise</li> <li>● Soft-boiled, poached or scrambled eggs</li> <li>● Pureed beans, bean soup or lentil soup</li> <li>● Tofu</li> <li>● Creamy nut butters added to smoothies or hot cereal</li> </ul>	<ul style="list-style-type: none"> <li>● Tough, dry pieces of meat</li> <li>● Fried meats</li> <li>● Crisp bacon</li> <li>● Crunchy peanut butter on bread</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>● Fruit juices, such as apple, grape and cranberry</li> <li>● Peach, pear and apricot nectar</li> <li>● Canned pears, peaches and fruit cocktail</li> <li>● Applesauce, soft melons, banana, papaya and guava</li> </ul>	<ul style="list-style-type: none"> <li>● Citrus fruits (lemon, orange, grapefruit) and pineapple</li> <li>● Fruit with small seeds (strawberries)</li> <li>● Dried fruits</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>● Most vegetable juices</li> <li>● Soft-cooked vegetables, such as broccoli, cauliflower, carrots, squash, zucchini, asparagus, turnips and green beans</li> <li>● Avocado</li> <li>● Creamed corn or spinach</li> <li>● Mashed white or sweet potatoes</li> <li>● Creamed vegetable soup or casseroles</li> </ul>	<ul style="list-style-type: none"> <li>● Tomato and V8<sup>®</sup> juice</li> <li>● Tomato-based soups and sauces</li> <li>● Raw vegetables</li> </ul>

Food Group	Try these foods...	These foods may cause discomfort...
Dairy	<ul style="list-style-type: none"> <li>• Milk and cream</li> <li>• Cottage cheese</li> <li>• Yogurt</li> <li>• Soft, grated or melted cheese</li> <li>• Ice cream, custard, pudding and milkshakes</li> </ul>	<ul style="list-style-type: none"> <li>• Hard cheese</li> </ul>
Fats, Condiments, Misc.	<ul style="list-style-type: none"> <li>• Butter and margarine</li> <li>• Olive and canola oil</li> <li>• Milk based salad dressings such as ranch</li> <li>• Gravies and white sauces</li> <li>• Mild herbs (basil, oregano, thyme)</li> <li>• Popsicles and Jello®</li> </ul>	<ul style="list-style-type: none"> <li>• Salt</li> <li>• Black or red pepper</li> <li>• Mustard and ketchup</li> <li>• Vinegar and vinegar based salad dressings such as Italian</li> <li>• Chips, nuts and pickles</li> </ul>

## Sample Menu

### Breakfast

1 cup oatmeal mixed with 1 tablespoon nut butter,  
1 tablespoon honey and ½ cup whole milk

### Lunch

½ cup tuna salad with mayonnaise  
½ avocado  
½ cup applesauce

### Dinner

2 ounces shredded chicken and ½ cup rice with gravy  
½ cup peas and carrots cooked with 1 teaspoon olive oil  
½ cup pear nectar

### Mid-Morning Snack

½ cup grape juice  
1 scrambled egg

### Mid-Afternoon Snack

1 cup smoothie, shake or liquid  
nutrition supplement

### Evening Snack

½ cup canned peaches  
½ cup yogurt or cottage cheese

This sample menu provides approximately 2000 calories and 90 grams of protein.