

mouth or throat pain or sores


Certain **chemo** drugs or **radiation** to the head and neck can cause a sore mouth, mouth sores, or a sore throat.

If you have these problems, eating soft, bland foods and lukewarm or cool foods can be soothing. On the other hand, foods that are coarse, dry, or scratchy may make you feel worse. You may also find that tart, salty, or acidic fruits and juices; alcohol; and spicy foods are irritating.

Rinse your mouth regularly with a salt, baking soda, and water solution (1 teaspoon of baking soda and 1 teaspoon salt mixed in 1 quart water). This helps prevent infections and helps your mouth feel better. Gargle with the mixture to relieve a sore throat, but don't swallow it.

WHAT TO DO FOR A SORE THROAT

- Avoid tart, acidic, or salty foods, as well as pickled and vinegary foods, tomato-based foods, and some canned broths.
- Avoid rough-textured or hard foods, like dry toast, crackers, chips, nuts, granola, and raw fruits and vegetables.
- Choose lukewarm or cold foods that are soothing. Very hot foods can cause discomfort. Try freezing fruits, and suck on frozen fruit pops, fruit ices, or ice chips.
- Stay away from alcohol, caffeine, and tobacco.
- Avoid irritating spices like chili powder, cloves, curry, hot sauces, nutmeg, and pepper. Season foods with herbs like basil, oregano, and thyme.
- Eat soft, creamy foods like cream soups, cheeses, mashed potatoes, yogurt, eggs, custards, puddings, cooked cereals, and canned liquid food supplements (see chart).
- Blend and moisten foods that are dry or solid. Mix them in with soups or sauces, gravies, and casseroles.
- Avoid using mouthwashes that contain alcohol (which will cause burning).
- Your doctor can prescribe a "swish and swallow" numbing mouthwash. Ask about this.
- Puree or liquefy foods in a blender to make them easier to swallow.



If you have any questions please contact or
make an appointment with our dietitian at

505-727-3040

WHAT TO EAT OR NOT EAT WHEN YOU HAVE A DRY MOUTH*

	EAT	FOODS THAT MAY CAUSE PROBLEMS
HIGH PROTEIN	Soft, bland meats and casseroles like chicken and rice, macaroni and cheese, and tuna noodle casserole Ground meats Creamed soups Eggnog, milk, milk shakes	Spicy foods like spaghetti, tacos, chili Whole meats if not well tolerated
BREADS, CEREALS, RICE, AND PASTA	Bread, if tolerated Cooked cereals, cold cereals with milk	Crackers, hard-crust breads, salted rolls
FRUITS AND VEGETABLES	Soft, non-acidic fruit and vegetables, if tolerated	Citrus fruit and raw vegetables
DRINKS, DESSERTS, AND OTHER FOODS	Non-acidic juices like apple juice and pear nectar Decaffeinated coffee, tea, and soft drinks Pudding, cake, cookies (as tolerated), pie Gelatin Ice cream, sherbet	Citrus juices (grapefruit, orange, lemon, and lime), tomato juice Caffeinated drinks, alcohol Pickles, vinegar, spices Potato chips, pretzels, popcorn, snack chips

WHAT TO DO FOR MOUTH SORES

- Eat soft, bland foods like creamed soup, cooked cereal, macaroni and cheese, yogurt, and pudding.
- Puree or liquefy foods in a blender to make them easier to swallow.
- Eat foods cold or lukewarm, rather than hot, to reduce mouth irritation.
- Tilt your head back to help foods and liquids flow to the back of the throat for swallowing.
- Drink through a straw to bypass mouth sores.
- Avoid irritating spices, seasonings, and condiments like pepper, chili powder, cloves, nutmeg, salsa, pepper sauces, and horseradish.
- Avoid rough, dry, or coarse foods.
- Eat high-protein, high-calorie foods to speed healing.
- Look for yogurt made without citric acid.
- Avoid alcohol, carbonated beverages, and tobacco.
- Rinse your mouth often with a baking soda, salt, and water mouthwash (made with 1 quart water, 1 teaspoon baking soda, and 1 teaspoon salt – shake well before each use) to help keep your mouth clean and make you more comfortable.
- Your doctor can prescribe a “swish and swallow” mouthwash with a numbing agent if needed. Ask about this.

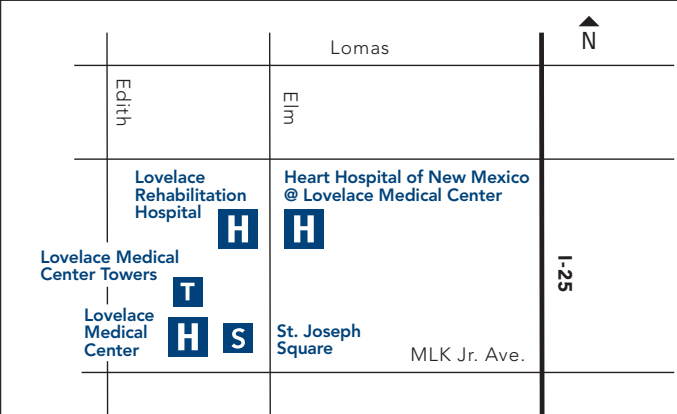
WHAT TO EAT OR NOT EAT WHEN YOU HAVE A MOUTH SORES*

	EAT	FOODS THAT MAY CAUSE PROBLEMS
HIGH PROTEIN	Ground, chopped, or blenderized meats, poultry, or fish Casseroles Egg, cheese, and bean dishes Milk shakes, yogurt, and commercial liquid nutritional supplements	Whole meats, poultry, fish, dry meats
BREADS, CEREALS, RICE, AND PASTA	Moistened breads Cooked cereals, cold cereal soaked in milk Pasta and rice in sauce	Dry toast, hard rolls, dry crackers, English muffins, bagels
FRUITS AND VEGETABLES	Cooked or blenderized fruits and vegetables	Fresh fruits and vegetables (unless very ripe, soft, and juicy, like applesauce, bananas, and watermelon); citrus fruit, pineapple, and other acidic fruits Pickled fruit; raw and pickled vegetables Tomatoes
DRINKS, DESSERTS, AND OTHER FOODS	Fruit nectars Flavored gelatin Ice cream, sherbet, pudding Butter, margarine, and vegetable oils	Carbonated drinks Cookies and cakes unless soaked in milk Crunchy snacks like pretzels and chips Vinegar Condiments like pepper, pepper sauces, chili powder, cloves, nutmeg, salsa

About Us

With over 37 years of experience, Hematology Oncology Associates is committed to providing the best cancer care possible for their patients. Hematology Oncology Associates is a Quality Oncology Practice Initiatives (QOPI) certified site that demonstrates rigorous standards for quality cancer care and safety measures established by the American Society of Clinical Oncology (ASCO) and the Oncology Nursing Society (ONS).

We gladly accept most major insurance plans, including Blue Cross and Blue Shield, Molina Healthcare, TRICARE, UnitedHealthcare Community Plan, United Retiree Health Care Authority, Medicaid, Medicare, and many others.



CONTACT US

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