



Date: \_\_\_\_\_

Client's Name: \_\_\_\_\_

Registered Dietitian's Name: \_\_\_\_\_

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## Sore Mouth & Swallowing Difficulties



The lining of the mouth and throat is very sensitive to some chemotherapy drugs and to radiation treatments to the head and neck areas. These treatments may affect your ability to chew and swallow due to mouth sores or infections and tender gums. Radiation treatments to the head and neck can also change your saliva. It may become thick and ropy or leave your mouth very dry.

Healing will occur more rapidly if you eat well, drink plenty of fluids and clean your mouth often using a baking soda and salt rinse below:

**Recipe: ½ tsp (2 mL) baking soda and ½ tsp (2mL) salt dissolved in 2 cups (500 ml) of water. Discard after 24 hours.**



	<b>Some Suggested Foods</b>	<b>Some Foods to Avoid</b>
<b>Fruits and Vegetables</b>	Well cooked vegetables Canned vegetables Fruit nectars Low acid juice (e.g.cranberry, 'low acid') Ripe bananas, pears, peaches, melons Apple sauce Canned fruit	Raw vegetables Acidic fruits and vegetables (tomato products, citrus fruit) Hard fruits (e.g. apples) Fruit with tough skin (e.g. grapes) Citrus fruits and juices Dried fruit (e.g. raisins)
<b>Grains</b>	Cooked cereal (e.g. oatmeal) Well soaked cold cereals Mashed, instant or scalloped potatoes Pasta with butter or cream sauce Pancakes/French toast Crust-less, toasted bread with butter Soft roll/bread (dipped in liquid)	Dry bread Coarse cereals (granola) Crackers Fresh bread without fluid

<b>Milk and Alternatives</b>	Milk & chocolate milk Fortified soy, rice or almond milk Milkshakes, malted milk Soft or shredded cheese Cottage cheese or ricotta cheese Yogurt	
<b>Meats and Alternative</b>	Minced meat with sauce or gravy Soft fish with sauce Eggs (cooked any way) Canned, flaked meat or fish Chicken, ham, fish or egg salad Silken or soft tofu Hummus Canned or baked beans	Tough, dry meats Nuts and seeds
<b>Fluids</b>	Hot chocolate, Ovaltine Nutrition supplements (Boost®, Ensure®, Carnation Breakfast Essentials®) Water Herbal teas (room temperature) Non-acidic flavoured drinks	Very hot or cold fluids Carbonated beverages (eg. Soda) Alcoholic beverages Acidic fruit juices (e.g. tomato, citrus)
<b>Other</b>	Pudding, custard, pie filling (no crust) Ice cream or frozen yogurt Jell-O® Stew and soups Casseroles, mixed dishes Soft frozen dinners Perogies with source cream or applesauce	Dry or crunchy foods (pretzels Potato/tortilla chips, popcorn) Very spicy or salty foods and condiments Vinegar Pickled foods

### Helpful Hints:

#### *Alter your food texture*



- Chop, mash, grind or blenderize your food if you have difficulty chewing or swallowing
- Cook until food is soft and tender
- Blend fruit, yogurt, liquid nutritional supplements, or milk into milkshakes.
- If you require thicker liquids in order to swallow safely, commercial thickeners and pre-thickened liquids are available to purchase. Tapioca flour or cornstarch can be used to thicken liquids that need to be cooked.

#### *Moisten your food*

- Use extra margarine, butter, sauces, broth, sour cream, gravy, cream soup, applesauce or cranberry sauce to add moisture and extra calories
- Soften foods by soaking in soup or milk, or dunking in warm beverages

### *Moisten your mouth and maintain good oral care*

- Use a cool mist humidifier or vaporiser to help manage a dry mouth
- Keep lips moist with lip balm (bees wax). **AVOID** lip balms that contain glycerine or petroleum.
- Rinse your mouth with the baking soda and salt rinse whenever you feel the need to moisten your mouth, add a fresh taste in your mouth, to manage thick saliva and for good oral mouth care. **AVOID** commercial mouthwashes that contain alcohol, which can irritate and dry out you mouth.
- Artificial saliva, moisture sprays and oral care products may be helpful. Some brands, available at most pharmacies, include:
  - Moi-stir ® Oral Spray
  - Biotene ® Gel, Mouthwash, or Toothpaste
  - Saliva Sure ®
  - X-Pur ® Gum and mints
- Use a soft-bristled toothbrush when brushing your teeth and tongue
- If you wear dentures, leave them out for as long as you can to prevent chaffing



### *Other Hints*

- Booklets with blenderized recipes are available from your dietitian
- Consume foods and beverages at room temperature if hot or cold items are bothersome
- Drink liquids with meals to improve swallowing
- Use a straw to drink if your tongue is sore
- Use a smaller spoon than usual, such as a baby spoon if your moth is sore or difficult to open wide
- Smaller bites of food are usually easier to swallow
- Take pain medications as prescribed by your doctor to make eating less painful
- Use prescribed mouthwashes as directed by your doctor or dentist. Some prescribed mouthwashes numb your mouth and/or throat to make eating less painful
- Avoid tobacco use

