Nutrition Tips for a Sore Mouth and Throat

These tips may be helpful if you have mouth sores or a sore mouth and throat caused by chemotherapy or radiation therapy. They are designed to provide you with foods that are soft, moist and less irritating to a sore mouth and throat. A soft diet will make eating easier, while helping you meet your nutritional needs and help prevent unwanted weight loss.

What should I eat and drink?

- **Eat moist foods** – they are easy to swallow
  - Add gravy, broth or sauces to any foods you like
  - Add margarine, butter, olive or canola oil to any foods you like

- **Eat soft foods** – they are easy to chew and swallow
  - Cook foods until soft and tender
  - Cut foods into small pieces or mash food with a fork before eating

- **Try to drink fluids from a straw** – this may be helpful to bypass mouth sores

- **Eat room temperature foods** - hot and cold foods can bother a sore mouth

- **Eat foods that are high in protein and calories**
  - This will help speed healing of mouth sores
  - Include foods such as ground beef or ground turkey with gravy, scrambled eggs with cheese, 2% or whole milk
  - Consider trying supplements such as Carnation Breakfast Anytime™, Boost™, Ensure™ or a store brand product

What Foods should I avoid?

- Dry foods such as raw vegetables, plain rice, pretzels, crumbly baked goods
- Hard, crunchy or chewy bread or cereals (toast, granola)
- Nuts and seeds
- Spicy or salty foods and fluids
- Acid foods and fluids such as tomatoes and citrus fruits or juices (oranges, grapefruit, lemon and lime)

Date: _______________________________
Registered Dietitian: __________________
Phone: _____________________________
Soft Food Choices

When you have mouth sores or a sore mouth and throat choose soft, moist and easy to chew foods such as those listed below.

Grains and starches:

- Soft moist breads, buns, rolls and bagels
- Waffles or pancakes with margarine/butter
- Soft moist rice and cooked pasta
- Boiled perogies with sour cream
- Cooked cereal and plain cold cereal soaked in milk or cream

Fruits:

- Soft fresh or frozen fruit with peel and/or core removed
- Soft canned fruit (except pineapple)
- Applesauce and other stewed, cooked or mashed ripe fruit

Vegetables:

- Soft cooked or mashed vegetables
- Soft cooked potato or sweet potato
- Creamed corn

Meat and Alternatives

- Scrambled, boiled or poached eggs, omelets or quiche
- Moist and soft meats, fish (without bones) and poultry
- Stew and casserole type dishes with ground or soft pieces of meat/poultry
- Canned or cooked moist legumes and beans
- Tofu
- Smooth peanut or nut butters

Milk products:

- Milk, yogurt, soft cheese such as ricotta and cottage cheese

Soups:

- Low sodium cream/stock soups with soft meat/poultry and soft cooked vegetables

Desserts

- Plain custards, puddings and ice cream
- Soft moist cakes (without nuts or hard dried fruit)
- Plain cookies soaked in coffee/tea/milk
Recipes – Soft Moist Foods

Seafood Pie:

6 oz thawed and drained crabmeat or tuna (frozen or canned)
1 cup cheddar cheese, grated
3 oz cream cheese, cut into cubes
¼ cup green onions, sliced
4 eggs
2 cups whole milk
1 cup bisquick baking mix
¼ tsp salt
Pinch nutmeg

Mix first 4 ingredients in a greased pie plate. Combine remaining ingredients and beat with blender or hand mixer until smooth. Pour into pie plate over seafood and cheese mixture.

Bake at 400°F for 34 to 40 minutes.

Makes 6 servings   Per serving: 410 calories, 22 grams protein

Sweet Potato Power:  (adapted from caring 4 cancer)

1 medium sweet potato
1 ½ cups apricot juice
4 oz soft or silken tofu
2 tbsp maple syrup or honey

Peel and cut sweet potato into ½ inch pieces. Boil sweet potato for 15 minutes. Drain sweet potato and place in a mixing bowl. Add juice, tofu and syrup to sweet potato. Blend together until well mixed and smooth.

Makes 1 serving   Per serving: 500 calories, 9 grams protein
Recipes – Soft Moist Foods

**Beef Stroganoff:**

- 1 cup egg noodle
- 1 medium onion, chopped
- ¾ cup sour cream
- ¹⁄₂ cup low sodium cream of mushroom soup
- pepper to taste

- ¾ lb regular ground beef
- ¹⁄₂ tsp garlic powder
- 1 tsp Worcestershire sauce
- dill or thyme to taste

Cook noodles until tender. In a large skillet, brown ground beef and onion. Add remaining ingredients to beef mixture, mix well and simmer for 4 minutes. Serve over cooked, drained noodles.

Makes 4 servings  Per serving: 494 calories, 26 grams protein

**Crustless Quiche**

- ½ cup cooked ham, finely chopped
- 2 cups cottage cheese, dry curd
- 3 tbsp butter or margarine, melted
- 1 tsp basil or dill weed, dried

- 1 medium onion, finely chopped
- 4 eggs, beaten
- 1 ½ cups cheddar cheese, grated
- 3 tbsp flour

Combine all ingredients in a mixing bowl. Mix well.

Pour into a greased 8-inch pie plate. Bake at 375 for 50-60 minutes.

Makes 6 servings  per serving: 280 calories, 21 grams protein