



# Tips For Those Experiencing A Sore Mouth Or Throat

# Tips For Those Experiencing A Sore Mouth Or Throat

Nutrition is very important during cancer treatment. Consuming enough calories and protein in your diet will help your body maintain strength and energy levels, fight infections, recover faster, and improve your tolerance to treatment.

Unfortunately, cancer treatment can cause side effects that may affect your ability to do so. For example, a low appetite, fatigue, taste changes, dry mouth, and pain can make preparing meals or finding foods you enjoy eating difficult. Follow the tips below to help provide your body with the nutrition it needs during treatment when experiencing a sore mouth or throat.

## Drink plenty of fluids

- Aim to drink 8 to 12 cups of fluid/day
- Take 2-3 sips of fluid after each bite of food to help with swallowing
- Use a straw to drink liquids to bypass mouth sores



## Avoid

- Alcohol
- Caffeine
- Tobacco or smoking
- Alcohol-containing mouthwashes
- Spicy, salty, acidic or tart foods
  - Citrus fruits, vinegar, tomatoes, hot peppers, pickles, etc.
- Sticky and sugary foods
- Sugary or citrus beverages
- Carbonated beverages
- Dry, coarse, or rough foods
  - Toast, crackers, chips, nuts, raw vegetables
- Irritating spices, seasonings, and condiments
  - Pepper, chili powder, cloves, nutmeg
  - Salsa, horseradish, pepper sauces



## Add moisture to your foods to make them easier to chew and swallow

- Immerse your meats in a liquid marinade like non-acidic juice or salad dressing
- Add sauces and condiments to your foods



## Add moisture to your foods to make them easier to chew and swallow

- Add oils, broth, gravy, butter, and margarine to foods
- Use moisturizing cooking/preparation methods
  - Stewing
  - Braising
  - Slow-cooking



## Modify the texture of your foods to make them easier to chew and swallow

- Cut foods into very small pieces
- Puree or liquefy foods in a blender to make them easier to swallow
- Choose soft foods
  - Soups, stews, casseroles, scrambled eggs, tofu, mashed potatoes, yogurt, pudding, cooked cereals, ice cream, milkshakes, etc.



## Experiment with food temperatures

- Hot-temperature foods often cause irritation if you have mouth sores. Try foods at different temperatures such as warm, cold, or icy, to see what works best for you.



## Use high-calorie/high-protein nutritional supplements

- You can find pre-made shakes in individual containers or powders that you can mix with water, milk, smoothies, or even in soft foods like oatmeal. See examples below.



## Practice good oral hygiene

- Brush your teeth and tongue using a soft toothbrush at least twice a day
- Make sure to angle the bristles toward your gumline to clean between your gums and teeth
- Brush gently in small circular motions instead of scrubbing hard in back-and-forth motions
- Use a non-abrasive, fluoride toothpaste without a strong taste - flavoring ingredients may cause irritation
- Use an alcohol-free mouthwash such as Biotene Alcohol-Free
- Rinse your mouth out before and after eating and before bed, or every 2 hours with a salt water and baking soda mixture
  - 1 cup (500 mL) warm water, 1 tsp baking soda, 1 tsp salt



## Communicate with your healthcare team

- Keep open communication with your healthcare team about your symptoms
- Consult with your healthcare provider before using any oral products
- Make sure you are taking all medications prescribed to help manage your symptoms



## High-Calorie/High-Protein Nutrition Supplements

Name	Serving Size	Calories	Protein
Boost Plus	8 oz (237 mL)	360	14g
Boost High Protein	8 oz (237 mL)	240	15g
Boost Original	8 oz (237 mL)	240	10g
Boost Glucose Control	8 oz (237 mL)	190	16g
Novasource Renal	8 oz (237 mL)	475	22g
Boost Breeze	8 oz (237 mL)	250	9g
Boost Very High Caloire	8 oz (237 mL)	530	22g
Boost Pudding	5 oz (1 container)	230	7g
Boost Original Powder	55g (7 Tbsp)	220	10g
Ensure Enlive	8 oz (237 mL)	350	20g
Ensure Plus	8 oz (237 mL)	350	13g
Ensure Clear	8 oz (237 mL)	240	8g
Ensure Max Protein	11 oz (330 mL)	150	30g
Ensure High Protein	8 oz (237 mL)	160	16g
Ensure Surgery	8 oz (237 mL)	330	18g
Ensure Original	8 oz (237 mL)	220	9g
Glucerna Original	8 oz (237 mL)	180	10g
Nepro	8 oz (237 mL)	425	19g
Ensure Pudding	4 oz (1 container)	170	4g
Beneprotein	1 packet	25	6g
Benecalorie	44 ml (1 container)	330	7g
Prostat	1 oz (30 mL)	100	15g

## High-Calorie/High-Protein Nutrition Supplements

Name	Serving Size	Calories	Protein
Premir Protein	11 oz (1 carton)	160	30g
Pemir Protein Whey Powder	39 g (2 scoops)	150	30g
Orgain Organic Meal Powder	57 g (2 scoops)	230	20g
Orgain Orgainc Plant-Based Protein	46 g (2 scoops)	170	21g



**Disclaimer:** Please note that the information provided herein is intended to serve as a general guideline and may not meet the unique nutritional needs of individual patients. The distribution of these materials is at the discretion of the physician. The creator does not hold responsibility for their application or outcomes on individual health conditions. All patients are advised to consult with their physician for personalized advice tailored to their unique needs and circumstances.