

Food Ideas to try With a Sore Mouth

During cancer treatment, it is important that you are able to eat enough to keep up your strength and help your body heal. There may be times during your treatment when your mouth and/or throat become sore. If this happens, liquids and soft moist foods are often easier to eat.

General Tips

- **Eat or drink often** (every 2-3 hours throughout the day)
- **Drink plenty of liquids** and choose soft, moist foods (see ideas below)
- **Avoid irritating foods and liquids** that are:
 - acidic
 - spicy or salty
 - alcohol based (including alcohol based mouth wash)
 - dry or rough textures
 - very hot in temperature
- **Try rinsing your mouth frequently** with baking soda and water

Mouth Rinse Recipe and Instructions

1. Mix 5 mL (1 teaspoon) of baking soda and 5 mL of salt with 1000 mL (4 cups) of water.
2. Put the mouth rinse in a container with a lid.
3. Keep the mouth rinse at room temperature.
4. Throw away the mouth rinse at the end of the day and make a new batch.

How to use your mouth rinse:

1. Shake well before using.
2. Rinse and gargle with 15 mL (1 tablespoon) and then spit out.
3. Repeat 2 or 3 times at each use.
4. Use mouth rinse every 2 hours during the day.

Use the mouth rinse until your mouth returns to normal. This may take many weeks or months.

Use mouth rinse or water after eating and drinking. Rinse after drinking meal replacement drinks or sports drinks as these have a lot of sugar.

Use a soft toothbrush and gently brush your teeth or dentures after every meal. Use the toothbrush to clean your tongue after you brush. Remove dentures at night.

Soft Food Ideas

- Cold cereal soaked in milk or cream
- Scrambled eggs, omelets or quiche
- Pancakes or French toast with butter and syrup or fruit sauce
- Macaroni and cheese, pasta dishes with a cheese, cream or tomato/cream sauce
- Buttered noodles with parmesan cheese
- Perogies with sour cream
- Pasta or potato salad
- Egg salad, tuna salad, paté, liverwurst, guacamole, hummus or cream cheese spread on a slice of soft, crustless, buttered bread
- Chunky soups, stews, Shepherd's pie or pot pies
- Chicken à la King, creamed salmon or seafood
- Baked beans
- Fish poached or cooked in a sauce
- Soft cooked vegetables with a cheese or cream sauce
- Melon, avocado, bananas
- Canned fruit (packed in heavy syrup) with cottage cheese
- Cream pies or sponge cake with custard sauce
- Cookies dunked in hot chocolate, coffee or tea

Extra Soft Food Ideas

- Soft boiled or poached eggs
- Hot cereals such as oat bran, cream of wheat, corn meal, oatmeal, congee
- Plain or flavoured yogurt or Minigo®
- Cottage cheese
- Hearty broth based soups, borscht, congee, cream soups or chowders (blended if necessary)
- Split pea, lentil or bean soup
- Ground beef, pork, lamb, chicken or turkey with gravy or sauce
- Add strained "baby" meats or canned meat or fish to soups, sauces or gravies
- Mashed potatoes, mashed or creamed vegetables
- Cooked puddings such as tapioca, rice, bread or custard
- Ice cream, sherbet or other frozen desserts
- Jell-O® or instant pudding mixes
- Applesauce, stewed, mashed or pureed fruits
- Flavoured dessert tofu

Liquid Food Ideas

- Toddler breakfast cereals or rice cereals thinned with milk
- Carnation Breakfast Anytime®
- Meal replacement drinks (Boost Plus®, Ensure Plus®)
- 2%, whole or chocolate milk
- Soy milk

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- Milkshakes or fruit smoothies
- Yop® (yogurt drink)
- Eggnog (store bought)
- Buttermilk
- Hot chocolate or café au lait
- Ovaltine® or Postum® made with milk
- Strained or blended soups
- Juices or nectars such as carrot, grape, apple, pear, guava, peach, apricot, cherry or lychee (diluted if necessary)
- Iced tea or fruit flavoured drinks
- Carbonated drinks (flat)
- Popsicles, sherbet, ice cream, frozen yogurt bars

If you have tried these ideas and you are unable to eat or are losing weight, ask a member of your care team to refer you to a dietitian.

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