Patient Information

Nutrition Management of Sore Mouth and Swallowing Difficulties

Comments, Feedback?
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Patient Information  
Sore Mouth and Swallowing Difficulties

The mouth and throat are very sensitive parts of the body. Treatments such as radiotherapy and chemotherapy may damage the lining of your mouth and throat. This can result in sensitive gums, mouth sores, dry mouth, or painful swallowing. Taking care of your mouth and throat during treatment will make these side effects less severe. It is very important to eat well, drink lots of fluids and rinse your mouth out regularly.

Often, a soft, blenderized diet is appropriate and will help you to continue to eat nutritious, tasty foods even when chewing and swallowing becomes difficult.

Helpful Hints...
- Soften foods by soaking them in milk or warm beverages.
- Try mashing, blending, chopping or grinding foods if they are difficult to chew or swallow.
- Taking smaller bites allows you to produce more saliva and will aid in swallowing.
- Rinse your mouth every 1-2 hours or when you feel the need to moisten or freshen your mouth. Rinsing may also help to get rid of food in or around the teeth and gums.

<table>
<thead>
<tr>
<th>Salt &amp; Water</th>
<th>Baking Soda &amp; Water</th>
<th>Club Soda</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dissolve 1 teaspoon of salt in 8 ounces of warm water.</td>
<td>Dissolve 1 teaspoon of baking soda in 8 ounces of warm water.</td>
<td>Use flat. Any store-brand club soda will work.</td>
</tr>
</tbody>
</table>

- Commercial infant foods can be added to soups and casseroles to make them softer and easier to swallow.
- Try using a straw to drink and/or sips of liquids with your meals to assist with swallowing.
- Cook your foods until they become soft and easy to eat.
- Moisten foods by adding sauces and gravies.
- Grate cheese and vegetables into soups and casseroles.

Potato Cottage Cheese Casserole

2 medium Potatoes  
2 cups Cabbage, shredded  
¾ cup Onion, chopped  
1 medium Carrot, finely chopped  
1 tbsp Butter or margarine  
¾ cup Cottage cheese, creamed  
¼ cup Sour cream  
¼ cup Plain yogurt  
¾ tsp Salt and pepper to taste

Cut potatoes into desired size and boil. Sauté onions in butter or margarine with salt and pepper. Add cabbage and carrots to onions and cook until tender. Mash potatoes with cottage cheese, sour cream and yogurt. Combine cabbage and potato mixtures and all other ingredients. Spread into casserole dish. Bake uncovered for 35-40 minutes at 350°F.

Makes 4 servings  
1 serving = 186 calories and 8.7 grams of protein

Blending Tips for the Blenderized Diet
- Read instructions for the equipment in the manual provided.
- To make foods softer for blending, first cook them in liquid. Examples include: broths, gravy, cream soup, and sauces.
- Make sure food is cut into small pieces before blending. This will allow the end result to be smoother and more palatable.
- Adding liquids to the blender before solid food makes blending easier.
- Add solid food little by little until smooth.
- Make sure there is enough liquid in the blender in order to create a smooth, consistent product.
- Do not over-blend! This can result in a very pasty product.
**Recipes:**

### Hearty Seafood Chowder

- 2 tsp Margarine or butter
- 2 tbsp Onion, chopped
- 2 tbsp Celery, chopped
- 1 small Potato, diced
- 1 small Parsnip, chopped
- ½ cup Water
- 1/3 cup (1-2 pieces) Fish fillets, fresh or frozen
- 1/3 cup Scallops, fresh or frozen
- 1 cup Whole milk

Melt margarine in a saucepan and cook onion and celery until tender. Add potato, parsnip, water and seasoning if desired. Cover and simmer 10-15 minutes or until vegetables are tender. Cut fish fillets into 1 ½ inch (3cm) cubes. Brown scallops in a separate pan and add fish and scallops to saucepan and cook 10 minutes longer. Cool slightly and blend in a blender or food processor. Return to saucepan, add milk and heat.

Makes 2 servings
1 serving = 244 calories and 14.5 grams of protein

### Fruit and Yogurt Smoothie

- ½ cup each Sliced peaches, melon and pineapple
- 1 cup Plain yogurt
- 1 cup Whole milk
- 1 tsp Skim milk powder
- 2 tbsp Honey

Mix all ingredients in a blender and blend until smooth. Refrigerate if not used immediately.

Makes 2 large servings
1 serving = 275 calories and 12 grams of protein

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**Foods to Choose**

<table>
<thead>
<tr>
<th>CEREAL/GRAINS</th>
<th>FRUITS</th>
<th>VEGETABLES</th>
<th>MEATS</th>
<th>SNACKS</th>
<th>LIQUIDS</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft rolls, bread, soft cereals, pancakes, french toast, well cooked pasta</td>
<td>Peaches, pears, apricot nectar, fruit drinks, soft ripe bananas and melons, apple sauce, canned fruit</td>
<td>Mashed potatoes, cream corn, soft cooked vegetables</td>
<td>Scrambled eggs, omelets or quiche, baked beans, hummus, yogurt, creamed cottage cheese, kefir, cream cheese</td>
<td>Poached fish, ground beef, pork, lamb, chicken or turkey, canned tuna or salmon, tuna salad, pate or liverwurst</td>
<td>Cream pies and sponge cake, cookies dunked in hot beverages, ice cream, sherbet, pudding</td>
<td>Cream sauces, gravy or cheese sauces added on food</td>
</tr>
</tbody>
</table>

**Foods to Avoid**

<table>
<thead>
<tr>
<th>CEREAL/GRAINS</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Crusty bread, toast, hard cereals, granola, crackers, most bran products</td>
<td>Citrus fruits (orange or grapefruit, lemon and limes), hard fruits</td>
<td>Acidic foods like tomatoes, pickles, raw/hard vegetables, spicy peppers</td>
<td>Chili</td>
<td>Bacon bits, tough or dry meats, fried foods, spicy meat, sauces</td>
<td>Hard, dry foods like pretzels, popcorn, potato chips, nuts</td>
<td>Alcoholic beverages, citrus fruit juices</td>
</tr>
<tr>
<td>2%, whole, chocolate milk or buttermilk. Meal replacement beverages, popsicles, soy milk and almond milk</td>
<td>Soups (cream and chunky), hot chocolate, coffee and tea 2%, whole, chocolate milk or buttermilk. Meal replacement beverages, popsicles, soy milk and almond milk</td>
<td>Vinegar, hot sauce, BBQ sauce, salad dressing</td>
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</tbody>
</table>
### Sample Daily Menu #1:

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
</table>
| Breakfast     |                               | Cold cereal soaked in milk or cream  
Poached or scrambled eggs  
Canned fruit salad  
1 cup low acid juice |
| Snack         |                               | 1 soft, sliced banana  
Creamed cottage cheese  
Water |
| Lunch         |                               | Tuna salad sandwich  
Baked beans  
Peach, chopped  
1 cup 2% or whole milk |
| Snack         |                               | Apple Sauce  
Water |
| Dinner        |                               | Lentil soup  
Soft dinner roll with butter  
Pasta salad  
Blended vegetables  
1 cup low acid juice |
| Snack         |                               | Fruit smoothie |

**Remember:**
Moisten your mouth if it feels dry. If any of these foods are still hard to chew then try blending them with liquid.

### Sample Daily Menu #2:

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
</table>
| Breakfast     |                               | Scrambled eggs  
Pancakes with butter and syrup  
Melon, diced  
1 cup 2% or whole milk |
| Snack         |                               | Yogurt with mashed fresh berries  
Water |
| Lunch         |                               | Ground turkey in gravy  
2 slices of bread, buttered  
Mashed carrots  
1 cup low acid juice |
| Snack         |                               | Hummus  
Pita, warmed  
Water |
| Dinner        |                               | Poached fish with cream sauce  
Well cooked rice  
Well cooked broccoli with cheese sauce  
1 cup 2% or whole milk |
| Snack         |                               | Sherbet with chopped peaches |

**Remember:**
You can substitute with your favourite fruits, vegetables and meat. To include more variety in your meals, substitute ground beef instead of ground turkey or a banana instead of peaches. Be creative!