

## Difficulty Chewing or Swallowing

This handout provides food ideas to help you meet your nutrition needs when you have a sore mouth or throat.

- Choose soft, moist foods. Limit tough meats or poultry, raw fruits and vegetables, bagels, and English muffins.
- Cook foods in liquid such as broth, water or juice until they are soft and tender.
- Moisten foods by adding butter, thin gravy, sauces, or salad dressing.
- Cut or mash foods into small pieces.
- Use a blender or food processor to mince foods.
- Try using a straw to drink liquids.
- Eat smaller amounts of food every 2-3 hours during the day.
- Try ready-made or convenience foods to make preparing meals easier, such as frozen dinners, canned foods and soups, instant mashed potatoes.
- Avoid foods that are uncomfortable to eat. Common irritating foods and liquids include those that are acidic, spicy, salty, or are very hot or cold temperatures.
- Choose alcohol-free beverages and mouthwashes.
- Rinse your mouth frequently with baking soda and water.
- Ask your doctor about pain medicine if your mouth or throat hurt.

**If you have tried these ideas and you are unable to eat and are losing weight, ask to speak with a Registered Dietitian at the cancer centre.**