



Eating Hints for Sore Mouth and Throat



- Sores should be looked at by a medical provider.
- Learn how to use helpful medicine:
Systemic Drugs: Aspirin, Tylenol, Motrin
Topical Remedy: Miracle Mouth Wash
- Avoid foods that are going to sting, such as orange, grapefruit, and tomato juice; or tomato and spice or hot sauces and very salty or hot soups.
- If you are a person who gets canker sores (aphthous ulcers) all the time, the drug thalidomide is wonderfully effective for healing those mouth sores. Ask your doctor if this drug is OK for you to take.
- Eat room-temperature or cool foods and fluids.
- Drink through a straw to bypass mouth sores.
- Tilt your head back to help you swallow.
- Eat sitting up, not lying down, to avoid choking.
- If you choke on liquids, try thick foods such as Jell-O, cooked cereal, potato with gravy, pudding, custard, cottage cheese, squash pie, Indian pudding, thick milk shakes, thick soups, or soup with mashed potato.

Think: I need bland, starchy good with some extra protein. What can I combine to do this?

- Add mashed potato flakes to soup to thicken it.
- Add more rice to thicken soups.
- Use Cream of Wheat or Cream of Rice to thicken liquids.