



WHAT TO EAT

Before, During and After Cancer Treatment

SORE MOUTH OR MOUTH SORES

What it is: Cancer treatment may cause the mouth to become very sore. Some treatments cause sores to break out in the mouth and others may irritate the inside of the mouth and throat.

What it does: A sore mouth will make it hurt to chew and swallow. This can lead to eating less to avoid the discomfort.

Tips to help:

- Add sauces and gravies to foods.
- Avoid alcohol in all forms, including alcohol-based mouthwashes.
- Avoid rough or coarse foods like crackers or tortilla chips.
- Drink plenty of fluids.
- Avoid food that is too hot or too cold.
- Avoid spicy foods.

What to eat:

- Soups and stews
- Protein shakes made with yogurt or ice cream
- Custards and puddings
- Apple sauce
- Plain pasta with olive oil or butter
- Meatloaf
- Macaroni and cheese
- Yogurt
- Mashed potatoes and gravy