

# It Hurts to Eat: Now What?

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Some cancer treatments cause people to develop mouth sores, a sore throat or a sore mouth in general. This makes eating and drinking very difficult. Try the following tips to overcome these painful problems:

- **Avoid foods that are coarse, dry or scratchy. You should also avoid foods that are tart, salty or acidic (such as pickles, vinegar, tomato sauces, grapefruit, orange, lemon or lime). Juices and spicy foods may also irritate your mouth.**
- **Rinse your mouth regularly with one teaspoon of baking soda and eight ounces of water to prevent infections and improve the healing of a sore mouth or throat. Salt water may also be used.**
- **Avoid foods that have a rough texture such as dry toast, granola and raw fruits and vegetables.**
- **Alcohol, caffeine and tobacco can dry out your mouth and throat and promote further irritation. These should be avoided.**
- **Foods that are very hot or very cold can cause discomfort. Try lukewarm or cool foods instead.**
- **Eat soft, creamy foods such as cream soups, cheeses, mashed potatoes, yogurt, eggs, puddings, ice cream, milkshakes and nutritional supplements.**
- **Blend and moisten foods that are dry or solid with sauces, gravies or creamy casseroles.**