

During cancer treatment, it is important that you are able to eat enough to keep up your strength and help your body heal. There may be times when your mouth or throat is sore. Liquids and soft, moist foods are often easier to eat.

General Tips

- **Eat or drink often.** Every 2-3 hours during the day.
- **Drink plenty of liquids** and choose soft, moist foods (see ideas below).
- **Do not eat or drink irritating foods and liquids** that are:
 - acidic (citrus fruit/ juice like orange, grapefruit and lemon)
 - spicy or salty
 - alcohol-based (including alcohol-based mouth wash)
 - dry or rough food textures
 - very hot in temperature
- **Rinse your mouth often** with baking soda and water (see below)

Oral Rinse Recipe and Instructions

1. Dissolve 1 tsp (5 mL) of baking soda in 2 cups (500mL) of warm water. **Optional:** add ½ tsp (2.5 mL) of table salt to make the rinse taste better.
2. Pour rinse into a container with a lid, like a water bottle. Keep at room temperature.
3. Put about 1 tbsp (15 mL) of the oral rinse in your mouth.
4. Swish (and gargle, if possible) for 1 minute. Spit out the rinse.
5. Use the oral rinse **at least 3-4 times each day**. Use after brushing or flossing. Use after eating or drinking nutritional supplements or sports drinks that have a lot of sugar. Use oral rinse until your mouth returns to normal. This may take many weeks or months.

Soft Food Ideas

- Cold cereal soaked in milk or cream
- Scrambled eggs, omelets or quiche
- Pancakes or French toast with butter and syrup or fruit sauce
- Muffin with butter and/or jam
- Macaroni and cheese, pasta dishes with a cheese, cream or tomato, and cream sauce
- Risotto made with extra broth
- Buttered noodles with parmesan cheese
- Perogies with sour cream
- Pasta or potato salad
- Egg salad, tuna salad, pâté, liverwurst, guacamole, hummus, or cream cheese spread on a slice of soft, buttered bread with no crusts
- Chunky soups, stews, Shepherd's pie, or pot pies
- Chicken à la King, creamed salmon, or seafood

- Baked beans
- Poached or cooked fish in a sauce
- Noodles in soup or broth
- Congee with soft tofu or boiled egg
- Soft, cooked vegetables with a cheese or cream sauce
- Melon, avocado, bananas
- Canned fruit (packed in heavy syrup) with cottage cheese
- Cream pies or sponge cake with custard sauce
- Cookies dunked in hot chocolate, coffee, or tea

Extra Soft Food Ideas

- Soft boiled or poached eggs
- Hot cereals like oat bran, cream of wheat, corn meal, oatmeal, congee
- Plain or flavoured yogurt or Minigo®
- Cottage cheese
- Hearty broth-based soups, borscht, congee, cream soups, or chowders (blended if necessary)
- Split pea, lentil, or bean soup
- Ground beef, pork, lamb, chicken or turkey with gravy or sauce
- Dahl
- Mashed potatoes, mashed, or creamed vegetables
- Cooked puddings like tapioca, rice, bread, or custard
- Ice cream, sherbet, or other frozen desserts
- Jell-O® or instant pudding
- Fruits that are stewed, mashed, or pureed (applesauce)
- Flavoured dessert tofu

Liquid Food Ideas

- Toddler breakfast cereals or rice cereals thinned with milk
- Carnation Breakfast Anytime®
- Meal replacement drinks (Boost Plus®, Ensure Plus®)
- 2% or whole, chocolate milk, buttermilk, soy milk,
- Milkshakes or fruit smoothies
- Yop® (yogurt drink)
- Eggnog (store bought)
- Hot chocolate or café au lait
- Ovaltine® or Postum® made with milk
- Strained or blended soups
- Juices or nectars like carrot, grape, apple, pear, guava, peach, apricot, cherry, or lychee (diluted if necessary)
- Iced tea or fruit flavoured drinks
- Carbonated drinks (flat)
- Popsicles, sherbet, ice cream, frozen yogurt bars

If you try these ideas and still cannot eat, or you are losing weight, ask your health care team to refer you to a dietitian. You can find more information on our website: bccancer.bc.ca/nutrition