

**可以幫助改善口腔疼痛的食物
Food Ideas to try with a Sore Mouth**

在癌症治療期間，你能夠吃得足夠而維持體力和幫助你的身體自愈是很重要的。你在治療過程中可能會有時候覺得你的口腔或咽喉疼痛。如果發生這種情況，流質飲料和比較軟和濕潤的食物會更容易吃。

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 during your treatment when your mouth and/or throat become sore. If this happens, liquids and soft moist foods are often easier to eat.

一般建議**General Tips**

- **要經常進食或喝飲料** (一天內每隔 2-3 小時)
Eat or drink often (every 2-3 hours throughout the day)
- **喝大量的飲料**和選擇比較軟熟和滋潤的食物 (請參閱下面的建議)
Drink plenty of liquids and choose soft, moist foods (see ideas below)
- 避免以下刺激性的食物和飲料：
Avoid irritating foods and liquids that are:
 - 酸性的 **acidic**
 - 辛辣或過鹹的 **spicy or salty**
 - 含酒精的 **alcohol based**
 - 比較幹或粗糙口感的 **dry or rough textures**
 - 非常熱溫度的 **very hot in temperature**
- **嘗試經常地用碳酸氫鈉加水漱口** (把 1/4 茶匙碳酸氫鈉與 1 杯水混合)
Try rinsing your mouth frequently with baking soda and water (mix ¼ teaspoon of baking soda into 1 cup of water)

質感比較柔軟的食物建議

Soft Food Ideas

- 把蘇打餅乾浸泡在煉奶水裏吃

Soda crackers soaked in diluted condensed milk

- 炒雞蛋或煎蛋卷(奄列)

Scrambled eggs or omelettes

- 煎餅(班戟)或法式吐司(西多士) 加牛油和糖漿或果醬

Pancakes or French toast with butter and syrup or fruit sauce

- 濕炒飯

Soft fried rice

- 通心粉或泡飯，加上忌廉或番茄/奶油醬的麵食

Macaroni or rice in soup, pasta dishes with cream or tomato/cream sauce

此資料並不取代你的註冊營養師或醫生的個人建議。該資料只可以其全文使用

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety

- 餃子

Dumplings

- 馬鈴薯沙拉

Potato salad

- 加雞蛋沙拉，吞那魚沙拉，鵝肝或融化芝士在沒有皮的奶油麵包上

Egg salad, tuna salad, liver paté or melted cheese on a slice of soft, crustless, buttered bread

- 燉煮的食物(如牛腩煲)或雞批

Stews (such as beef stew pot) or chicken pot pie

- 奶油雞肉，三文魚或海鮮飯

Creamed chicken, salmon or seafood on rice

- 蒸魚或玉米/糖醋斑塊

Steamed fish or creamed corn/sweet and sour fish fillet

- 哈密瓜，牛油果，香蕉

Melon, avocado, bananas

- 奶油餡餅或吉士蛋糕

Cream pies or sponge cake with custard sauce

- 把餅乾浸泡在熱巧克力，咖啡或茶

Cookies dunked in hot chocolate, coffee or tea

質感更柔軟的食物建議

Extra Soft Food Ideas

- 水煮或是荷包蛋

Soft boiled or poached eggs

- 熱穀物如燕麥麩，小麥，玉米，燕麥片，粥

Hot cereals such as oat bran, cream of wheat, corn meal, oatmeal, congee

- 乳酪 Yogurt

- 添加了肉和菜的湯，羅宋湯，粥，忌廉湯

Hearty broth based soups, borscht, congee, cream soups

- 紅豆或綠豆糊湯水

Well blended red bean or green bean paste dessert

- 碎牛肉，豬肉，羊肉，雞肉或火雞加醬汁

Ground beef, pork, lamb, chicken or turkey with sauce

- 添加磨碎了的“嬰兒”肉或罐裝肉或魚在湯裏或醬汁上

Add strained “baby” meats or canned meat or fish to soups or sauces

- 薯蓉，忌廉蔬菜

Mashed potatoes, creamed vegetables

- 烘烤(焗)布丁，如西米，大米，麵包或奶凍

Cooked puddings such as tapioca, rice, bread or custard

此資料並不取代你的註冊營養師或醫生的個人建議。該資料只可以其全文使用

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety

- 冰淇淋，冰凍果子露或其他冷凍甜品

Ice cream, sherbet or other frozen desserts

- Jell-O®或布丁粉

Jell-O® or instant pudding mixes

- 蘋果醬或攪融了的水果

Applesauce, stewed, mashed or pureed fruits

- 豆腐花

Flavoured dessert tofu

流質食物的建議

Liquid Food Ideas

- 幼兒的早餐麥片或大米麥片加牛奶混合

Toddler breakfast cereals or rice cereals thinned with milk

- Carnation Breakfast Anytime® 營養奶

Carnation Breakfast Anytime®

- 代餐營養奶(Boost Plus®, Ensure Plus®, Meal Cal Plus®)

Meal replacement drinks (Boost Plus®, Ensure Plus®, Meal Cal Plus®)

- 含2%的脂肪，全脂或巧克力牛奶

2%, whole or chocolate milk

- 豆漿

Soy milk

- 奶昔或水果冰沙

Milkshakes or fruit smoothies

- 酸奶

Buttermilk

- 熱巧克力或咖啡牛奶

Hot chocolate or café au lait

- Ovaltine®或Horlicks®加牛奶混合

Ovaltine® or Horlicks® made with milk

- 磨融或過濾了固體物的湯

Strained or blended soups

- 果汁或果漿，如胡蘿蔔，葡萄，蘋果，梨，番石榴，桃，杏，櫻桃或荔枝（如果需要可加水）

Juices or nectars such as carrot, grape, apple, pear, guava, peach, apricot, cherry or lychee (diluted if necessary)

- 冰茶或水果味飲料

Iced tea or fruit flavoured drinks

此資料並不取代你的註冊營養師或醫生的個人建議。該資料只可以其全文使用

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety

- 碳酸飲料（沒有氣）

Carbonated drinks (flat)

- 冰棒，雪糕，冰淇淋，冰凍乳酪棒

Popsicles, sherbet, ice cream, frozen yogurt bars

如果你已經嘗試過以上的建議而你還是不能進食或發現體重一直下降，請讓你的醫療團隊向你推薦一個營養師。

If you have tried these ideas and you are unable to eat or are losing weight, ask a member of your care team to refer you to a dietitian.

請查詢我們的網站: www.bccancer.bc.ca

Visit our website: www.bccancer.bc.ca

此資料並不取代你的註冊營養師或醫生的個人建議。該資料只可以其全文使用

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety

Revised February 2015