

Eating Tips When You Have a Sore Throat or Mouth, or Swallowing Problems

Eating Tips

When you have a sore throat or mouth, or swallowing problems, you may need to make some changes to the foods you eat. This may include specific foods to eat or avoid, or different ways to prepare foods.

The following tips can help you get the nourishment you need even if you are having problems chewing, swallowing or both.

- Eat soft, creamy foods such as:
 - cooked cereals
 - cream soups
 - mashed potatoes
 - yogurt
 - eggs
 - puddings
 - custards
 - ice cream
 - casseroles
 - milkshakes.
- Avoid rough foods such as:
 - dry toast
 - crackers
 - granola
 - some raw fruits and vegetables.
- Soak dry foods (breads, crackers, biscuits, cereals, cookies) in some type of liquid (milk, soup, gravy) before eating.
- Moisten foods with butter, mayonnaise, sour cream, syrups, oils, gravies or sauces.
- Cook foods until they are soft and tender. Cooked fruits and vegetables may be easier to eat than raw fruits and vegetables.
- Chop, grind or puree foods.
- Choose foods that are cool or room temperature. Eating hot or cold foods may cause some throat or mouth irritation.
- Avoid foods and spices that may irritate your throat or mouth:
 - chili powder
 - cloves
 - curry
 - hot sauces
 - pepper
 - citrus fruit juices such as grapefruit, orange, lime and lemon
 - tomato-based foods such as tomato sauce, chili or salsa.

Getting Enough Calories

Even if you are able to eat and drink, it may be difficult for you to get enough calories.

The following foods are high in calories. Some may not be allowed on your diet, depending on your health condition(s).

Important: Follow your health care provider, dietitian or speech pathologist's instructions for consistency and thickness of foods and liquids.

(over)

The following foods can help to add calories to your meals and snacks.

Half-and-half Cream

½ cup equals 162 calories; 4 grams (g) protein

- Add half-and-half to your potato products, soups, gravies and desserts.
- Use on cereal instead of milk.*
- Add to coffee.*

Cheese

1 ounce equals 75 calories; 7g protein

- Melt cheese on sandwiches, hamburgers, hot dogs, Mexican or Italian foods, meats, fish, eggs and vegetables.
- Add grated cheese to sauces, vegetables, soups*, chili, rice, casseroles, breads, potatoes and pasta dishes.

Cottage Cheese

½ cup equals 115 calories; 15g protein

- Mix with fruits or vegetables.
- Add it to casseroles or egg dishes like scrambled eggs, quiche and soufflés.
- Use it in spaghetti, lasagna or add to gelatin salads, cheese cake, pudding-type desserts and pancake batter.
- Stuff cottage cheese into crepes and pasta shells.

Cream Cheese

- Add cream cheese to toast, crackers, muffins, fruit slices, waffles, pancakes, pretzels or graham crackers.

Butter or Trans Fat-free Margarine

1 teaspoon equals 34 calories

- Use plenty of butter or trans fat-free margarine on potatoes, rice, noodles, cooked cereal, vegetables, pancakes, french toast or other breads. Pan fry foods so they absorb more fat. Make sure the food can remain moist and tender.

Ice Cream

½ cup equals 145 calories; 3g protein

- Enjoy as a dessert or add ice cream to beverages like sodas or ready-to-drink nutrition beverages.
- Serve it with pies, cakes, gelatin or fruits.
- Add it to hot or cold cereals or put it on pancakes, waffles or french toast.
- Avoid if you need thickened liquids. Use frozen pudding instead.

Sugar, Candy and Syrups

- Add brown sugar or syrups to hot cereals. Sprinkle on pancakes, waffles, french toast, ice cream, puddings, custards and fruit.
- Candy of any kind will add calories.
- Do not eat hard candy or chewy caramels.

Jelly

1 tablespoon equals 55 calories

- Use plenty of jelly, jam or preserves on bread, muffins, pancakes, waffles or french toast.
- Add it as a topping to ice cream or pudding.
- Eat it with meats.

Eggs

1 egg equals 75 calories; 7g protein

- Eat as an entree.
- Mix into mashed potatoes or vegetable soufflés.
- Use chopped hard-cooked eggs in salads and salad dressings, casseroles, vegetables and creamed meats.
- Add an extra egg to pancakes, french toast and custards.
- Use in egg salad sandwiches or mix with meat spreads.