Cancer treatments can cause a sore mouth, sores in the mouth, tender gums or a sore throat. This makes it hard to chew or swallow. Ask your doctor to give you medicine that will help your mouth and throat pain. There are things you can do to ease and prevent a sore mouth or throat such as:

- **Eat soft foods.**
  - Milkshakes
  - Bananas, applesauce, or other soft fruit
  - Cottage cheese or yogurt
  - Mashed potatoes or noodles
  - Macaroni and cheese
  - Custards, puddings or gelatin
  - Scrambled eggs
  - Oatmeal or cooked cereal
  - Pureed or mashed vegetables

- **Avoid foods that can hurt your mouth.**
  - Oranges, grapefruits, lemons, other citrus fruits and juices
  - Tomato sauce or juice
  - Spicy foods
  - Pickled foods
  - Raw vegetables, granola, toast, crackers or other rough coarse foods
  - Hot foods or liquids
• **Follow these tips:**
  ‣ Cook food until it is soft and tender.
  ‣ Cut food into small pieces.
  ‣ Use a straw to drink liquids.
  ‣ Use a small spoon.
  ‣ Eat food that is cold or at room temperature.
  ‣ Drink warm bouillon or salty broth for a sore throat.
  ‣ Rinse your mouth often with water to remove food and bacteria and to promote healing.

  Talk to your doctor or nurse if you have any questions or concerns.

• **遵循下列方法：**
  ‣ 烹煮食物直到食物软爛。
  ‣ 將食物切成小塊。
  ‣ 用吸管喝液體。
  ‣ 用小湯匙進食。
  ‣ 吃涼食或接近室溫的食物。
  ‣ 咽喉痛時喝溫熱的肉湯或鹹湯。
  ‣ 常以清水漱口，清除口腔內的殘餘食物和細菌，促進傷口癒合。

  若您有任何疑問或擔憂，請諮詢您的醫生或護士。