

## nourishment notes

### Cancer – Dry Mouth

#### Nourishment Notes



#### **Bone Broth**

Bone broth is nutrient dense and adds moisture, making it easier to swallow. It also may help promote healing as well as help lower the risk for infection or illness, maintain healthy skin and promote a healthy gut.



#### **Chicken Broth**

Chicken broth provides moisture to foods, making them easier to chew and swallow. Broth is also helpful for hydrating the body.



#### **Frozen Grapes**

Frozen grapes are cool, soothing and can add moisture to the mouth. They may also provide relief to those with mouth or throat sores.



#### **Juice**

Moist foods, like juices, are often easier to swallow, making them a good choice when dealing with dry mouth.



#### **Lemon**

Tart or sour foods may also increase saliva production, which is important when dealing with dry mouth.



#### **Mouth Rinse**

A soothing mouth rinse can be beneficial for several side effects associated with cancer treatments, including dry mouth, altered taste and a sore mouth or throat.

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#### **Pomegranate Juice**

Moist foods, like juices, are often easier to swallow, making them a good choice when dealing with dry mouth. Pomegranate juice is incredibly high in antioxidants and may be beneficial in protecting healthy cells.



#### **Popsicles**

Slow melting popsicles may be beneficial for someone with dry mouth as they may help to hydrate and lubricate the mouth.



#### **Sauce**

Sauces, such as pasta sauce, add moisture to dishes making them easier to swallow. This is helpful when dealing with a dry mouth.



#### **Smoothies**

Moist foods, like smoothies, are often easier to swallow, making them a good choice when dealing with dry mouth.



#### **Soup**

Moist, soft foods, like soup, are often easier to swallow and chew, making them a good choice when dealing with dry mouth.