



<https://www.malnutritionpathway.co.uk>

DRY MOUTH, SORE MOUTH, CHEWING DIFFICULTIES, BREATHLESSNESS

- If you have lost weight and have dentures, you may find the dentures no longer fit properly, if this is the case try and arrange a visit to a dentist as soon as you can
- If your mouth is dry or sore, ask a healthcare professional to check that you don't have an oral infection. They may also be able to recommend a treatment to soothe the discomfort
- Try eating soft, easy to chew, moist foods with added sauces. For example casseroles, slow cooked meats, fish pie, Shepherd's pie, chopped chicken in a sauce, vegetable bakes, minced meat dishes, soya based/Quorn mince dishes, risotto, softly cooked pulses in sauce
- Soups are soothing and easy to eat but can be low in energy and nutrients. Creamy ones that contain meat, chicken, beans or pulses may be more nutritious. Add grated cheese to boost the energy and protein content
- For sweet options try mashed or stewed fruit, fruit compote with yogurt, custard, evaporated milk, ice cream, sorbet, dairy or coconut milk rice pudding, milk shakes, panna cotta, creme caramel, milk jelly, soft cheesecake and tiramisu
- You may find it easier to eat smaller meals more frequently
- If your mouth is sore:
 - It may be best to avoid spicy and hard crunchy foods
 - Cold food and drinks may be comforting e.g. chilled water, ice cream, ice lollies. Drinking through a straw may help
 - Acidic foods such as vinegar, pickles, tomatoes, oranges and lemons may be best avoided. Try mango, peach, blackcurrant or apple juice instead of citrus juices
 - Very salty foods, such as crisps, salted nuts and beef drinks, may irritate soreness
- If you are breathless, cool air blowing directly onto or across your face may help - sit by an open window or use a small, handheld fan

