

Prepared For:		Date:	
Prepared By:		Contact:	

Dry Mouth

Tips

- Cut food into small pieces.
- Try herbs or citrus juices, rather than spices, for seasoning foods.
- Use lip balm to keep lips moist.

Foods Recommended

Softer Foods Are Easier to Swallow

- Mix food with sauces and gravies to make them moist.
- Sip water every few minutes during meals.
- Dunk or soak food in liquid to make them softer.
- Try mashed potatoes and rice instead of dry crackers and bread.
- Try applesauce or canned fruits in their own juices instead of raw fruit.
- Try soups, low fat ice cream, puddings or sorbets.

Keep Your Saliva Flowing

- Chew on sugar-free gum or suck on sugar-free hard candy.
- Use xylitol-containing gum and mint, such as Orbit, to prevent cavities.
- Suck on ice chips, frozen grapes, or sugar-free ice pops.
- Eating papaya may help break up thick “ropy” saliva.
- Drink water throughout the day to keep your mouth moist.
- Carry a bottle of water with you for easy access.

Don't Forget Your Protein!

Yogurt, cottage cheese, bean soups, hummus, and fruit smoothies (yogurt, fruit, and ice) are soft foods with protein.

