

Penn State Hershey Children's Hospital Caring for your Child's Nutrition

Mucositis Nutrition Therapy

Mouth sores, tender gums, and a sore throat or esophagus often result from radiation therapy, chemotherapy, or infection. This condition is called mucositis. When a child has mucositis, eating may be painful and difficult. Eating soft, bland foods may make eating easier.

Recommended Foods

Food Group	Recommended Foods	
Grains	Oatmeal or other cooked cereals	
	Cold cereals soaked in milk	
	Soft bread	
	Soft muffins without nuts	
	Pasta (buttered or with cheese sauce)	
	Soft cookies and cake without nuts	
Meat and Other	Scrambled eggs	
Protein Foods	Soft or pureed meats	
	Deli or luncheon meats	
	Creamy peanut butter	
Milk and Milk	Milk	
Foods	Milkshakes	
	Ice cream	
	Custard	
	Pudding	
	Yogurt	
	Cottage cheese	
	Cheese	
Fruit	Bananas	
	Applesauce	
	Watermelon	
	Canned fruits	

Food Group	Recommended Foods		
Vegetables	Mashed potatoes		
(well-cooked)	Green beans		
	Peas		
	Squash		
	Sweet potatoes (without skins)		
Beverages	Chocolate drinks		
	Fruit-flavored drink mixes		
	Apple juice and other juices made without citrus fruit or		
	pineapple		
	Peach, pear, and apricot nectar		
	Water		
Fats and Oils	Butter or oil		
	Mayonnaise		
	Gravy		

Foods Not Recommended

Food Group	Foods Not Recommended		
Grains	Breads or cereals that contain nuts or seeds		
Meat and Other	Tough, hard-to-chew meats		
Protein Foods	Nuts and seeds		
Fruit	Citrus fruits		
	Hard, raw fruits (such as apples or pears)		
	Pineapple		
Vegetables	Tomatoes or tomato based foods		
	Pickles		
Beverages	Carbonated drinks		
	Citrus juices		
	Pineapple juice		
Other	Spicy foods		
	Highly seasoned foods		
	Foods that are very hot or very cold		

Additional Suggestions

- Cook foods until they are soft and tender.
- Cut foods into small pieces.
- Mix food with butter, margarine, thin gravy, or sauce to make it easier to swallow.
- Use a straw to drink liquids.
- Rinse the mouth often with water to remove food and bacteria and to promote healing.

High Calorie Fruit Smoothie

1 cup whole milk

1 cup vanilla ice cream or frozen yogurt

1 cup canned fruit (heavy syrup), including juice (peaches, pears)

Almond or vanilla extract to taste

Blend ingredients in blender and chill before serving.

Yield: 2 servings

Serving size: 1 ½ cups

Nutrition Information per Serving

If made with ice cream: 302 calories and 7 grams protein
If made with frozen yogurt: 268 calories and 9 grams protein

Additional Information:

If you have questions, call:		, Registered Dietitian
Phone: (717) 531-	or (717) 531-8406	

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