

Dietary guideline for Oral Mucositis



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Mucositis is the inflammation and ulceration of the mucous membranes lining the digestive system including the oral cavity. They may have severe dryness of the mouth and lips, infections, painful inflammations, and difficulty of swallowing that can prevent them from eating properly. Hence, they need nutrition support.

The nutritional instructions below help you to improve your food intake to meet nutritional needs and prevent malnutrition.

Oral mucositis grading scale

Grading scale	Symptoms
Grade 1	Painless erythema. Can eat
Grade 2	Painful erythema and \or presence of white patches in oral mucosa, dry mouth, local infection, ulcer, minor bleeding with trauma (will stopped after 2 min). Can eat but need to change food texture, temperature, and consistency and may not be able to tolerate daily fluid intake
Grade 3:	Painful erythema and \or presence of white patches in oral mucosa, dry mouth, local infection, ulcer, minor bleeding with trauma (will stopped after 2 min) pain during eating and drinking (chewing and swallowing) May not be able to tolerate daily fluid intake
Grade 4:	Body temp equal or greater than 38°c , presence of infection (local or symptomatic) ,presence of bleeding with or without trauma , uncontrolled pain , blisters or cracks in oral mucosa. Severe ulceration unable to eat orally. Require tube feeding or parenteral nutrition

• Nutritional Tips

- Eat often (every 2-3 hours throughout the day). Make sure you eat a well-balanced diet from all food groups (vegetables, fruit, cereals and starchy vegetables, legumes, milk, dairy products and alternatives, fish, poultry, meat, and alternatives) which provide all needed nutrients.
- Make your daily fluid intake within 8-12 cups (2-3 liters) (e.g. water, sugar-free popsicles, non-acidic juices, ice cubes and broth) unless contraindicated to help keep oral mucosa moist.

• Avoid irritating foods and liquids such as:

- Caffeinated drinks
- Acidic food and drinks (e.g.: lemon juice, citrus fruit juice, tomato)
- Spicy or salty food
- Alcohol-based drinks
- Dry or rough foods (e.g.: rusk, hard toast, crackers, chips, nuts)
- Very hot in temperature food and drinks
- High sugary drinks that may promote dental caries
- Tobacco

• Try rinsing your mouth frequently with baking soda and water (mix ¼ teaspoon of baking soda into 1 cup of water)

Nutrition intervention

**Grade 1
Soft Food
Drink plenty of liquids**

The purpose of altering foods is to provide foods that can be successfully and safely swallowed. This diet consists of foods that are soft and easy to chew and swallow, and nearly regular textures but excludes very hard, sticky, or crunchy foods. Foods should be moist; add bland sauce, broth or any liquid that can help to moisten and make food soft (see the recommended foods in the below tables)



Food Group	Recommended foods	Not Recommended foods
Grains & Cereals	All Breads, cereals, biscuits, muffins, pancakes, waffles and lain cake that have been well moistened. Well cooked grains, pasta, noodles, and rice.	All items of toast, bread, crackers, that have not been moistened Crusty breads such as french bread. Dry cereals such as shredded wheat Dry cakes Cookies that are chewy or very dry.
Vegetables	All well-cooked, tender, or boiled shredded vegetables.	All raw and undercooked vegetables Corn Some cooked vegetables like crisp-fried potatoes and eggplant with skins. Other fibrous tough strickled cooked vegetables like peas, broccoli, cabbage, brussels sprouts, asparagus, and celery. Tomato and lemon
Fruits	All peeled canned or cooked fruit Ripe soft fresh fruit without skin or seeds Juices and nectars	Fresh fruit that difficult to be chewed Fibrous stringy and hard fruit like pineapple, hard mango, Coconut and papaya Citrus fruit and their juices (orange, grapefruit,...) Dried fruit
Milk and Dairy products	Milk, cream, pudding, custard, ice cream, yogurt, labnah and soft cheese	Dairy products that contain solid particles (nuts, fruit, coconut,), hard cheese Sour yogurt\ Laban \ labnah
Meat, Meat alternatives and Beans	Well-cooked finely chopped or ground (meat, chicken, fish) with gravy or sauce. Soft cooked egg	Tough meats and poultry. Dried fish or fish with bones. Dried meat Chunky peanut butter. Dried beans
Oils & fats	Olive oil, vegetables oil and other fats (that does not contain trans-fat)	All fats with coarse or chunky additives. Olives Nuts

Nutrition intervention

Grade 2 Pureed

This diet consists of pureed, homogenous, and cohesive foods. Food should be “pudding-like” texture. Whole fruits and vegetables, nuts and seed should be avoided. Change food texture, consistency, and temperature according to individual tolerance. You may require oral supplementation if unable to maintain adequate nutrients intake.



Food	Recommended Foods	Not Recommended Food
Beverages	Any smooth, homogenous beverages without chunks or pulp.	Any beverages with lumps, chunks, seeds.
Breads	All dipped blended (bread rolls, crackers, biscuits, cakes, pancakes, waffles, French toast, muffins) without seeds or nuts Thareed	All unmoistened, unblended items
Cereals	Smooth, homogenous, cooked cereals such as farina and semolina, corn flakes and oats porridge	All dry cereals Cooked cereals with lumps, seeds and chunks
Desserts and Milk product	Smooth puddings, custards, yogurt, jelly, pureed desserts, blended cottage chesses, cream cheese and labnah.	Rice pudding, yogurt with fruit cuts Sour labnah\yogurt\ laban.
Fats	Vegetable oils, butter, margarine (that does not contain trans-fat), smooth sauces that contain fats such as white sauce, cheese sauce.	All fats with coarse or chunky additives.
Potatoes and starches	Pureed potatoes with (gravy, butter), well cooked pasta, noodles or rice that have been pureed	All other potatoes (Fried potato and chips, plain mashed potatoes), rice, noodles, cooked grains that have not been pureed
Soups	Blended Soups	Soups that have chunks and lumps.
Vegetables	Pureed vegetables without chunks, lumps, or seeds	All other vegetables that have not been pureed. Tomato sauce with seeds.
Fruit	Pureed fruit (without pulp, seeds, or chunks) well mashed ripe bananas	Whole fruit, fruit salad, dried fruit All citrus fruit
Meats and alternatives	Well blended cooked meats/chicken/ fish	Whole or ground meats, fish, poultry Legumes, peanut butter, scrambled hard cooked eggs, boiled egg, fried egg
Miscellaneous	Sugar, artificial sweetener, honey	Pepper and herbs, chunky fruit preserve, seeds, jams, sago, nuts, sticky foods. Vinegar Sour sauces and drinks

Nutrition intervention

Grade 3 Liquid diet

A full liquid diet is made up only of fluids and foods that are normally liquid and foods that turn to liquid when they are at room temperature, including all clear liquid food items. Use whole milk or fortified soy milk whenever possible to maximize calories and protein intake. Add cream to beverages, cooked cereals, or soups to boost calories. To increase protein in milk mix 2 cups whole milk with 1/2 cup skim milk powder.

Note that:

- Milk substitutes such as nondairy coffee cream, coconut, almond or rice milk contain very little protein and calorie.
- Clear beverages such as broth, juice or flavored water do not contain protein.
- As needed your physician and dietitian will help you to choose the proper dietary supplement.

Recommended foods	Not Recommended foods
<ul style="list-style-type: none"> • Milk (fresh milk, soy milk, almond milk, rice milk, coconut milk) • Milkshakes • plain or flavored Yogurt • Laban • Custard • Smooth pudding • Vegetable juice without pulp • Thin pureed vegetable soups • Fruit juices without pulp (apple, cranberry, grape.....) • Vegetable oils • Butter (melted) • Margarine (melted) that does not contain trans-fat (read the product label) 	<ul style="list-style-type: none"> • Yogurt with fruit chunks • Labnah • Citrus fruit and vegetables juices • All sour fluid and beverages • Sour laban and yogurt

Grade 4 Enteral or parenteral nutrition (TPN)

- In advanced cases, it is recommended to use alternate routes of feeding:
- enteral or parenteral nutrition (TPN) as prescribed by physician and dietitian until symptoms begin to resolve.

Note: in addition to enteral or parenteral nutrition you can take liquid food orally as tolerated.



