

If You Have a...

Sore or Irritated Throat

- Avoid tart, acidic, or salty beverages and foods, such as:
 - Citrus fruit juices (grapefruit, orange, lemon, lime)
 - Pickled and vinegary foods (relishes and pickles)
 - Tomato-base foods (chili, salsa, spaghetti, pizza)
 - Some broths (canned)
- Avoid rough-textured foods, such as dry:
 - Dry toast
 - Granola
 - Raw fruits and vegetables
- Choose lukewarm or cool foods that are soothing. Extremely hot or cold foods can cause distress.
- Avoid alcohol, caffeine, and tobacco.
- Blend and moisten foods that are dry or solid. Use in soups or with sauces, gravies, and casseroles.
- Avoid strong spices, such as:
 - Chili powder
 - Cloves
 - Curry
 - Hot sauces
 - Nutmeg
 - Peppers
 However, the recipe for capasaicin taffy has been helpful for throat pain (recipe on back)
- Season foods with herbs such as:
 - Basil
 - Oregano
 - Thyme
- Choose soft, creamy foods, such as:
 - Cream soups
 - Cheeses
 - Mashed potatoes
 - Yogurt
 - Eggs
 - Custards
 - Puddings
 - Commercial liquid supplements
 - Cooked cereals
 - Ice cream
 - Casseroles
 - Gravies
 - Syrups
 - Milkshakes

Recommended Foods

Foods to Avoid

<p><u>High-protein</u></p>	<ul style="list-style-type: none"> • Soft, bland meats and casseroles such as: <ul style="list-style-type: none"> • Chicken rice casserole • Tuna noodle casseroles • Creamed Soups • Eggnog • Milk • Milkshakes 	<ul style="list-style-type: none"> • Spicy entrees such as: <ul style="list-style-type: none"> • Spaghetti • Tacos • Chili • Whole meats (if not well tolerated)
<p><u>Breads and Cereals</u></p>	<ul style="list-style-type: none"> • Bread (if tolerated) • Cooked cereals • Cold cereals with milk 	<ul style="list-style-type: none"> • Crackers • Hard crust breads • Salted rolls
<p><u>Fruits and Vegetables</u></p>	<ul style="list-style-type: none"> • Soft, non-acidic fruits and vegetables (if tolerated) 	<ul style="list-style-type: none"> • Citrus fruit • Raw vegetables
<p><u>Beverages, Desserts, and Miscellaneous</u></p>	<ul style="list-style-type: none"> • Non-acidic juices (such as apple juice and nectars.) • Decaffeinated: <ul style="list-style-type: none"> • Coffee • Tea • Soft drinks • Non-chocolate pudding • Cookies (as tolerated) • Cake • Pie • Gelatin • Ice cream • Sherbet 	<ul style="list-style-type: none"> • Citrus juices • Tomato juice • Caffeinated beverages • Alcohol • Chocolate desserts • Pickles • Vinegar • Spices • Potato chips • Pretzels • Popcorn • Snack chip

To help relieve your throat, try these recipes:

Potato Soup

3 medium potatoes, peeled and cubed
2 cups chicken broth (reduced sodium)
2 stalks celery
½ small onion, peeled
1 tablespoon margarine
1 tablespoon flour
2 cups milk
2 eggs, hard-boiled, chopped
Salt and pepper to taste

Directions:

Cook the potatoes in chicken broth with celery and onion until the potatoes are tender. Blend the mixture in a blender or processor, or rice in a ricer. In a heavy saucepan over low heat, melt the margarine and stir in flour to make a paste. Slowly add the milk, stirring or whisking continuously until the mixture is thoroughly blended and heated through. Add the pureed potato mixture. Add chopped eggs that have been pushed through a sieve or riced in a ricer. Mix well and season with salt and pepper as desired. Serve hot or cold. (This soup thickens when chilled and may need to be thinned with additional chicken broth or milk.)

Makes 4 servings. Each serving is 240 calories, 12 grams protein when prepared with reduced-fat milk.

Basic Sauce

2 tablespoons vegetable oil or margarine
2 tablespoons flour
1 cup broth, water, or milk
Nutmeg, salt, grated lemon rind, or soy sauce (optional)

Directions:

Heat the vegetable oil or margarine in a heavy saucepan. Stir in the flour. Whisk for 1 to 2 minutes over low heat. Remove from heat. Heat and add the broth, water, or milk. Stir briskly until smooth and return to heat. Add seasoning of choice. Bring almost to a boil. Turn heat to low and simmer until thickened.

This sauce can be altered as desired with a variety of seasonings. It is useful for moistening foods, as well as increasing calorie and protein values.

Makes 1 cup of sauce.

Capasaicin Taffy

1 cup sugar
¾ cup light corn syrup
⅔ cup water
1 tablespoon cornstarch
2 tablespoons butter or margarine
1 teaspoon salt
Flavoring (such as 2 teaspoons vanilla)
1½ teaspoons cayenne pepper

Directions:

Combine all ingredients except flavoring and cayenne pepper and cook over medium heat, stirring constantly until it reaches 256°F (candy thermometer) or hard ball stage. Remove from heat, stir in flavoring and cayenne pepper. When cool enough to handle, pull taffy. When stiff, cut into strips, then into pieces, and wrap. Recipe makes about 1 pound of candy.

(The candy may be made with ½ the pepper called for in the recipe.)