Tips on how to deal with dry mouth

- Drink lots of liquids
- Suck on ice chips
- Use sugarless hard candy or gum to increase moisture
- Eat soft, moist foods:
  - Grain products: oatmeal, cream of wheat, soaked cold cereals, pasta, rice
  - Fruits & vegetables: cooked fresh/ frozen or canned vegetables, fresh soft or canned fruit
  - Milk Products: all
  - Meat & alternatives: mixed soft & moist meals (stews, casseroles, shepherd’s pie, omelets /quiche), fish, shellfish, chicken, ground beef/pork, luncheon meats, eggs, legumes. Serve with sauce, gravy or broth.
- Moisten dry foods with butter, margarine, gravy, sauces or broth
- Dunk dry, crisp foods into coffee, tea, milk, etc
- Try sour foods such as lemons, limes, or grapefruit, which may increase saliva production
- Avoid alcohol, commercial mouthwashes, liquid vitamin-mineral supplements that contain alcohol, & tobacco, which may increase dryness
- Rinse your mouth with baking soda/water rinse every few hours or more if needed:
  - 1 tsp 5 ml baking soda
  - 1 tsp 5 ml salt
  - 4 cups 1 liter water
- Speak with your physician about artificial saliva
- Use a humidifier at home, especially at night