

Speech Pathology
Royal North Shore and Ryde Hospitals

Transition to oral diet after Radiation Therapy

Expanding your diet will make you feel better and help you to get the PEG/RIG out sooner. Use a diary to record your oral intake (not via the PEG). Write down anything that makes it hard to eat or drink (e.g. pain, taste changes, etc).

Step 1

Increase water intake
to 1 litre



- use a bottle to measure how much you drink
- start with small amounts if you cough
- if water is hard to drink you can try warming it up or adding a small amount of lemon or grape juice. Try different things to find out what works for you.

Step 2

Increase variety



- soups
- yoghurts/custards/ice-cream
- different flavoured fluids (e.g. cordial, juices, milk)
- change the temperature of your drinks

Step 3

Add texture



- minced casseroles
- soft cereals (e.g. porridge, Weet-Bix, etc)
- small pasta in sauce
- fish with sauce
- mashed moist potato
- rice or couscous in sauce
- ricotta
- soft cooked vegetables (e.g. eggplant, tomatoes, pumpkin with butter or oil)
- cooked fruit
- soft fresh fruit (e.g. pawpaw, watermelon)
- poached and scrambled egg

Step 4

Fully oral



- add more flavours and spices
- soft cooked vegetables with cooked then finely diced meat (not pureed)
- add dressings
- try restaurant meals

Step 5

Near normal diet



AVOID

- grilled meat
- salad
- soft gluey bread
- large chunks of meat
- uncooked hard fruit and vegetables

Three months after you finish treatment you will have a formal review with the doctors at the Tuesday Head and Neck Clinic. If you have ongoing problems you will be seen by a Speech Pathologist. It is a concern if your swallowing changes or becomes worse after radiotherapy.

**Any questions or concerns, please contact the Speech Pathology Department:
RNSH – 02 9463 1622, Ryde – 02 9858 7812**