

# CANKER SORES (APHTHAE)

## AVOID:

### A. FOODS CONTAINING CITRIC ACID:

1. Fruits, primarily citrus fruits.
2. Artificial fruit flavored drinks, juices, hard candy.
3. Carbonated water: ginger ale, club soda, colas. Root beer is OK.
4. Preservatives
5. Candy: commercial chocolate (with the exception of baking chocolate used in pastry and candy), red colored cough drops, lollipops, hard candy.
6. Medications: Alka-Seltzer and Bromo-Seltzer.

### B. FOODS CONTAINING ACETIC ACID:

1. Dressings such as those used in potato salad, and cole slaw, catsup (also contains citric acid)
2. Sauces: Tartar sauce, hollandaise, chili sauce, Worcestershire sauce and mustard.
3. Pickled foods: corned beef, relish, pickled cucumbers, beets, pig's feet, baked beans, sauerbraten.

### C. NUTS, ONIONS, TOMATOES, COFFEE, SPICES, CHEESE, CHOCOLATE, CHEWING GUM.

### D. INJURY TO GUMS AND INSIDE OF MOUTH FROM:

1. Toothbrushes with very stiff bristles, toothpicks, or brushing teeth too hard.
2. Foods with rough or sharp edges that may scratch (such as hard dry toast, potato chips, raw unpeeled apples, nuts, cracked ice, etc.).

### E. TOOTHPASTE AND MOUTHWASH

1. Use baking soda

### F. PHYSICAL AND MENTAL STRESS

1. Get adequate rest and exercise.