This is_____'s meal plan.

_____ days without mouth ulcers

# MY WEEKLY MEAL PLAN

| Week _____ | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snack | | | | | | | |

**Developed by Dietitian Verdiana Ramina**

Dott.ssa Verdiana Ramina
La dietista delle famiglie

**WHAT WE EAT EVERY DAY DIRECTLY AFFECTS THE HEALTH OF OUR MOUTH.**
A balanced diet, combined with good oral hygiene habits, can help prevent cavities, mouth ulcers, gingivitis, and dental erosion. **Here are some tips to keep mouth ulcers at bay.**

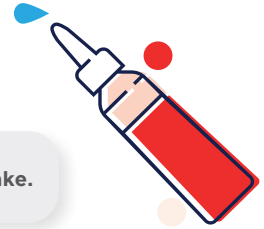
## HOW TO PREVENT AND MANAGE MOUTH ULCERS



1. Have any nutritional deficiencies checked.
2. Avoid potentially irritating foods.
3. Choose soothing and nutritious foods.
4. Be careful with spicy and acidic foods.
5. Don't neglect oral hygiene.
6. Pay attention to food temperature.
7. Avoid hard or abrasive foods during the acute phase.



8. Boost your intake of calming foods rich in vitamins and antioxidants.
9. Enhance the balance of your oral and gut microbiota.
10. Drink enough to keep the mucous membranes hydrated.
11. Pay attention to any intolerances or sensitivities.
12. Be cautious of chewing gum and artificial sweeteners.
13. Reduce alcohol intake.



CURASEPT
FIRST BECAUSE WE CARE

# HOW TO PREVENT AND MANAGE MOUTH ULCERS

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**WHAT WE EAT EVERY DAY DIRECTLY AFFECTS THE HEALTH OF OUR MOUTH.**
A balanced diet, combined with good oral hygiene habits, can help prevent cavities, mouth ulcers, gingivitis, and dental erosion. **Here are some tips to keep mouth ulcers at bay.**

**1**

**Consider an initial visit to the doctor/ nutritionist to identify and check for any nutritional deficiencies.**
A diet low in vitamin B12, folic acid, iron, and zinc can contribute to the development of mouth ulcers. Work with your trusted healthcare professional to develop a dietary plan that supports your immune system.



**2**

**Avoid potentially irritating foods.**
During the acute phase, it is best to reduce intake of: chocolate, coffee, peanuts, refined cereals, strawberries, aged cheeses, tomatoes, citrus fruits, and almonds.

**3**

**Choose soothing and nutritious foods.**
Choose leafy green vegetables, legumes, lean meats, fish, whole grains, and non-acidic fruits to promote healing.

**4**

**Be careful with spicy and acidic foods.**
During the onset of mouth ulcers, avoid highly spicy foods, citrus fruits, and carbonated drinks, as they can further irritate the mucous membranes.

**5**

**Don't neglect oral hygiene.**
Consistent and gentle oral hygiene with non-aggressive products is essential, even when mouth ulcers are present. Curasept topical treatments help create a lipidic film and relieve pain.

**6**

**Pay attention to food temperature.**
Foods and drinks that are too hot or too cold can irritate the mucous membranes and worsen symptoms. Choose lukewarm or room temperature preparations.

**7**

**Avoid hard or abrasive foods during the acute phase.**
Toasted bread, croutons, crackers, whole nuts, or raw vegetables can scratch the mucous membranes and worsen discomfort. It is better to choose soft and easy-to-chew textures, such as creamy soups, purees, and yogurt.

**8**

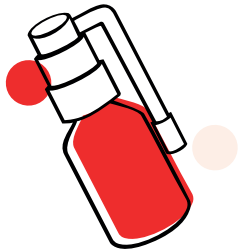
**Boost your intake of calming foods rich in vitamins and antioxidants.**
Some foods can have a soothing effect on an inflamed oral cavity, especially those rich in vitamins and antioxidants, such as plain natural yogurt (rich in probiotics), sugar-free natural gelatin, warm oatmeal porridge, non-acidic smoothies, fresh ricotta, and soft tofu.

**9**

**Enhance the balance of your oral and gut microbiotae.**
The well-being of the mouth also starts with the intestine. Include probiotic and prebiotic food (such as yogurt, kefir, fermented vegetables, legumes, and whole grains) to support immune balance.

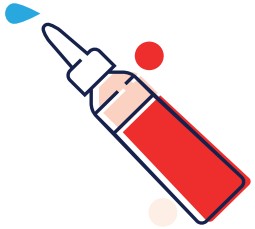
**10**

**Drink enough to keep the mucous membranes hydrateda.**
Good hydration is essential: dry mouth and dehydrated mucous membranes can increase the risk of lesions. Choose still water and unsweetened herbal teas.



**11**

**Pay attention to any intolerances or sensitivities.**
In some individuals, even without diagnosed allergies, foods such as gluten, dairy products, or preservatives can trigger or worsen mouth ulcers. If recurrences are frequent, keeping a food diary may help identify potential correlations.



**12**

**Be cautious of chewing gum and artificial sweeteners.**
Some sweeteners (such as aspartame) and chewing gum can irritate sensitive mucous membranes or those predisposed to formation of mouth ulcers.



**13**

**Reduce alcohol intake.**
Alcoholic beverages, especially those with high alcohol content or rich in tannins (such as red wine), can cause irritation and slow the healing of mouth ulcers.

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