

Sore Throat



What is it?

- **Sore Throat**- makes it painful to swallow, dry, scratchy,
- **Caused from**- common cold, acute respiratory infection, viruses (that cause a cold or flu), Group A Streptococcus/Strep throat, allergies, dry air, pollution, smoking, second hand smoke

Signs and Symptoms:

- Cough, sneezing, headache, body aches, watery eyes, fever less than 102°F or higher than 100.4 °F, difficulty breathing, difficulty swallowing, excessive drooling, rash, pus on the back of the throat, recurring sore throat, contact with someone who has a sore throat, dehydration, blood in saliva or phlegm, hoarseness

Recommendations:

- **Prevention**- avoid smoking and second hand smoke, practice good hand washing often, avoid close contact with people who have upper respiratory infection of colds

What can I do?

- **See your Health Care Provider**- lab tests, medications may or may not be needed, more sore throats improve on their own in 1-2 days
- **See a Registered Dietitian**- for help as needed
 - **Healthy Eating**- eat 3 meals and a bedtime snack daily, try and eat more fresh fruits and vegetables, eat more whole grains breads and cereals and increase your fluid intake unless you have a restriction as with a liver or kidney problem
 - **Fresh Fruits**- apples, apricot, banana, berries, cherries, figs, grapefruit, grapes, kiwi, mango, melons, nectarine, orange, papaya, peaches, pears, pineapple, plums, tangerine, watermelon
 - **Fresh Vegetables**- artichoke, asparagus, beans, beets, brussel sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, greens, heart of palm, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, pea pods, peppers, radishes, rutabagas, soybean sprouts, spinach, squash, sugar pea pods, Swiss chard, tomato, turnip greens, turnips, water chestnuts
 - **Meats**- broil, boil, bake, roast, stew, grill or stir fry, eat more chicken without the skin and fish

