



Eating with Sjögren's Foods to Avoid & Foods to Enjoy

A guide for patients with Sjögren's Disease



What is Sjögren's disease?

Sjögren's disease is an autoimmune condition that can cause significant dryness, especially in the mouth. Dry mouth can make eating uncomfortable and change the way food tastes or feels. Certain foods may make dryness worse, while others can help meals feel easier and more enjoyable.

Foods to Limit

These foods can worsen dryness, irritation, or be harder to swallow:

- **Dry & crumbly:** crackers, chips, popcorn, toast
- **Spicy:** hot peppers, chili, hot sauces
- **Acidic/vinegary:** citrus fruits, tomato sauces, pickles, vinegar dressings
- **Salty:** chips, salted nuts, cured meats
- **Alcohol:** in drinks or sauces
- **Caffeine:** coffee, black tea (may worsen dryness for some people)

Practical Tips

- Pair dry foods with a dip, spread, or sauce
- Sip water often during meals
- Add gravies, broths, or sauces to proteins and starches
- Try different temperatures: warm soups can soothe, while cold smoothies can refresh
- The lists above are not absolutes.
Listen to your body!

Foods to Enjoy

- **Moist, soft foods:** soups, stews, yogurt, oatmeal, smoothies, mashed potatoes
- **Creamy textures:** hummus, nut butters, avocado, custards, puddings
- **Cooked vegetables:** steamed, roasted, or sautéed until tender
- **Moist proteins:** eggs, fish, chicken cooked with broth, dishes with sauces
- **Hydrating foods:** watermelon, cucumbers, applesauce, pears
- **Healthy fats:** olive oil, avocado oil, butter

Remember

Food is an important part of life, memory, culture, and enjoyment. Living with Sjögren's may mean letting go of certain favorites, but it can also be a chance to discover new ones. **You are not alone in this journey.**

