

# Taste Changes

NUTRITION IDEAS FOR WHAT TO EAT WHEN THINGS DON'T TASTE RIGHT

## Tips & Tricks

### Why?

Taste changes during cancer treatment is a common occurrence.

As each person is affected differently.

You may find foods not tasting right.

### Guidelines

Maintain good oral hygiene.

Foods preferences may change.

Small & frequent meals are the BEST way to get the nutrition you need.

## Keep in Mind

### Lack of Taste

Season foods with **tart flavors**: lemon wedges, citrus fruits, or cranberry juice.

**Flavor foods**: add onion, garlic, chili powder, basil, oregano, or mint.

**Fresh veggies** more appealing than canned.

Coffee flavored shakes and fruit flavored smoothies.



### Foods Taste Unpleasant

Rinse your mouth with: tea, ginger ale, salted water, or water with baking soda. (Before eating to help clear your taste buds)

Chew lemon drops mints, or gum. (Help get rid of off- tastes that linger after eating)



### If Odors Affect Taste

Try room temperature or cold foods.

Use straw for drinks & smoothies to keep the odor away.

Try smelling a sliced lemon or coffee beans.

Use a fan, covered pots, or open a window when cooking.



### If Food Tastes Overly Strong

Try mild tasting bland foods. (potatoes, rice, plain yogurt, crackers, toast, custard, pudding, or cottage cheese)

Hold the spices & condiments from dishes.



ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS