

## Symptom Control: Taste Changes

*This dietary advice sheet gives some general information to help make eating and drinking easier. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.*

Many people find that their sense of taste changes during certain treatment or due to medication. Each person's taste may be affected differently and the change may only be temporary.

### General Advice:

- Try a variety of foods, including foods which you may not have tried previously
- Vary the texture of foods eaten
  - Alternate between smooth and crunchy foods
- Some people may go off the taste of tea or coffee.
  - Try fruit teas, hot chocolate, milkshakes, fruit squash or fizzy drinks instead.
- Try to make foods look as appetising as possible (e.g. use a range of colours)
- Eat little and often
- Distract yourself whilst eating to reduce focusing solely on the taste of foods
  - (e.g. eat with family or friends, or with the radio or television on)
- Consider choosing foods with a strong (pleasant) aroma to stimulate taste
- Some people find that cold foods taste better than hot foods
- Maintain good oral hygiene

### If foods have lost their taste:

- Try adding herbs, spices, salt, garlic, mustard, pickles, chutneys or sugar
- Try marinating meat, fish, poultry or tofu
- Serve meals with strongly flavoured sauces such as curry, sweet and sour, stilton or smoked cheese

## **If foods taste metallic:**

- Eat with plastic cutlery, or have more finger foods
- Cook in non-metallic pans
- Disguise the taste by sucking fruit sweets or mints

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