

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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