Taste Changes
NUTRITION IDEAS FOR WHAT TO EAT WHEN THINGS DON’T TASTE RIGHT

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.

Tips & Tricks

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

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