

## **Dealing with Taste Changes**

Below are some suggestions for helping people with taste changes.

- Experiment with plastic utensils if experiencing metallic taste while eating.
- Try fresh or frozen foods rather than canned.
- Substitute poultry, fish, eggs, and cheese for red meat (if you have an aversion to red meat).
- Experiment with different sauces or gravies, flavorings, or spices to enhance or mask the flavor of food.
- Avoid flavorings that are very sweet or very bitter. An elevated threshold for taste may make food taste bland or boring.
- Try using marinades or tangy sauces for meat, fish, or poultry.
- Serve meats cold rather than hot (if the smell of food bothers you).
- Tart foods may taste better than sweet.
- Eat sugar free candy or gum to mask the taste.
- Rinse the mouth often with a mixture of mild salt water and baking soda.
- Lemonade, lemon-lime sherbet, and yogurt are good choices in place of sweet juices or ice cream.
- Lemon-flavored drinks may stimulate saliva and taste. Avoid artificial lemon and use sweeteners sparingly.
- Substitute milkshakes or fruit/yogurt blends if other high protein foods are not well tolerated.
- Sport drinks can be made into popsicles or slushes.
- Try adding sherbet to a shake for a change.
- Fruit juice slushes can be a refreshing alternative to milkshakes.
- Sometimes plain or a tart flavored yogurt can help shift the taste in your mouth.
- Try dill pickles, marshmallows, root beer barrels, spice flavored gum drops to help shift taste in your mouth.

To prevent conditioned taste aversions:

1. Try new foods and supplements when feeling best/well.
2. Eat lightly on the morning of or several hours prior to receiving chemotherapy.
3. Separate novel taste introductions from noxious stimuli.