



Taste Changes

Many people experience taste changes during cancer treatment. Foods may have no taste or taste differently than they usually do. This can vary with the kind of treatment you are receiving and can be different for each person. Taste changes are often temporary and can improve after treatment is completed.

Trying to eat when you have taste changes can be very challenging. You may find you have only few food options. If this is the case, you may not be getting enough nutrition. This handout provides food ideas to help you meet your nutrition needs.

- Eat foods that taste good to you. This may mean eating the same foods for a while, and can include treats or comfort foods.
- Experiment with different flavors to see what tastes good to you. If a specific flavor tastes good, for example sweet or salty, try including more foods with similar flavors.
- Rinse your mouth before and after each meal with an alcohol free mouthwash or the mouthwash recipe below.

Mouthwash Recipe

Stir $\frac{1}{4}$ tsp baking soda or salt
with 1 cup of water until dissolved

- If foods taste bland or different than usual, try adding extra flavour to foods with condiments or seasonings or try adding a tart flavor like pineapple, lemon, lime or pickles.
- Try plastic or wooden utensils instead of metal utensils if you are sensitive to a metallic taste.
- Foods that are eaten cold or at room temperature may taste better than hot foods.
- Drinking fluids with your meals may help decrease unpleasant tastes.

If you have tried these ideas and are unable to eat or are losing weight, ask to speak to a registered dietitian at the cancer centre.