

Taste Changes

Many people experience taste changes during cancer treatment. Foods may have no taste or taste differently than they usually do. Trying to eat when you have taste changes can be very challenging!

- Avoid any foods and beverages that taste bad. Find substitutes for these foods to ensure you are getting the nutrition you need.
- 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. Try a variety of herbs, spices, sauces, and condiments.
- Eating something tart with meals can often improve taste perception. Try pineapple, lemon water, club soda, or pickles.
- 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.
- Rinse your mouth before and after each meal with one of the mouth rinses below.
 - Cool water – add a slice of cucumber, lemon, lime, or orange
 - Baking soda and water – 1/4 teaspoon to 1 cup of water
 - Salt and water – 1/8 teaspoon to 1 cup of water
 - Club soda
 - Gingerale
 - Tea
 - Sparkling mineral water
- Although it may take time, your taste changes will improve after treatment.

If you have tried these ideas and you are unable to eat and are losing weight, ask to speak with a Registered Dietitian at the cancer centre.