

## **DIETARY ADVICE WHEN EXPERIENCING TASTE CHANGES**

The severity and type of taste alterations may vary from person to person, however, the following advice may be of benefit:

- If a metallic taste is a problem, use plastic or glass utensils and cutlery at meal times
- Sugar free mints, chewing gum or lemon drops can help to overcome a metallic or bitter taste
- Use non-mint flavoured toothpaste as it may help to reduce odd tastes in the mouth
- Rinsing or brushing teeth prior to eating may help to improve the taste of food
- A change of texture can help to improve enjoyment of food, even when taste changes are a problem. Try creamy, rough, crunchy or sticky foods
- Seasoning food can help. Try mustard, herbs, spices, lemon juice and chilli peppers for savoury food. Nutmeg, vanilla and cinnamon can enhance the flavour of sweet food
- Add sauces, gravies and marinades to meat to mask a metallic taste
- If red meat is unacceptable, substitute with other protein sources, e.g. poultry, fish, eggs, cheese or pulses
- Food at room temperature may be more enjoyable than hot food, and can be as nutritious. E.g. sandwich and yoghurt rather than meat, vegetables and potatoes
- If tea and coffee taste unpleasant, try fruit teas, hot chocolate, chilled milk, fruit juices, lemonade or other soft drinks. Aim to drink at least 6-8 cups of fluid each day
- Always eat the foods which taste best to you and avoid those which do not appeal. However, do retry foods after a few weeks as your taste may have improved