

	Taste Change Tips
Why do they occur?	<p>Taste changes happen to many people with cancer. They vary from person to person and for types of treatment. They can also vary over time. To make these changes easier consider the following:</p> <ul style="list-style-type: none"> ● Include a variety of flavors, textures, and temperatures with your food. Try foods more than once; the taste can change ● Keep track of the foods that taste good and consume these ● Try to find substitutes for the foods that taste bad to maintain a healthy diet
What can reduce odors affecting taste?	<p>Cold or room temperature foods could be the best option. This includes the following:</p> <ul style="list-style-type: none"> ● Chicken, egg, pasta, or tuna salad ● Deviled eggs ● Ice cream or milkshakes ● Pudding or custard ● Cheese or cottage cheese ● Yogurt <p>* Open a window or turn on a fan while cooking * Drink from cups with lids * Keep a cover on pots * Cook foods with a microwave * Get take-out or prepared food</p>
What to eat if foods taste bitter:	<p>Cold or room temperature foods could be the best option. Also try mild foods such as:</p> <ul style="list-style-type: none"> ● Rice ● Milk ● Custard or vanilla pudding ● Mashed potatoes ● Crackers (plain) ● Hot cereal ● Perogies
What to eat if foods taste like metal:	<p>Cold or room temperature foods could be the best option. Try other protein foods instead of red meat, such as:</p> <ul style="list-style-type: none"> ● Yogurt, cheese, milk, or milkshakes

	<ul style="list-style-type: none"> • Deviled eggs, egg salad, or quiche • Fish • Chicken or turkey • Beans • Peanut butter • Custard or pudding <p>* Try foods with a tart flavor</p> <p>* Use meat marinades such as teriyaki sauce, soy sauce, sweet and sour sauce, Italian dressing, fruit juices, barbeque sauce, wine</p> <p>* Use plastic rather than stainless steel utensils</p> <p>* Use glass rather than metal cookware</p> <p>* Instead of canned try fresh or frozen fruits and vegetables</p>
What to do if foods don't have flavor:	<p>* Try foods with a tart or sour taste</p> <p>* Use condiments such as ketchup, mustard, barbeque sauce, soy sauce</p> <p>* Use spices, herbs, garlic, onion, or bacon when cooking</p> <p>* Try coffee or fruit shakes</p> <p>* Try foods with strong flavors such as:</p> <ul style="list-style-type: none"> • Spaghetti • Pizza • Marinated meat or meat with a sauce • Pickles • Olives • Salsa
What to do if foods taste salty:	<p>* Try reduced sodium versions</p> <p>* Try adding small portions of sugar to foods such as cottage cheese, mashed potatoes, soups and sauces, juices, casseroles, or gravy</p>
What to do if food is too sweet:	<p>* Dilute foods such as adding water, milk, or soda water to juices and milkshakes</p> <p>* Add small amounts of salt to sweet foods such as ice cream and puddings to help decrease sweetness</p>