

# TASTE CHANGES

**Taste changes** can impact on various aspects of life and contribute to decreased appetite, affecting energy levels, mood, body weight and quality of life. Fortunately they are usually temporary.

Remember: you are a unique individual, so what may work for one person may not be as effective for you. It is a case of trying different things and finding what works **best for YOU!**

Here are some **simple suggestions** that you may find helpful if you are experiencing taste changes:

## UNPLEASANT TASTE

Make sure this is not caused by a problem with mouth, teeth or gums.

Use regular oral hygiene, keep your mouth fresh and clean, use a soft toothbrush and mouthwash.

Seek advice if your mouth feels coated, dry or your saliva seems thicker than usual.

Try sucking sharp-flavoured boiled sweets or mints.

Pineapple can help cleanse your palate & improve taste (**not recommended** if your mouth is sore).

Drinking plenty of fluids and sipping drinks through a straw can reduce unpleasant tastes.

Rinsing your mouth with dilute saltwater may help.

Try new foods with different textures & flavours.

## TASTELESS: BLAND / CARDBOARD

Sharp-flavoured or fizzy drinks and fresh fruits can stimulate your taste buds.

Soak or marinate meat in wine, fruit juice or sauces before cooking can improve the flavour.

Use herbs, spices, pickles or chutneys to add flavour (**not recommended** if your mouth is sore).

Add dried fruit, crystallised ginger, grated chocolate or nuts to desserts and/or milk puddings.

Savoury foods may taste better than sweet ones or vice versa. Eat the ones you prefer and can taste.

## TEMPERATURE: HOT/COLD

Cold foods or those eaten at room temperature may taste more palatable than hot foods.

Combine foods at different temperatures – hot soup & cold cream or hot fruit crumble & cold ice cream.

If tea or coffee tastes bitter, try hot blackcurrant squash, milky drinks, herbal teas or cold drinks.

## METALLIC

If you experience a metallic taste, try using plastic cutlery or non-metallic pans and utensils.

Avoid using any tinned / canned foods.

Try adding a little dark chocolate to casseroles / sauces.

If red meat tastes metallic / unpalatable, use other protein foods such as chicken, fish, eggs or cheese.

Mints or sugar-free chewing gum may help to clear the metallic taste.

## APPEARANCE

Remember: we **eat with our eyes** – try using colourful foods or garnishes to make your food more appealing.

Concentrate on foods you can taste and enjoy – try new foods, these may be foods you previously disliked.

Try adding different textures – chopped nuts on desserts / salads or crushed crisps on savoury dishes.

**It is extremely important that you continue to eat well, experiment with different foods, and concentrate on the foods that you can taste and that you enjoy most, until your sense of taste returns.**

Contact .....