

Taste changes.

Chemotherapy, certain medications and radiotherapy to the head and neck can all change the way foods taste. It's important to keep trying to eat to maintain body weight and meet nutrition needs.

Tips to try

If food tastes bland	<ul style="list-style-type: none"> ✓ Add seasonings like lemon, ginger, garlic, herbs and spices, salad dressing, mustard, relish, tomato sauce, BBQ sauce etc.
If meat is unappealing	<ul style="list-style-type: none"> ✓ Try marinating meat ✓ Try other protein sources like fish, tofu, lentils, eggs, dairy, beans and nuts
If food tastes salty or sour	<ul style="list-style-type: none"> ✓ Choose lower salt options e.g. mozzarella instead of cheddar, roast meat instead of ham ✓ Add sweetness with sugar, honey, maple syrup etc
If food tastes bitter or metallic	<ul style="list-style-type: none"> ✓ Try using plastic or bamboo cutlery ✓ Suck on sugar-free lollies ✓ Enjoy flavoured drinks ✓ Try moist fruit like berries or melons
If food tastes too sweet	<ul style="list-style-type: none"> ✓ Instant coffee can be mixed into foods to cancel sweet tastes
If food has no flavour	<ul style="list-style-type: none"> ✓ Experiment with different textures and temperatures to make food more enjoyable e.g. hot apple pie with cold ice cream or crunchy toast with soft scrambled eggs ✓ Focus on other aspects of food that you enjoy such as: <ul style="list-style-type: none"> » Nice colours and arrangement of food on the plate » The tempting smell of food » The social aspects of eating



Note: Brush teeth regularly with a soft brush and report mouth changes or sores to a health professional. There are special mouthwashes and treatments that can help.