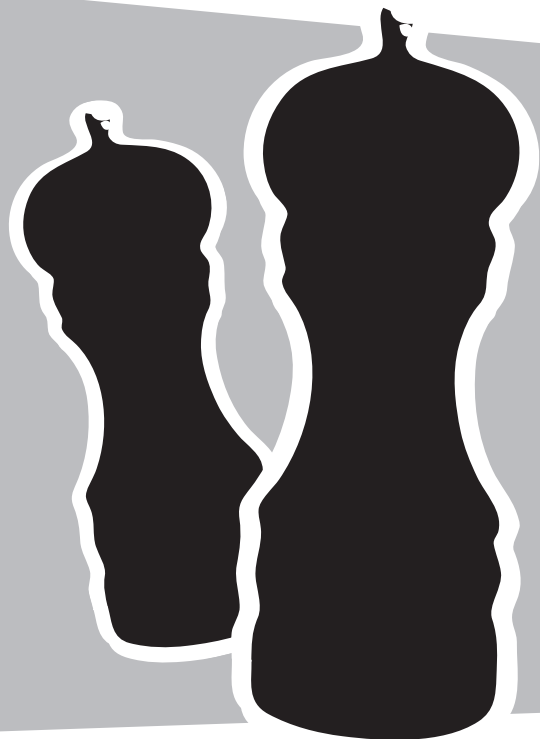




Belfast Health and  
Social Care Trust



Helpful tips for people with  
**Taste changes**

**Taste can change as a result of treatment, although most changes are only temporary. You may find that some foods have a metallic taste, some may seem very salty or very sweet. Alternatively you may lose your sense of taste and find all foods taste bland.**

**General advice:**

Eat food you enjoy and avoid anything with an unpleasant taste. Retry these foods after a few weeks, as your taste may have returned to normal.

**\*If you have a sore mouth some of the advice below may not be suitable. You should avoid spice, chilli, salt, flavoured sauces and citrus (eg. orange, pineapple, grapefruit and lemon) products.**

**The following tips may help:**

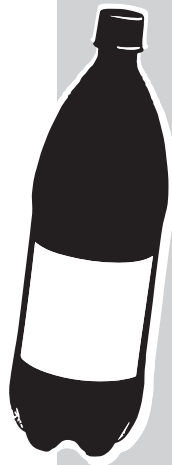
- ✓ If you have a metallic taste try soaking meat before cooking eg. in fruit juice, wine, barbecue or other "cook in" sauce. Instead of red meat you could use other protein sources, such as chicken, fish, eggs, dairy products or beans.
- ✓ Avoid cooking in metallic containers. Use plastic and wooden utensils.
- ✓ Use herbs to flavour cooking. A small amount of salt added to food may help to reduce a very sweet taste.



- ✓ Adding chutney, beetroot or pickle to a meal or snack may help bring out the taste.

Other ideas include gravy, tomato ketchup, brown sauce, BBQ sauce, sweet chilli sauce, soy sauce, Worcester sauce, salad dressing.

- ✓ If you cannot take tea and coffee, try fruit juices, fizzy drinks, hot chocolate, Horlicks or Ovaltine.
- ✓ Sharp tasting foods eg. grapefruit, pineapple, lemon, and drinks such as bitter lemon, increase the flow of saliva and help take away an unpleasant taste. Sugar free boiled sweets, mints or ice-lollies may also help.
- ✓ Drink plenty of fluids and keep your mouth and tongue clean. Brush your teeth often. Use a soft toothbrush to clean your tongue if necessary.
- ✓ You can ask your nurse about mouth hygiene, or if you notice your tongue appears coated.



**The advice in this leaflet may not be suitable if you follow a 'special diet' for conditions such as diabetes, coeliac disease or have a food allergy – please speak to your Dietitian or GP if concerned.**

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Published - May 2014  
Review - May 2016