

Taste issues

- Use rinses to keep mouth clean and moist.
- Try adding fruit to water such as lemon, lime, fresh berries, etc if water tastes bad.
- Marinate beef, pork or chicken in teriyaki sauce, sweet and sour sauce or citrus juices or wine.
- Tart things may improve the flavor of other foods during treatment
- If food tastes bland, try seasonings such as oregano, basil, rosemary, cinnamon, dill, cayenne, mint and lemon (caution if you have mouth sores as the spicier items may irritate).
- If food tastes too sweet, try adding sour or bitter things such as frozen cranberries to a smoothie, etc.
- If food tastes metallic try sucking on fresh citrus fruit slices. Chew sugar-free gum. Use plastic utensils and glass cookware.
- Do not eat 1-2 hours before chemotherapy or radiation therapy and for up to 3 hours after therapy, if possible.
- Try *Synsepalum dulcificum* “miracle fruit.” This may mask unpleasant tastes for a short period of time.