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LOSS OF TASTE, TASTE CHANGE

Loss of taste/taste changes are often temporary occurring for days or weeks but in some cases can continue for months and cause considerable distress and loss of enjoyment in eating and drinking. Foods can taste odd, metallic, too sweet or salty or unusually bland (have little taste). Some people find they are unable to tolerate strong flavours and actually prefer more bland food and drinks. As everyone's experience differs we have included a list of tips below for you to select the ones that suit your needs:



- Enhance taste with sauces, marinating, trying new foods, adding herbs, spices or zest
- Add herbs and spices, celery, onion, cinnamon, ginger or garlic to dishes for a stronger flavour
- Strong condiments may be useful like mustard, vinegar, lemon juice and dressings for salad
- Cold foods may be better or different textures; quiche, hummus, yogurt, crunchy nuts or seeds as a topping or crispy crackerbreads
- Try alternative protein sources – if you find meat unappetising opt for cheese, dairy foods, nuts, eggs, beans, lentils, tofu, Quorn
- If you are put off by strong flavoured foods try blander options such as milky porridge, cheesy mashed potatoes, creamed chicken in white sauce with rice
- Retry foods, including those that are less familiar or that may not have been enjoyed in the past as tastes may change over time
- Drink plenty of fluids (especially between meals) and keep your mouth clean - try alternatives such as herbal or peppermint tea, milk, fruit juices or flavoured squash
- **Having a dry mouth can affect your taste. Adding sauces and choosing moist foods can help as can taking regular sips of fluid and drinking enough fluids between meals and keeping your mouth clean - further ideas are available in the leaflet on dry mouth:**
www.malnutritionpathway.co.uk/library/dry_mouth.pdf

