



Food 1st

Taste and Smell Changes

You may not like foods that you once enjoyed, or find that you enjoy food that you previously disliked.

Some ideas to help:

- 10 Experiment with flavourings such as lemon juice, herbs, chutneys and pickles, spices, chocolate, fruit or cheese.
 - Try flavoured condiments like lemon pepper and garlic or celery salts.
- 10 Add salt to foods that taste too sweet, and sugar to foods that are acidic or too salty.
- 10 Use foods that don't have a strong smell – generally cold foods or foods at room temperature have a mild smell compared to hot foods.
- 10 If you have lost your taste for meat, try marinating meats
 - try soy sauce, honey, ginger, fruit juice or wine before cooking.
 - alternatively try other protein foods such as canned or fresh fish, chicken, ham, pork, eggs, beans, nuts, lentils, cheese or cottage cheese.
- 10 If the flavour of salt is harder to taste, choose saltier foods
 - meats such as corned beef, silverside, sausages, luncheon meat, bacon, ham, salami or pate.
 - olives, anchovies, canned or smoked fish, smoked chicken, tasty or feta cheese.
 - salted nuts make a great snack
- 10 For extra flavour, add fruit or fruit puree to ice cream, gelatine desserts, junket, milkshakes or puddings.
- 10 If smells put you off eating – try and keep away from the kitchen.
 - use convenience foods like canned soups, instant meals, yoghurt and ready-made custard.
 - keep a supply of frozen ready made meals for times when you don't feel like cooking
 - use a lidded container to drink soups from.
- 10 Try some new foods - sometimes taste preferences change so much that foods you don't usually like or eat taste ok at this time.



Adapted from: Eating Well, a guide for eating well during treatment. NZ Cancer Society, 2007