Taste and Smell Changes

There are many reasons your taste and smell have changed. This could be treatment, medicines and sometimes the illness itself. If you have a dry mouth, this can also affect your taste.

**Here are some ideas to help:**

* Experiment with different flavourings. Try lemon juice, herbs, chutneys and pickles. Also, spices, pepper, celery salt, olives, cheese, chocolate or fruit.
* If you don’t like salty or savoury foods, try sweet foods instead.
* Try adding sugar or honey to foods that are too salty and a pinch of salt to foods that are too sweet.
* Use jam or fruit puree to add extra flavour to desserts. Desserts like ice cream, yoghurt, milkshakes, puddings and mousse.
* If the water tastes metallic or soapy, add mint leaves, a slice of lemon or a dash of cordial. Try herbal or fruit teas, hot cordial or milk.
* If the meat tastes metallic, have more eggs, chicken, fish, lentils, legumes, tofu or cheese.
* Try gravy and sauces (homemade or bought) with meals to disguise flavours.
* Try marinating meats using soy sauce, honey, garlic, ginger or spices.
* If your taste for salt has increased, you may prefer salty foods. Corned beef, sausages, salami, bacon, ham, smoked fish, chicken or paneer are good ideas.
* Avoid strong-smelling foods; ask friends or family to prepare meals if possible. Try eating meals away from cooking smells and open the windows in the kitchen. Cold foods will smell less.
* Rinse your mouth after each meal with salt and baking soda mouthwash. Clean your teeth with a soft toothbrush.

Recipe: Mix ½ tsp baking soda and ½ tsp salt in a full glass of warm water

 Throw out any remaining mouth rinse at the end of the day.

**Discuss any questions about taste and smell changes with your doctor or nurse.**

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