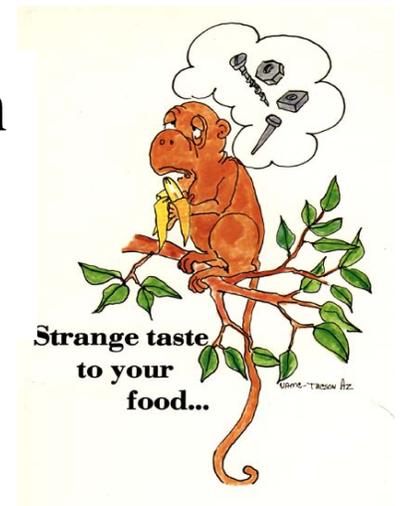


# Tips for when your sense of taste changes



If meats taste too bitter, substitute plain chicken and fish, mild cheeses, eggs, dairy products, tofu or peanut butter.

Marinate meats, chicken or fish in Italian dressing, lemon or pineapple juice, soy sauce or sweet-n-sour sauce.



Add sauces to meats.



Try spicy or highly seasoned foods, if you can tolerate them.

Eat more foods that are cold or room temperature.

If foods taste too sweet you can:

**avoid** concentrated sweets

**avoid** sweet fruits

**use** sour fruit juices to mask sweetness.



Choose bland foods like eggs, cheeses and cottage cheese, hot cereals, puddings, cream soups, bread, potatoes, rice, pasta, and crackers since these are less likely to taste strange.



Remove strange tastes in your mouth by simply drinking water, tea, ginger ale or fruit juices mixed with club soda.

Chew sugar-free gums or suck sugar free hard candies to eliminate bad tastes.