



## Taste and smell changes.

Some illnesses, treatments and medicines can change your sense of taste or smell. While foods may taste different or have no taste, it is still important to eat regularly to maintain your strength.

Here are some tips to help if you have changes to your senses of taste and smell.

### Handy tips

- Clean your mouth before and after each meal.
- Try using plastic or wooden cutlery instead of metal.
- If drinks taste unpleasant, drink through a straw.
- Try new foods or foods you normally don't like. You may find new flavours you enjoy because your tastes have changed.
- Eat when you are hungry.
- Smaller more frequent meals and snacks might be easier to eat than three large meals.
- If the smell of food bothers you, try cold or room temperature foods.
- Have a range of quick and easy meal ideas in the cupboard for when you don't feel like cooking. When you do cook, make extra and freeze small portions.

### If food tastes bland

- Increase seasoning in meals. Try adding extra salt, herbs, spices, chilli, stock, lemon or honey.
- Add fats to meals to enhance the flavour. You could try adding grated cheese, cream or olive oil.
- Use marinades to flavour meats and vegetables.

### If foods taste bitter or metallic

- If red meat tastes strange try swapping it for other protein foods. Try chicken, fish, eggs, dairy foods or legumes like chickpeas or baked beans.
- Try sweeter foods like sweet potato, pumpkin, fruit yogurt, or fruit like oranges or melon.
- Sucking on boiled sweet lollies such as ginger flavoured lollies may be helpful.





## If foods taste too salty

- Don't add salt in cooking.
- Swap cold processed meats like ham and salami for roast meat.
- Try cream cheese or cottage cheese instead of hard cheeses.
- Try adding a small amount of sugar or honey to foods.

## If foods taste too sweet

- Try adding a little salt or lemon juice.
- Try plain cereal such as porridge or bran flakes instead of cereals with dried fruit or honey.

## If foods taste like cardboard or sand

- Sip water with your meals.
- Use extra gravy and sauces to add moisture to meals.
- Try chewing gum. It may increase your saliva production.
- Try eating soft foods such as fish, yogurt, or scrambled eggs.
- Talk to your doctor or pharmacist about oral moisturisers or mouth sprays.

## Healthy Ageing Tasmania

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