

nourishment notes

Cancer – Altered Taste

Nourishment Notes



Beans

Mild-tasting protein sources, such as beans (edamame, kidney, garbanzo), are typically well-tolerated when experiencing taste changes. Beans are also a great source of lean protein to help your body build new and healthy cells.



Blueberries

Blueberries are naturally sweet tasting. For some, sweet-tasting foods may be more appetizing when experiencing taste changes. Blueberries also contain anthocyanins to help protect the heart.



Chickpeas

Mild-tasting protein sources, such as beans, are typically well-tolerated when experiencing taste changes. Beans are also a great source of lean protein to help your body build new and healthy cells.



Cinnamon

Cinnamon contains cinnamaldehyde, the component that gives cinnamon its flavor and odor is also known to help lower inflammation associated with certain cancers. For some, adding cinnamon to a dish may help enhance the flavor if food tastes bland.



Cloves

Cloves may help with stomach upset, as it's a natural digestive aid. It's also rich in antioxidants to help protect healthy cells from becoming damaged. For some, adding a spice such as cloves, to a dish may help enhance the flavor if food tastes bland.



Cold or Uncooked, Cold Foods

Cold foods that aren't cooked, such as salads, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.

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Cookies

Fruity and salty flavors, like those from the salted nuts and fruits in this cookie, are often well-tolerated in patients experiencing challenges with taste.



Flavored Water

Adding different fruit flavors or citrus juices to plain water can help heighten flavor when experiencing changes in taste.



Fruit Salsa

Naturally sweet-tasting foods may be more appealing to patients experiencing changes in taste, such as when foods taste too salty. It can also help add flavor to a dish if food tastes bland.



Garlic

Spices and seasonings, such as garlic, may help those who are experiencing bitter or metallic taste changes.



Herbs

Herbs can help add flavor to dishes that may have little to no taste.



Citrus Foods

Citrus foods, such as limes, lemon or oranges, can help add flavor to dishes when foods may taste bland.

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Lentils

Lentils are full of protein and fiber, as well as vitamins and minerals, like potassium, folate and iron. A half cup of cooked lentils has about 9 grams of fiber, about 32% of your daily fiber needs. Lentils are also a mild protein source which is typically more tolerable in patients experiencing taste changes.



Low-Sodium Soy Sauce

For patients experiencing changes in salt preferences, choosing low-sodium products can help.



Nutmeg

Nutmeg, like cloves, is a natural digestive aid to help with stomach upset. It's also rich in myristicin, a compound that may help promote tumor-fighting in the body. For some, adding a spice such as nutmeg, to a dish may help enhance the flavor if food tastes bland.



Oranges and Pineapple

Orange and yellow fruits, such as oranges and pineapple, may help lower inflammation in the body and help protect the body from heart disease. Naturally sweet-tasting foods may be more tolerable for patients experiencing taste changes, such as when foods taste too salty.



Strawberries

Naturally sweet-tasting foods, such as strawberries, are often more tolerable for patients experiencing taste changes, such as when food tastes too salty. Strawberries also contain high amounts of vitamin C to help protect the immune system.



Sweet and Sour Sauce

Sauces, such as sweet and sour, can help to add depth to a dish and help make eating a more enjoyable experience.

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Tart and Sweet Flavors

Taste can become altered during chemo treatment, making certain foods and flavors unappealing. Consuming tart or sweet flavors can make eating and drinking more enjoyable.



Tofu

Mild-tasting protein sources, such as tofu, are typically more enjoyable for patients experiencing a metallic or a bitter taste with foods, especially protein.