

meals for **managing**

altered taste



cooking for altered taste

The recipes in this booklet were created by our team of registered dietitians, especially for people affected by altered taste.

Certain conditions, as well as medications, can cause changes in taste. The recipes and information within this booklet are designed to help provide some relief from these symptoms. Always talk to your health care team about your symptoms as well.

For more information on the role of nutrition in managing your condition, please visit our website. You'll find tools and resources like shopping lists, meal plans and delicious recipes. Don't miss the *Empower Your Well-Being* section focusing on sleep, stress management and movement. You can find all of this and more at **meijerspecialtypharmacy.com**

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food safety tips

To help keep you and your loved ones free from foodborne illness, we've included food safety tips. These tips are noted in **red font** in both the ingredients and instructions.

meals for managing altered taste

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BBQ Sandwich with Tangy Slaw

🕒 20 Mins Prep • 10 Mins Cook • 30 Mins Total

👤 4 Servings

Saucy sliders topped with a gotta-have-more, crunchy tangy slaw!

ingredients

¼ Cup Water

1 Package (8 oz) Tempeh, cut vertically into 16 strips 🍴

1 Cup Low-Sodium Barbecue Sauce, plus extra for serving 🍴

4 Slices Smoked Gouda Cheese

4 Whole Grain Hamburger Buns

Tangy Slaw

3 Tbsp Apple Cider Vinegar

3 Tbsp Lime Juice (scrub limes under running water before juicing)

2 Cups Shredded Red Cabbage (scrub cabbage under running water before shredding)

1 Granny Smith Apple, cored and thinly sliced into matchsticks (wash apple under running water before slicing)

Salt, to taste

what you'll need

Cutting Board

Knife

Large Mixing Bowl

Tongs or Mixing Spoon

Whisk

Large Skillet with Lid

Measuring Cups

Wooden Spoon

nutritional info

453 Calories **16g** Fat

55g Carbs **24g** Protein

allergen swap

Gluten: Replace the hamburger buns with a gluten-free bun.

Dairy: Replace the regular cheese with a vegan cheese or omit.

Soy: Replace the tempeh with grilled portobello mushroom caps.

BBQ Sandwich with Tangy Slaw

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Create Slaw

In a large bowl, whisk together the apple cider vinegar and lime juice. Add the cabbage and apple and toss to evenly coat. Add salt to taste, then set aside.

3. Steam Tempeh

Add ¼ cup water and tempeh slices to a large skillet. Cover with a lid and steam on medium-high heat for about 2-3 minutes. Carefully drain water from the pan. Place pan back on stove.

4. Add Barbecue Sauce

To the skillet, add the barbecue sauce. Cook, over medium-low heat, for 5-7 minutes, stirring occasionally to evenly coat the tempeh with sauce.

5. Assemble Sandwiches & Serve

Top hamburger buns with 1 slice of cheese, 4 slices of tempeh and a scoop of apple slaw. Repeat for the remaining 3 sandwiches. Serve with extra slaw and BBQ sauce, if desired.

6. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [makingthymeforhealth.com](https://www.makingthymeforhealth.com)

Nourishment Note



♥ Tempeh

Tempeh is a mild-tasting, plant-based protein that is made from fermented soybeans. Mild-tasting protein options are typically more tolerable when experiencing flavor changes, such as bitterness or a metallic taste.



♥ Barbecue Sauce

When foods taste metallic or bitter, marinating in sauce, such as BBQ sauce, may be helpful in masking a bitter flavor.

fatigue buster

Bottled Lime Juice: Use bottled lime juice instead of squeezing fresh.

Bagged Cabbage: Use bagged, shredded cabbage instead of shredding your own.

Make Slaw in Advance: Make the apple slaw up to 1 day in advance to help reduce the amount of prep time.



Sloppy Lentil Joes

🕒 20 Mins Prep • 10-15 Mins Cook • 30-35 Mins Total

👤 6 Servings

A hearty family favorite, sloppy joes! Made with fresh, flavorful and simple ingredients - the perfect plant-based meal.

ingredients

1 Cup Green Lentils, rinsed and drained 🍷

2 Cups Water (or 1 Cup Water and 1 Cup Vegetable Broth)

2 Tbsp Extra Virgin Olive Oil

1 Yellow Onion, ½ diced, ½ sliced to serve

2 Cloves Garlic, minced (about 1 Tbsp)

½ Red Bell Pepper, diced (scrub under running water before dicing)

1 (15 oz) Can Tomato Sauce

1 Tbsp Brown Sugar, or more to taste

2 Tbsp Worcestershire Sauce

2 Tsp Chili Powder

1 Tsp Ground Cumin

Pinch of Smoked Paprika, or more to taste

Salt and Pepper, to taste

6 Whole-Wheat Hamburger Buns

Bagged Cabbage Slaw, optional, for topping

what you'll need

Knife

Cutting Board

Colander

Small Saucepan with Lid

Measuring Cups

Measuring Spoons

Large Skillet

Spatula

nutritional info

374 Calories **7g** Fat

64g Carbs **19g** Protein

allergen swap

Gluten: Replace the whole-wheat hamburger buns with a gluten-free version.

Sloppy Lentil Joes

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Make Lentils

To a small saucepan, add liquid (we used 1 cup water and 1 cup vegetable broth for added flavor) and the rinsed lentils. Bring to boil over medium-high heat. Once boiling, reduce heat to a simmer and place lid on pan. Cook for 18-20 minutes, or until lentils are tender. Drain off any excess liquid and set aside.

3. Sauté Peppers & Onions

Heat olive oil in a large skillet over medium-high heat. Once the oil begins to shimmer, add the onion, garlic and bell pepper. Add a pinch of salt and pepper. Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and golden brown.

4. Add Sauce & Spices to Skillet

To the skillet, add the tomato sauce, brown sugar, Worcestershire sauce, chili powder, cumin and smoked paprika. Stir to combine.

5. Add Lentils to Skillet

Add the lentils to the skillet and stir to combine. Cook mixture, over medium-high heat, for 5-10 minutes until warmed through and sauce begins to thicken.

6. Add Additional Seasonings

Add additional salt, pepper or other seasonings to taste. If you are experiencing mouth sores, it's recommended to limit the amount of spice in this recipe.

7. Serve & Enjoy

Serve with onion slices and cabbage slaw on hamburger buns.

8. Wash Hands

Wash hands and surfaces with soap and warm water.

Nourishment Note



Lentils

Lentils are a plant-based protein source. Plant-based protein sources are often more tolerable compared to animal proteins, such as red meat, which can taste metallic when experiencing taste changes.

fatigue buster

Lentils: Make the lentils up to one day in advance and store in the refrigerator. Simply add from the fridge to the recipe.

Onions and Peppers: Dice the onions and peppers up to one day in advance and store in the refrigerator. Pre-cut peppers and onions can also be bought from the grocery store and used in place of cutting your own.

Garlic: Use jarred garlic or garlic paste instead of fresh to reduce prep time.

Ask for Assistance: Ask a friend or family member to help prepare this recipe.




Whipped Feta Dip

🕒 10 Mins Prep • 30 Mins Chill • 40 Mins Total

👤 4 Servings

Creamy, salty, fluffy feta dip is perfect paired with pita bread, vegetables or used as a sandwich spread!

ingredients

4 Oz Pasteurized Cream Cheese, 
softened at room temperature

6 Oz Pasteurized Feta Cheese 

1/3 Cup Pasteurized Plain Greek Yogurt 

2 Cloves Garlic, peeled

1 Pinch Dried Dill

1 Pinch Dried Oregano

1 Tbsp Lemon Juice (**scrub lemon under running water before juicing**)

Fresh Dill, roughly chopped (to garnish)
(**rinse under running water before chopping**)

Pepper, to taste

For Serving

Fresh Veggies (**rinse veggies under running water before serving**)

Pita Bread or Chips

Crackers

what you'll need

Measuring Cups

Measuring Spoons

Blender or Food Processor

Mixing Spoon

Cutting Board

Knife

Large Serving Bowl with Lid

nutritional info

227 Calories **17g** Fat

5g Carbs **13g** Protein

allergen swap

Dairy: Replace the cream cheese with a vegan cream cheese, feta with a vegan feta cheese and the Greek yogurt with a plain, dairy-free yogurt

Gluten: Replace pita bread and crackers with gluten-free crackers, fresh vegetables or corn tortilla chips.

Whipped Feta Dip

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Blend Cream Cheese

Add the softened cream cheese to a food processor or blender. Blend on high until the cheese is smooth. Note: the cheese should be soft or it won't blend well.

3. Add Remaining Ingredients

To the food processor, add the feta, Greek yogurt, garlic, dill, oregano, lemon juice and ground black pepper. Blend until mixture is combined.

4. Chill & Serve

Transfer the mixture to a serving bowl, cover and refrigerate for 30 minutes. Before serving, top with additional pepper or dill, if desired. Enjoy with veggies, pita chips or crackers.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from thecozycook.com

Nourishment Note



Dairy

Dairy is a mild-tasting protein source that is a better alternative when meat tastes metallic.



Cold, Uncooked Foods

Cold foods that aren't cooked, such as this cheese dip, are typically well-tolerated in patients experiencing taste changes.

fatigue buster

Garlic: Use jarred garlic or garlic paste instead of fresh to reduce prep time.

Lemon Juice: Use bottled lemon juice instead of squeezing fresh.

Scissors: Use clean kitchen scissors to quickly chop the dill instead of using a cutting board and knife.



Apple Pie Smoothie

🕒 5-10 Mins Prep • 0 Mins Cook • 5-10 Mins Total

👤 2 Servings

Tastes like the real thing, except way easier to make! Sip on this if foods are tasting bland.

ingredients

2 Large Red Apples, cored and sliced
(wash apples under running water before slicing)

1 Frozen Banana

1 Pitted Date, optional

1 Cup Unsweetened Almond Milk

½ Cup Pasteurized, Plain Greek Yogurt

1 Tsp Ground Cinnamon 🍷

Pinch of Ground Nutmeg 🍷

Pinch of Ground Ginger 🍷

Pinch of Ground Cloves 🍷

1 Cup Ice

what you'll need

Measuring Cups

Measuring Spoons

Cutting Board

Knife

Blender or Food Processor

nutritional info

333 Calories 7g Fat

66g Carbs 9g Protein

allergen swap

Dairy: Replace the Greek yogurt with a dairy-free version.

Nuts: Replace the almond milk with a nut-free milk, such as cow or soymilk.

Apple Pie Smoothie

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Combine Ingredients

Combine ingredients into a blender or food processor.

3. Blend

Blend on medium speed until combined.

4. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from gimmesomeoven.com

Nourishment Note



Spices

When foods taste bland, adding spices, such as cinnamon, nutmeg, ginger or cloves can help add flavor and make eating more enjoyable.



Cold, Uncooked Foods

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

fatigue buster

Freeze Banana: Peel and freeze the banana ahead of time. Bagged, frozen bananas can also be used in this recipe.

Apple Corer & Slicer: Use an apple corer and slicer instead of a knife and cutting board to help make preparation easier.

Ask for Assistance: Ask a friend or family member to help prepare this recipe.



Fiesta Tacos

🕒 30 Mins Prep • 5-10 Mins Cook • 35-40 Mins Total

👤 8 Servings

It's fiesta time with these tasty tacos! All the flavor of a taco truck feast with minimal work!

ingredients

Easy Pickled Onions 🥄

1 Red Onion, thinly sliced

1 Cup Water

½ Cup Apple Cider Vinegar

1 ½ Tsp Kosher Salt

1 Tbsp Sugar

Tacos

1 Can Vegetarian Refried Beans

8 Corn Tortillas

1 Jar Salsa Verde, for topping 🥄

Avocado, for topping (gently wash under running water before cutting)

Cilantro, for topping (gently wash under running water before cutting)

Pasteurized Feta Cheese, for topping

1 Lime, sliced, for topping (scrub under running water before slicing) 🥄

what you'll need

Jar with Lid

Whisk

Measuring
Cups

Measuring
Spoons

Small
Saucepan

Small Mixing
Bowl

Can Opener

Large Skillet

Cutting Board

Knife

Tongs

Plate

Serving
Spoons

Clean Kitchen
Towel

nutritional info

321 Calories

9g Fat

39g Carbs

8g Protein

allergen swap

Dairy: Replace the pasteurized feta cheese with a dairy-free cheese or nutritional yeast.

Fiesta Tacos

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Make Pickled Onions

Place sliced red onion in a jar. In a small mixing bowl, whisk together water, apple cider vinegar, sugar and salt until sugar is dissolved. Pour over onions. Onions should be fully submerged in liquid. Allow onions to sit, without a lid, on the counter for 30 minutes. Place lid on jar and store in refrigerator for up to 2 weeks.

3. Heat Beans

Heat refried beans in a small saucepan over medium-low heat.

4. Warm Tortillas

While beans are heating, warm tortillas in a large skillet over medium-high heat. Using tongs, flip to warm each side. (This may need to be done 1-2 tortillas at a time depending on skillet size.)

5. Cover Tortillas

Stack warmed tortillas on a plate and cover with a clean kitchen towel to keep warm.

6. Assemble Tacos

Spread refried beans down the center of each tortilla. Top each tortilla with salsa verde, avocado, cilantro, feta cheese and pickled onions.

7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from cookieandkate.com and isabeleats.com

Nourishment Note



Salsa

Adding strong flavors, such as salsa, can enhance the flavor of a dish to make it more enjoyable.



Pickled Onions

Pickled onions have an acidic flavor profile. Strong flavors, such as pickled onions, can enhance the flavor of a dish when foods taste bland.



Lime

Adding citrus flavors to a dish can enhance the flavor if food tastes bland.

fatigue buster

Ask for Assistance: Ask a friend or family member to help prepare this dish.

Pickled Onions: Make the pickled onions several days in advance. They'll keep in a jar for up to two weeks and can also be enjoyed on other dishes such as sandwiches, wraps or burgers.



Mediterranean Hot Sauce

🕒 10-15 Mins Prep • 0 Mins Cook • 10-15 Mins Total

👤 Yields: 1 1/3 Cup

This fresh and spicy sauce will be your new favorite topping for burgers, tacos, fish and even veggies!

ingredients

1/4 Cup Fresh Parsley Leaves (rinse under running water before using)

1/4 Cup Fresh Cilantro Leaves (rinse under running water before using)

1/4 Cup Raw Sunflower Seeds, shelled

4 Cloves Garlic, peeled 🍷

1 Tsp Salt, or more to taste

1 Tsp Ground Cumin

1/8 Tsp Ground Black Pepper

1 Tsp White Wine Vinegar 🍷

6 Medium Jalapeño Peppers, stems and seeds removed and cut into chunks (wash jalapeños under running water before cutting)

1/3 Cup Extra Virgin Olive Oil

what you'll need

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Blender or Food Processor

Medium-Sized Bowl

Spatula

nutritional info

106 Calories 11g Fat

2g Carbs 1g Protein

Mediterranean Hot Sauce

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Combine Ingredients

In a food processor, combine all ingredients except the jalapeños and olive oil. Blend until the ingredients are chopped. Pause to scrape down the sides, as necessary. Add the jalapeños and pulse until the peppers are chopped, do not completely puree.

3. Stir In Olive Oil

Transfer the mixture to a bowl and stir in the olive oil. Taste and add more salt, if necessary. If the sauce is too spicy, allow it to sit in the refrigerator for 30-60 minutes. The sauce will keep well, in a covered container, in the refrigerator for 1 week.

4. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from cookieandkate.com

Nourishment Note



Sauce

When food tastes bland, adding a sauce, such as this spicy sauce, can increase the flavor of the dish.



Garlic

Garlic has a potent flavor which can help enhance the taste of an otherwise bland meal.



Vinegar

Vinegar is acidic and tart, flavor profiles that can help add bursts of tanginess to recipes. This can help add flavor to a dish that tastes bland.

fatigue buster

Garlic: Use jarred garlic or garlic paste instead of fresh to reduce prep time.

Ask for Assistance: Ask a friend or family member to help prepare this recipe.



Teriyaki Chicken Bowl

🕒 1 Hr (30 Mins Marinate) Prep • 7-10 Mins Cook • 1 Hr 10 Mins Total 👤 4 Servings

Homemade teriyaki sauce challenges even your most loved take-out chicken bowl! Bonus, it's ready in half the time.

ingredients

2 Packages (5.6 oz each) Yakisoba Noodles, discard seasoning packet

1 Tbsp Cornstarch

1 ¼ Cup Water, divided

½ Cup Low-Sodium Soy Sauce 🍷

¼ Cup Brown Sugar, packed

3 Cloves Garlic, peeled and minced 🍷

1 Tbsp Grated Fresh Ginger

2 Tbsp Pasteurized Honey

1 lb Boneless, Skinless Chicken Thighs, cut into 1-inch chunks (do not rinse chicken before cutting)

1 Tbsp Extra Virgin Olive Oil

1 Tsp Sesame Seeds

1 Green Onion, thinly sliced (rinse under running water before slicing)

what you'll need

Measuring
Cups

Measuring
Spoons

Cutting Board Knife

Zester/Grater Colander

Gallon-Sized
Zip-Top Bag Small
Saucepan

Large Pot Small Bowl

Whisk Mixing Spoon

Large Skillet Spatula

nutritional info

418 Calories **13g** Fat

27g Carbs **18g** Protein

allergen swap

Soy: Replace the soy sauce with a soy-free version.

Gluten: Yakisoba noodles are made from wheat, which contains gluten, replace with a rice noodle; use a gluten-free soy sauce, such as tamari.

Teriyaki Chicken Bowl

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Cook Noodles

Bring a large pot of water to a boil. Add Yakisoba noodles and cook until loosened, about 1-2 minutes. Drain and set aside.

3. Whisk Together Cornstarch & Water

In a small bowl, whisk together the cornstarch and $\frac{1}{4}$ cup of the water. Set aside.

4. Make Marinade

In a small saucepan over medium heat, add soy sauce, brown sugar, garlic, ginger, honey and the remaining 1 cup water. Bring to a simmer. Stir in the cornstarch mixture and simmer until thick, about 2 minutes. Let cool to room temperature. Reserve $\frac{1}{4}$ cup of the soy sauce mixture and set aside.

5. Marinate Chicken

In a gallon-sized zip-top bag, combine soy sauce mixture and chicken. Marinate in the refrigerator for 30 minutes, or overnight. Wash hands and all surfaces that touched raw chicken.

6. Cook Chicken

Heat olive oil in a large skillet over medium heat. Add the chicken and cook for about 7-10 minutes on each side. Chicken is done when it appears golden brown and the internal temperature reads 165°F on a food thermometer.

7. Combine Dish & Serve

Remove skillet from heat and stir in Yakisoba noodles and $\frac{1}{4}$ cup reserved soy sauce mixture. Top with sesame seeds and green onions.

8. Wash Hands

Wash hands with soap and warm water.

Nourishment Note



♥ Garlic

Garlic has a potent flavor which can help add rich flavors to an otherwise bland meal.



♥ Soy Sauce

When food tastes bland, adding a sauce, such as soy sauce, can increase the flavor of the dish.

fatigue buster

Ginger: Substitute ginger paste for the freshly grated ginger to help reduce prep time.

Garlic: Use jarred garlic or garlic paste instead of fresh to reduce prep time.

Marinate Ahead of Time: Marinate the chicken in the refrigerator one day ahead of time to help reduce the amount of prep work.



Cilantro Lime Rice

🕒 5 Mins Prep • 30 Mins Cook • 10 Mins Cool • 45 Mins Total 👤 4 Servings

Fluffy, flavorful rice. Tastes like it's fresh from your favorite burrito place!

ingredients

1 ½ **Cups** Long-Grain Brown Rice, rinsed 🍴

1 Bay Leaf

¼ **Cup** Fresh Cilantro, chopped (gently rinse under running water before chopping) 🍴

2 **Tbsp** Bottled Lime Juice 🍴

1 ½ **Tsp** Bottled Lemon Juice 🍴

1 **Tbsp** + 1 **Tsp** Extra Virgin Olive Oil

what you'll need

Colander

Measuring Cups

Measuring Spoons

Cutting Board

Knife

Large Pot with Lid

Mixing Spoon

Fork

nutritional info

138 Calories 5g Fat

17g Carbs 2g Protein

Cilantro Lime Rice

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Boil Water

Bring a large pot of unsalted water to a boil over high heat.

3. Cook Rice

Add the rice and bay leaf to the boiling water. Give the rice a quick stir and let it boil, without the lid, for 30 minutes. Stir periodically to prevent it from sticking to the bottom of the pot. Reduce the heat if necessary, to prevent the mixture from bubbling over.

4. Drain & Let Rest

Drain the rice into a colander. Return it to the pot, cover with a lid and let it rest for 10 minutes off the heat. Remove bay leaf and fluff with a fork.

5. Add Additional Ingredients

Add the cilantro, lime juice, lemon juice and olive oil. Stir with a mixing spoon to combine.

6. Cover & Refrigerate

If cold foods are better tolerated, cover and place in the refrigerator to enjoy as a cold side dish.

7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from the cookbook, [Love Real Food by Kathryn Taylor](#)

Nourishment Note



Citrus

Adding citrus, such as lemons, limes or oranges, while cooking or to prepared dishes can help add flavor without adding salt.



Cilantro

Adding fresh herbs, such as cilantro, is a great way to add flavor without using salt.



Rice

Rice is a bland-tasting food that may be more desirable when foods taste too salty. It's important to not add salt to cooking water, as this can make the dish taste salty and unappealing.

fatigue buster

Make in Advance: This dish will keep well in the refrigerator for up to 2 days. Make in advance to enjoy as a side dish for multiple meals.

Cilantro Paste: Replace fresh, chopped cilantro with equal parts cilantro paste.



Fresh Mint Dressing

🕒 10 Mins Prep • 0 Mins Cook • 10 Mins Total

👤 4 Servings • 2 Tbsp Serving Size

A refreshing dressing perfect for drizzling on a leafy green salad or a delightful sauce for chicken, salmon or even your favorite pasta!

ingredients

½ Cup Extra Virgin Olive Oil

½ Cup Bottled Lemon Juice 🍋

¼ Cup Packed Fresh Mint Leaves (gently wash under running water before using) 🍋

3 Tbsp Pasteurized Honey 🍋

1 Tbsp Dijon Mustard

2 Cloves Garlic

¼ Tsp Salt

⅛ Tsp Ground Black Pepper

what you'll need

Measuring Cups

Measuring Spoons

Blender or Food Processor

nutritional info

161 Calories 14g Fat

7g Carbs 0g Protein

Fresh Mint Dressing

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Blend Ingredients

In a food processor or blender, combine all the ingredients. Blend until smooth.

3. Refrigerate

Dressing will keep covered in the refrigerator for up to 1 week.

4. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

Nourishment Note



♥ Mint

Herbs, such as mint, are a great way to add flavor to a dish without using salt.



♥ Honey

Sweet flavors, such as honey, are often more appealing to eat when foods taste too salty.



♥ Citrus

Adding citrus, such as lemons, limes or oranges, while cooking or to prepared dishes can help add flavor without adding salt.

fatigue buster

Garlic: Replace fresh garlic with jarred or garlic paste to reduce prep time.

Ask for Assistance: Ask a friend or family member to help prepare this recipe.



Watermelon Limeade Quencher

🕒 15 Mins Prep • 0 Mins Cook • 15 Mins Total

👤 8 Servings (1 Large Pitcher) • 1 Glass Serving Size

A refreshing drink, bursting
with sweet summer flavors!

ingredients

10 Cups Seedless Watermelon, cut into
chunks (scrub watermelon under running
water before cutting) 🍷

1 Can Frozen Limeade

what you'll need

Cutting Board

Knife

Colander or Mesh Strainer

Large Mixing Bowl

Blender

Measuring Cup

nutritional info

153 Calories **0g** Fat

41g Carbs **0g** Protein

Watermelon Limeade Quencher

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Blend Watermelon Chunks

Add the watermelon chunks to a blender and blend until smooth. Depending on the size of the blender, this may need to be done in two batches.

3. Strain Watermelon Juice

Place a mesh strainer or colander over a large bowl. Pour the watermelon juice through the strainer and discard the pulp.

4. Blend Watermelon Juice & Limeade

Measure out 5 cups of strained watermelon juice and add it back to the blender. Add in the frozen limeade. Blend well.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from maebells.com

Nourishment Note



Watermelon

Naturally sweet tasting foods, such as watermelon, are more enjoyable to eat when foods taste too salty.



Cold, Uncooked Foods

Cold foods that aren't cooked, such as this beverage, are typically well-tolerated in patients experiencing altered taste.

fatigue buster

Pre-Cut Watermelon: Purchase pre-cut watermelon at your local grocery store to reduce prep time.

Ask for Assistance: Ask a friend or family member to help make this recipe.



Avocado Herb Salad

🕒 20-25 Mins Prep • 5 Mins Cook • 30-35 Mins Total

👤 6 Servings

Creamy avocado topped with crisp herbs, a tangy dressing and crunchy, salty seeds!

ingredients

½ Cup Raw Sunflower Seeds, shelled 🍴

¼ Tsp Extra Virgin Olive Oil

¼ Tsp Chili Powder

Salt, to taste 🍴

½ Cup Radishes, finely chopped (scrub under running water before chopping) 🍴

½ Cup Green Onions, chopped (rinse under running water before chopping)

½ Cup Cilantro, chopped (rinse under running water before chopping)

1 Jalapeño, seeds removed and chopped (scrub under running water before chopping)

4 Ripe Avocados (rinse under running water before slicing) 🍴

Lime Vinaigrette

¼ Cup Bottled Lime Juice 🍴

2 Tbsp Extra Virgin Olive Oil

2 Tsp Pasteurized Honey

½ Tsp Sea Salt

what you'll need

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Small Bowl

Whisk

Small Skillet

Spatula

(2) Large Bowls

Mixing Spoon

nutritional info

275 Calories **25g** Fat

13g Carbs **4g** Protein

Avocado Herb Salad

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Make the Dressing

In a small bowl, whisk together the lime vinaigrette ingredients. Set aside.

3. Prepare the Sunflower Seeds

Toast the sunflower seeds in a small, dry skillet, over medium heat. Stir often so as not to burn the seeds. Cook for about 3 minutes, or until you can start to smell them roasting. Remove from the heat, add the olive oil, chili powder and salt. Mix to combine. Set aside.

4. Combine Salad Ingredients

To a large bowl, combine the chopped radish, green onions, cilantro and jalapeño. Set aside.

5. Assemble the Salad

Cut the avocados (this step is last because the avocado will brown when exposed to the air). Place cut avocados in a large bowl or serving platter. Top with the chopped radish, onion, cilantro and jalapeno. Drizzle the dressing over the mixture and sprinkle the sunflower seeds over the salad.

6. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from cookieandkate.com • Image credit: cookieandkate.com

Nourishment Note



Sunflower Seeds

When sweet foods are unappealing, choosing saltier foods, such as the roasted sunflower seeds, may be more enjoyable.



Lime Juice

Citrus foods, such as lemon, limes or oranges, may be more enjoyable when experiencing flavor changes, especially when sweet foods taste unappealing.



Vegetables

Choosing fresh-tasting foods, such as radishes or avocado, may be more enjoyable due to their savory flavors.



Salt

Adding salt to food can help make it taste better if foods taste too sweet.

fatigue buster

Make In Advance: Dressing will keep covered in the refrigerator for 1-2 days. Before adding to the salad, let it come to room temperature.

Prep the Salad Ingredients: Prep the salad ingredients (radishes, green onions, jalapeño) up to 1 day in advance to reduce the amount prep work.

Prep the Sunflower Seeds: Prep the sunflower seeds up to 1 day in advance or use pre-packaged, roasted, salted sunflower seeds. Seeds will keep well in a covered container for 2-3 days.

Kitchen Scissors: Use clean kitchen scissors to easily chop the green onions and cilantro instead of using a knife and cutting board.



Everything But the Bagel Hummus

🕒 5 Mins Prep • 0 Mins Cook • 5 Mins Total

👤 6 Servings

A salty, perfectly seasoned dip – the best spread for your next snack break.

ingredients

1 Package (10 oz) Plain Hummus

1 Tbsp Pre-Made Everything Bagel Seasoning Blend 🍷

1 Tbsp Extra Virgin Olive Oil

For Serving

Fresh Veggies (rinse under running water before serving)

Pita Bread or Chips

Crackers

what you'll need

Medium Serving Bowl

Spatula

Serving Spoon

Measuring Spoons

nutritional info

120 Calories **7g** Fat

10g Carbs **2g** Protein

Everything But the Bagel Hummus

Instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Scoop Hummus

Scoop the hummus into a medium serving bowl.

3. Add Olive Oil & Seasoning to Hummus

Drizzle the olive oil over the hummus. Sprinkle the everything bagel seasoning over hummus.

4. Enjoy

Enjoy with fresh vegetables, crackers, chips or use as a spread for sandwiches.

5. Cover & Refrigerate

Cover and keep in the refrigerator for up to 5 days.

6. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Cold, Uncooked Foods

Cold foods that aren't cooked, such as this hummus, are typically well-tolerated in patients experiencing taste changes.



Salt Seasoning

When foods taste overly sweet, salty foods, such as the seasoning blend, may be better tolerated.

fatigue buster

Ask for Assistance: Ask a friend or family member to help prepare this dish.




Sheet Pan Lemon Garlic Chicken

 **4 Servings**  **10 Mins Prep • 30 Mins Fridge Time (optional)**
25 Mins Cook • 35 Mins Total without Fridge • 1 Hr 5 Mins Total with Fridge

Golden, crispy chicken with a citrus-garlic coating. A one-pan wonder!

ingredients

1 Large **Pasteurized** Egg

2 Tbsp **Lemon Juice**, about ½ lemon 
(scrub under running water before juicing)

2 Tsp **Minced Garlic** 


½ Tbsp **Fresh Parsley**, chopped, plus more for topping (rinse under running water before chopping)

½ Tsp **Salt**

½ Tsp **Pepper**

½ Cup **Breadcrumbs**

½ Cup **Pasteurized** **Parmesan** **Cheese**, grated 

4 **Boneless, Skinless Chicken Breasts** 
(do not wash chicken before cooking)

nutritional info

216 **Calories**

8g **Fat**

6g **Carbs**

35g **Protein**

what you'll need

Knife

Cutting Board

Measuring Cups

Measuring Spoons

Baking Sheet

Cooking Spray

Oven Mitt

(2) Large Bowls

Whisk

Tongs

allergen swap

Dairy: Replace the Parmesan cheese with nutritional yeast or omit.

Gluten: Replace the breadcrumbs with a gluten-free version.

Sheet Pan Lemon Garlic Chicken

Instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Preheat Oven

Preheat oven to 400°F. Lightly grease a baking sheet with cooking spray. Set aside.

3. Create Egg Mixture

In a large bowl, whisk together the egg, lemon juice, garlic, parsley, salt and pepper.

Wash hands and all surfaces that came in contact with raw egg.

4. Add Chicken to Egg Mixture

Place chicken breasts in the egg mixture and cover. Allow to marinate in the refrigerator for 30-60 minutes, if time allows. Wash hands and all surfaces that came in contact with raw chicken.

5. Create Breadcrumb Mixture

In a large bowl, combine the breadcrumbs with the Parmesan cheese.

6. Coat Chicken in Breadcrumb Mixture

Place egg coated chicken in the breadcrumb/cheese mixture. Be sure to coat both sides of the chicken. Lightly press the breadcrumb/cheese mixture onto the chicken to evenly coat. Wash hands and all surfaces that came in contact with raw chicken.

7. Bake Chicken

Place chicken on the baking sheet. Bake for 15 minutes.

8. Flip Chicken & Continue Baking

Remove from oven and using tongs, carefully flip each chicken breast over. Return to oven and switch oven setting to broil. Broil chicken on medium-high heat for another 10 minutes and the internal temperature reaches 165 °F when a food thermometer is inserted in the middle of the meat. Chicken should also appear golden in color.

9. Serve

Serve topped with fresh chopped parsley, if desired.

10. Wash Hands

Wash hands with soap and warm water.

Nourishment Note



Chicken

Chicken is a mild-tasting protein source that is often more tolerable for those with taste changes, especially when foods taste too sweet.



Parmesan Cheese

Salty foods, such as Parmesan cheese, are more likely to taste better when foods taste too sweet.



Garlic

Robust flavors, such as garlic, are often more enjoyable to eat when sweet foods taste unappealing.



Lemon Juice

Citrus foods, such as lemons, limes or oranges, may be more enjoyable when experiencing flavor changes, especially when sweet foods taste unappealing.

fatigue buster

Marinate: Marinating the chicken deepens the flavor of this dish. However, to save time, simply dip the chicken in the egg mixture before coating with the breadcrumb mixture.

Garlic: Replace fresh garlic with jarred or garlic paste to reduce prep time.



Avocado, Corn and Tomato Pasta Salad

🕒 15 Mins Prep • 7-8 Mins Cook • 22-23 Mins Total

👤 6-8 Servings

Sweet corn, creamy avocado and sharp cheddar cheese dress a tasty and quick, summertime meal.

ingredients

1 lb Whole Grain Pasta (we used rotini noodles)

1 Cup Fresh Basil, chopped (wash under running water before chopping)

1/3 Cup Extra Virgin Olive Oil

1 Cup Pasteurized Sharp Cheddar Cheese, cubed

2 Tbsp Bottled Lemon Juice

1 Pinch Crushed Red Pepper Flakes

1 Can (15 oz) Corn, drained 🍷

2 Cups Cherry Tomatoes, halved (rinse under running water before slicing)

1 Avocado, diced (gently wash under running water before cutting)

Kosher Salt, to taste 🍷

Pepper, to taste

what you'll need

Knife	Cutting Board
Measuring Cups	Measuring Spoons
Large Mixing Bowl	Mixing Spoon
Can Opener	Large Pot
Colander	

allergen swap

Gluten: Replace the whole wheat pasta with a gluten-free version.

Dairy: Replace the cheddar cheese with a dairy-free version or omit.

nutritional info

470 Calories **14g** Fat

66g Carbs **24g** Protein

* Nutrition Facts based on 6 servings

Avocado, Corn and Tomato Pasta Salad

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Cook Pasta

Bring a large pot of salted water to a boil. Cook the pasta until al dente, according to package instructions. Drain the pasta into a colander and set aside. If planning to serve the pasta immediately, place in the refrigerator to cool.

3. Mix Together Salad Dressing

In a large mixing bowl, combine the basil, olive oil, cheddar cheese, lemon juice, red pepper flakes, salt and pepper. Add the pasta and mix to combine.

4. Mix in Corn & Tomatoes

To the pasta, mix in the corn and tomatoes. Top with avocado and extra salt or pepper, if desired.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from halfbakedharvest.com

Nourishment Note



Salt

Adding salt to dishes when cooking or before serving can make eating more enjoyable when salty foods taste appealing.



Canned Food

Not rinsing the corn maintains some of the saltiness, which is more enjoyable when salty foods taste good.

fatigue buster

Scissors: Use clean kitchen scissors to easily cut the basil.

Cubed Cheese: Buy cubed cheddar cheese instead of cubing your own.

Pasta: The pasta can be made one day in advance to help cut down on prep time. Instead of a hot pasta salad, it will be just as tasty as a cold salad. Wait to add the avocado until ready to eat.



Greek Inspired Salmon

🕒 20 Mins Prep • 7-10 Mins Cook • 27-30 Mins Total

👤 4 Servings

Fresh and simple, with rich flavors of the Mediterranean.

ingredients

4 (6oz) Salmon Fillets (do not rinse salmon before using)

6 Tbsp Extra Virgin Olive Oil, divided

1 Tbsp Balsamic Vinegar

2 Tsp Smoked Paprika

1 Tbsp Dried Oregano

1 Shallot, chopped

4 Cloves Garlic, peeled and minced

Pinch of Red Pepper Flakes

Pinch of Salt and Pepper, more to taste 🍷

1 Lemon, sliced into rounds and seeds removed (wash lemon under running water before slicing)

8oz Pasteurized Feta Cheese 🍷

½ Cup Fresh Basil, chopped (rinse basil under running water before chopping)

what you'll need

9"x13" Baking Dish

Skillet with Lid

Measuring Cups

Measuring Spoons

Cutting Board

Knife

Spatula

(2) Small Bowls

nutritional info

534 Calories **29g** Fat

7g Carbs **40g** Protein

allergen swap

Fish: Replace the salmon with chicken. Be sure to adjust cooking time to prevent foodborne illness.

Dairy: Replace the feta cheese with a vegan feta cheese.

Greek Inspired Salmon

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Season Salmon

Place the salmon in a 9"x13" baking dish. Add 3 tablespoons olive oil, balsamic vinegar, smoked paprika, oregano, shallot, garlic, red pepper flakes, salt and pepper to the baking dish. Rub the seasonings and oil into the fish. Wash hands and surfaces that came in contact with raw fish.

3. Add Oil & Lemon to Bowl

To a small bowl, add the remaining 3 tablespoons olive oil. Add lemon slices.

4. Cook Salmon

Heat a large skillet over medium-high heat. Place salmon in the skillet, skin side down. Add the lemon slices. Cover and cook until the skin is lightly charred, about 4-5 minutes. Using a spatula, flip the salmon and the lemons. Cook for another 3-4 minutes, or until salmon easily flakes with a fork. Remove from the stove.

5. Combine Lemon, Feta and Basil

Finely chop the cooked lemon. In a small bowl, combine the chopped lemon, feta and basil. Mix to combine.

6. Serve

Serve salmon topped with herb and lemon mixture. Add additional salt, pepper or feta, if desired.

7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from halfbakedharvest.com

Nourishment Note



Feta Cheese

Feta cheese is naturally salty. Adding additional salt to dishes can make eating more enjoyable when salty foods taste appealing.



Salt

Adding salt to dishes when cooking or before serving can make eating more enjoyable when salty foods taste appealing.

fatigue buster

Lemon: To reduce the amount of prep work, omit the lemon portion of this recipe. Instead squeeze fresh lemon over finished salmon to enjoy a fresh burst of citrus.

Garlic: Replace fresh garlic with jarred or garlic paste to reduce prep time.

Basil: Use clean kitchen scissors to easily cut the basil into long strips.

Ask for Assistance: Ask a friend or family to help make this dish, especially if fish odors are bothersome.



Peanut Sauce Buddha Bowl

🕒 15-20 Mins Prep • 0 Mins Cook • 15-20 Mins Total

👤 4 Servings

Peanut sauce drizzled over a mouth-watering grain bowl is the perfect meal when you're wanting salty-tasting foods.

Ingredients

1 (15.5 oz) Can Chickpeas, rinsed and drained

1/2 Red Onion, diced

3 Cups Cooked Brown Rice

2 Cups Spinach or Lettuce, chopped (rinse under running water before chopping)

1 Avocado, peeled, pitted and diced (wash avocado under running water before dicing)

Peanut Sauce 🥄

1/4 Cup Smooth Peanut Butter

1/4 Cup Rice Vinegar

1/4 Cup Water

3 Tbsp Soy Sauce

1 Tbsp Sriracha

1 Tsp Sesame Oil

Additional Toppings

Cucumber, sliced (wash before slicing)

Bell Pepper, sliced (wash before slicing)

Shredded Cabbage (wash before shredding)

Cilantro, chopped (rinse before chopping)

Salted Peanuts 🥄

Lime Wedges

what you'll need

Measuring Cups

Measuring Spoons

Whisk

Small Mixing Bowl

Medium Mixing Bowl

Can Opener

Colander

Cutting Board

Knife

Mixing Spoon

(4) Serving Bowls

nutritional info

392 Calories **16g** Fat

52g Carbs **15g** Protein

Peanut Sauce Buddha Bowl

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Prepare the Sauce

In a small bowl, whisk together peanut sauce ingredients. Set aside.

3. Combine Ingredients

In a medium bowl, combine the chickpeas, onion, brown rice and chopped spinach or lettuce.

4. Add Toppings & Serve

Divide mixture evenly among 4 bowls. Top with sauce and desired toppings. For an even saltier bowl, be sure to add the salted peanuts.

5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from *The Blue Zones Cookbook*

Nourishment Note



♥ Cold, Uncooked Foods

Cold foods, such as this grain bowl, are typically well-tolerated in patients experiencing taste changes.



♥ Peanuts

The peanuts and peanut sauce add extra saltiness to the dish, making it more enjoyable when salty foods taste good.

allergen swap

Nuts: Replace peanut butter with tahini or sunflower butter; replace the peanuts with salted sunflower seeds or salted pumpkin seeds.

Soy: Replace the soy sauce with a soy-free version, such as tamari.

Gluten: Replace the soy sauce with a gluten-free version, such as tamari.

fatigue buster

Rice: This recipe calls for cooked rice. The rice can be made up to 1 day ahead of time. Use instant brown rice for an even quicker cooking time.

Sauce: The peanut sauce can be made 1-2 days ahead of time and kept in the refrigerator.

Spinach/Lettuce: Buy pre-washed and chopped spinach or lettuce to help reduce prep time.



Pineapple Mint Pops

🕒 10 Mins Prep • 2 Hrs Thaw • 2-4 Hrs Freeze • 4+ Hrs Total

👤 5 Servings

Sweet and cool – a delightfully refreshing treat!

ingredients

1 Bag (1 lb) Frozen Pineapple (thaw in refrigerator before using) 🍷

1 Tbsp Packed Fresh Mint (rinse under running water before using) 🍷

what you'll need

Blender

Measuring Spoon

Popsicle Molds

Popsicle Sticks

nutritional info

45 Calories

0g Fat

12g Carbs

1g Protein

Pineapple Mint Pops

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Blend Ingredients

In a blender, combine the thawed pineapple and mint. Blend on high until completely smooth. Taste and add more mint, if necessary, then blend again.

3. Freeze Popsicles

Pour juice mixture into popsicle molds and insert popsicle sticks.
Freeze until solid, about 2 hours, or more if necessary.

4. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

Nourishment Note



Mint

Fresh-tasting herbs, such as mint, add additional flavor to dishes which can make eating more enjoyable.



Fruit

Pineapple is a naturally sweet-tasting food. When sweet flavors are appealing, enjoying foods that are naturally sweet may be more enjoyable.



Cold, Uncooked Foods

Cold foods that aren't cooked, such as popsicles, are typically well-tolerated in patients experiencing taste changes.

fatigue buster

Thaw Pineapple: Thaw the pineapple in the fridge up to 48 hours ahead of time.

Ask for Assistance: Ask a friend or family member to help prepare this dish.



Sweet Tahini Overnight Oats

🕒 5-10 Mins Prep • 4-8 Hrs (Overnight) Chill • Chill Time + 5-10 Mins Total

👤 1 Serving

Cool and creamy oats topped with sweet dried fruit and a drizzle of tahini. Morning perfection.

ingredients

½ Cup Rolled Oats

½ Cup Almond Milk, plus more for serving

½ Tsp Maple Syrup 🍯

Pinch of Sea Salt

2 Tbsp Tahini

1 Tsp Pasteurized Honey 🍯

2 Tbsp Dried Apricot Pieces 🍯

Additional Toppings

Pomegranate Arils (seeds) 🍯

Crushed Pistachios

Chia Seeds

what you'll need

Measuring Cup

Measuring Spoons

Container or Jar with Lid

Spoon

nutritional info

488 Calories 22g Fat

52g Carbs 14g Protein

*Nutrition information does not include additional toppings

allergen swap

Nuts: Replace the almond milk with a nut-free version, such as cow's milk or soymilk; replace pistachios with sunflower seeds or sesame seeds.

Gluten: Oats are naturally gluten-free, but for those with gluten sensitivities, look for certified gluten-free oats.

Sweet Tahini Overnight Oats

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Combine Ingredients & Refrigerate

In a small container or jar, combine the oats, almond milk, maple syrup and salt. Mix to combine. Cover and refrigerate for at least 4 hours or overnight.

3. Add Toppings & Enjoy

In the morning, spoon mixture into a bowl and top with additional almond milk, if desired. Drizzle tahini and honey over mixture and top with apricot pieces. Add additional toppings, if desired.

4. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from loveandlemons.com • Image credit: loveandlemons.com

Nourishment Note



Cold, Uncooked Foods

Cold foods that aren't cooked, such as overnight oats, are typically well-tolerated in patients experiencing taste changes.



Fruit

Fruit, such as apricots or pomegranate arils, are naturally sweet-tasting. When sweet flavors are appealing, enjoying foods that are naturally sweet may be more enjoyable.



Sweeteners

Adding sweeteners to food, such as honey or maple syrup, can be an easy way to enhance the flavor of a dish when sweet foods taste appealing.

fatigue buster

Make Extra: Make a double or triple batch and enjoy throughout the week. The oat mixture will keep in the refrigerator for up to 5 days.

Ask for Assistance: Ask a friend or family member to help prepare this recipe.



Tropical Smoothie

🕒 5-10 Mins Prep • 0 Mins Cook • 5-10 Mins Total

👤 2 Servings

Channel the island vibes with this refreshing citrus smoothie.

ingredients

¾ Cup Pasteurized Vanilla Greek Yogurt

½ Cup Frozen Strawberries 🍓

½ Cup Pineapple Chunks (scrub under running water before slicing) 🍓

½ Large Banana 🍌

½ Cup Pasteurized Orange Juice

2 Tbsp Ground Flaxseed

½ Cup Unsweetened Almond Milk

what you'll need

Measuring Cups

Measuring Spoons

Blender or Food Processor

nutritional info

198 Calories **4g** Fat

33g Carbs **11g** Protein

allergen swap

Dairy: Replace the yogurt with a dairy-free version.

Nuts: Replace the almond milk with a nut-free milk alternative.

Tropical Smoothie

instructions

1. Wash Hands

Wash hands with soap and warm water.

2. Combine Ingredients

Combine ingredients into a blender or food processor.

3. Blend

Blend on medium speed until combined.

4. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

Nourishment Note



Fruit

Fruit, such as strawberries, pineapple and banana, are naturally sweet-tasting. When sweet flavors are appealing, enjoying foods that are naturally sweet may be more enjoyable.



Cold, Uncooked Foods

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

fatigue buster

Cubed Pineapple: Use canned, fresh or frozen cubed pineapple to reduce the amount of prep work.

Ask for Assistance: Ask a friend or family member to help prepare this recipe.





tools to help manage your altered taste

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altered taste overview

When changes in taste occur, foods that once tasted delicious may no longer be appetizing.

Certain foods may have less taste, or other foods, like meat, may be bitter or taste like metal. Smell can also be affected. Foods that used to smell good may no longer be tolerable. Below are suggestions for staying well-nourished when foods don't taste or smell like normal.

Managing with Nutrition:

- Choose foods that currently appeal to you. Avoid foods that do not appeal to you.
- Try tart foods and drinks. Foods containing lime, lemon, orange or vinegar may be more appealing. Do not eat these foods if you have mouth sores.
- Moist or naturally sweet foods often work well. Try frozen or fresh melon pieces or grapes.
- Try eating cool-temperature foods instead of hot-temperature foods. Cool-temperature foods have less aroma and typically less taste.
- Use various spices or marinades to add flavor to dishes.
- If foods taste too salty or bitter, try adding a small amount of sugar.
- Red meat can often have a metallic or bitter taste. Replace red meat-based protein sources with chicken, fish, eggs, nut butters or beans.
- Brush your teeth and tongue and rinse your mouth regularly, especially before eating.
- Replace metal forks and spoons with plastic versions. If you have a metallic taste in your mouth, eating with plastic forks and spoons can help. Eating with chopsticks may also help.
- Try using a cup with a lid to limit aromas.
- When cooking, use a kitchen fan. If someone else is doing the cooking, try to sit in a different room.
- When cooking, lift lids away from you to avoid smells.

nutrition tips

Taste changes are a common side effect of various medications and are unique to each person.

For some people, certain foods may taste too salty, sweet or bitter. Others may find that sweet or salty foods are more enjoyable. It's also common to experience a metallic taste when eating meat, and for many, everyday foods may lack flavor and taste bland. Everyone's taste preferences are different, so it's important to experiment with what tastes best to you. **Below are nutrition suggestions to help manage the most common changes in taste.**

If Foods Lack Flavor or Taste Bland:

- While cooking food, try adding:
 - Barbecue sauce
 - Herbs and spices
 - Ketchup
 - Lemon juice
 - Lime juice
 - Meat marinade
 - Mustard
 - Orange juice
 - Pineapple juice
 - Soy sauce
 - Teriyaki sauce
 - Vinegar
 - Wine
- Other flavors to add:
 - Chopped bell peppers
 - Chutney
 - Garlic (fresh, powder, salt)
 - Ginger (grated, paste, powder)
 - Honey
 - Onion (fresh, powder, salt)
 - Pickles
 - Sharp cheeses (blue cheese, Gouda, Parmesan, sharp cheddar)
- Try adding sauces, seasoning or marinades to food
- Try adding brown sugar, maple syrup or honey
- Sprinkle rich-tasting spices over dishes, such as cinnamon or ginger
- Try adding dates or raisins to breads, oatmeal or yogurt
- Try eating foods with different colors or textures to add appeal
- Try eating or drinking a small amount of something tart before a meal to help stimulate taste buds (sherbet, lemonade, limeade, ginger ale)
- Try choosing bland-tasting foods to limit the expectation of taste
- Try strong-flavored foods, such as pizza, pickles or spaghetti

nutrition tips

If Foods Taste Too Salty:

- Sprinkle sugar on salty foods to help reduce the saltiness
- Cook foods without salt or salt seasoning
- Avoid processed foods with a high sodium content - look for “reduced sodium” or “low sodium” on the labels
- Choose bland-tasting foods (plain crackers, plain noodles, white or brown rice, bread, rolls, plain toast)
- Try lower-salt alternatives in place of your favorite foods

If Foods Taste Too Sweet:

- Dilute sweet beverages with water, ice or lemon juice
- Add salt or lemon juice to foods that taste too sweet
- Add additional yogurt, buttermilk, instant coffee powder or milk to milkshakes, instant beverage mixes or pre-made nutritional drinks
- Replace jam, honey or syrup with butter or margarine for pancakes, waffles or toast

If Foods Taste Bitter:

- Add fruit to meals
- Add honey or sweeteners to foods and drinks
- If meat tastes bitter, try unseasoned, plain-tasting protein options, such as chicken, fish, tofu, eggs, mild-flavored cheese, yogurt, cottage cheese or nuts and seeds
- Try eating foods that are room temperature or cold
- Marinating certain foods, such as meat, may help mask the bitterness. Try the following marinade options:
 - Juice
 - Italian dressing
 - Pre-made meat marinade
 - Soy sauce
 - Sweet and sour sauce
 - Wine

nutrition tips

If Foods Taste Metallic:

- Avoid eating canned foods
- Try eating meat in combination with other foods such as in casseroles, chili, hearty soups, lasagna or spaghetti sauce
- Try adding sauces to improve flavor
- Try marinating meat or fish in a sweet, tart or acidic marinade (pineapple juice, orange juice, lemon juice, soy sauce, sweet and sour sauce)
- Try high-protein foods that can be eaten cold (chicken salad, cottage cheese, Greek yogurt)

When Sweet Foods Taste Good:

- Try sprinkling sugar on cereals, meats, vegetables
- Aim to include more naturally sweet-tasting foods, such as fruit, at meals or snacks
- Snack on dried fruit or add to otherwise plain dishes, such as oatmeal

When Salty Foods Taste Good:

- Add a sprinkle of salt or salt seasoning to food
- Try adding canned soup to dishes, such as casseroles

food and drink ideas for taste changes

When foods taste unappealing it can make it challenging to eat. To help, below are food and drink suggestions for ways to stay nourished while still managing your unique taste changes.

If Food Has No Flavor or Tastes Bland*, Try Eating:

Mild-Tasting Foods

- Beans
- Cereal, unsweetened
- Cottage cheese
- Custard
- Eggs and egg dishes
- Hummus, plain
- Mashed potatoes
- Polenta
- Rice
- Toast
- Tofu

Foods with Strong Flavors

- Chili
- Chocolate
- Citrus
- Garlic
- Grilled foods
- Pickles
- Pizza
- Olives
- Salsa
- Spaghetti
- Vinegar

If Foods Taste Too Bitter, Try Eating:

- Applesauce
- Bread
- Cheese
- Chicken, unseasoned
- Cold cereal with milk
- Cottage cheese
- Crackers
- Custard
- Eggs and egg dishes
- Fish, unseasoned
- Fruit (canned, dried, frozen, fresh)
- Hummus, plain
- Mashed potatoes
- Milk
- Milkshakes
- Pancakes with syrup
- Pasta
- Pudding
- Steamed rice
- Sweet-tasting juice (apple, grape, pineapple, fruit punch)
- Toast
- Tofu
- Tuna fish
- Yogurt
- Waffles with syrup

*Some people may enjoy foods with mild, or no flavor, while others may find that strong flavored foods taste best.

food and drink ideas for taste changes

If Foods Taste Too Sweet, Try Eating:

- Cereal, without added sweetener or dried fruit
- Cheese
- Crackers
- Diluted fruit juice
- Eggs and egg dishes
- Ginger ale
- Lemonade
- Limeade
- Milk
- Nuts and seeds (plain, roasted, salted)
- Nut and seed butters
- Oatmeal, unsweetened
- Pancakes, plain
- Pasta
- Popcorn
- Pretzels
- Pumpkin pie
- Sports beverages
- Toast
- Vegetables (canned, fresh, frozen)
- Yogurt, plain
- Waffles, plain
- Water, plain or sparkling (lemon or lime flavors)

If Foods Taste Too Salty, Try Eating:

- Applesauce
- Beans (low-sodium, canned varieties)
- Chicken, unseasoned
- Chocolate milk
- Dried Fruit, chocolate or yogurt coated, plain
- Eggs
- Fish, unseasoned
- Fruit (canned, dried, fresh, frozen, juice)
- Hummus, plain
- Oatmeal, plain or with sweetener
- Pasta, plain
- Popcorn, sweet-flavored or plain
- Pudding
- Malts
- Milkshakes
- Nuts or seeds, chocolate or yogurt coated, plain
- Nut or seed butters, unsalted
- Tempeh
- Toast, plain or with jam
- Tofu
- Vegetables (low-sodium, canned, fresh, frozen)
- Yogurt, sweetened with fruit

food and drink ideas for taste changes

When Sweet Foods Taste Good, Try Eating:

- Baked goods
- Chocolate milk
- Dried Fruit, chocolate or yogurt coated, plain
- Flavored water
- Fruit (canned, dried, fresh, frozen)
- Fruit-flavored yogurt
- Ice cream
- Jell-O® with whipped cream
- Marshmallows
- Milk chocolate
- Oatmeal with sweetener such as honey, brown sugar or maple syrup
- Pancakes with syrup
- Sweet-tasting pie (apple, cherry, chocolate)
- Sweet-tasting vegetables (bell peppers, butternut squash, carrots, corn, sweet potatoes)
- Toast with jam
- Waffles with syrup

If Food or Meat Tastes Metallic, Try Eating:

- Beans, peas, legumes (dry, avoid canned)
- Bean-based pasta
- Casseroles
- Cheese
- Chicken (avoid canned)
- Chili (avoid canned)
- Cottage cheese
- Custard
- Eggs and egg dishes
- Eggnog
- Fish (fresh, frozen, avoid canned)
- Greek yogurt
- Lentils
- Nuts or seeds
- Nut or seed butters
- Quinoa
- Rice
- Tempeh
- Tofu

food and drink ideas for taste changes

When Salty Foods Taste Good, Try Eating:

- Canned food (beans, vegetables, soups)
 - Capers
 - Cottage cheese
 - Chips
 - Crackers
 - Olives
 - Pickles
 - Pizza
 - Pretzels
 - Pre-seasoned rice mixes
 - Popcorn, salt seasoning added
 - Potato chips
 - Salted nuts or seeds
 - Salted nut or seed butters
 - Salty cheeses (feta, Parmesan)
 - Tomato juice
 - Vegetables, salt or salt seasoning added
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If you have any nutritional questions related to
altered taste, please email our registered dietitians
at: MSP.Dietitians@Meijer.com



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Altered Taste

A glass of orange juice with a yellow and white striped straw, partially visible in the bottom right corner.