



Helping you
stay well

Eating and Drinking with Loss of Taste or Taste Changes

Some conditions may lead to taste changes resulting in a metallic taste in the mouth, or foods tasting bland. Making some simple swaps or adding some extra flavours can help to increase the enjoyment of food and prevent weight loss.

Some people may prefer to eat more salty, or sweet foods

- If you like salty tasting foods try packet soups, gravy, sauces, bacon, tinned meats, crisps and nuts. You can even add a pinch of salt to drinks and puddings!
- If you prefer sweet tastes try fruit, jams and marmalade, syrup, sweets, chutneys and desserts. You can even add a pinch of sugar to sauces and soups, or sprinkle some on top of main meals.

Adding flavour

Extra flavourings such as salt, pepper, pickles, mustard, herbs, chutneys, and spices can help to make foods taste less bland. Curries, mature cheese, and smoked fish have strong flavours which may be helpful for those who have reduced taste sensation.

Metallic and bitter tastes

To reduce metallic, or bitter tastes, marinate or season foods using lemon juice, vinegar, salt, pepper, garlic, soy sauce, curry powder, sauces or herbs. Experiment with new flavours to see what tastes best.

You could also consider changing from metal to plastic utensils. *Note: Tea, coffee, chocolate and foods containing saccharin (artificial sweetener) might add to the metallic taste.*



Refreshing drinks

Fizzy drinks such as lemonade, flavoured mineral water, or peppermint tea can be refreshing and help with hydration.

Experiment with temperature

Serving food cold, or at room temperature, instead of hot can often help with taste changes.



Taking care of your mouth and teeth

- **Mouthcare:** it is important to keep the mouth clean and brush teeth regularly and thoroughly. Brushing the tongue or using a mouthwash may be helpful.
- **Dry mouth:** sucking a sweet between meals, keeping hydrated by sipping favourite drinks, or chewing gum can help with a dry mouth. You can also consult your pharmacist or GP for advice about saliva substitute products.



You can find more information on the **Hertfordshire Care Provider's Association website** (<https://www.hcpa.info/>) or the **Hertfordshire Independent Living Service website** (<https://hertsindependentliving.org/>).