

GENERAL INFORMATION

Changes in taste can be caused by chemotherapy, radiation treatment, medication or IV fluids. It can also occur if you have nausea or mouth sores.

Changes in taste can occur before or during cancer treatment. These changes usually go away on their own, but they can be really bothersome when they occur.

You may find that food you normally like doesn't taste good. You might also find that food or liquids can start tasting bad, bland, different, bitter, extreme, metallic or sour.

It is important to try to keep eating and drinking despite these changes to keep you healthy.

Thank
you!



**HOW TO UNDERSTAND
AND MANAGE YOUR
SYMPTOMS**

STRATEGIES TO HELP WITH CHANGES IN TASTE

Other children and teenagers have found that the following strategies helped them cope with their changes in taste:

EATING FOOD



Trying different foods that you normally don't eat



Eating foods you like



Eating foods with stronger flavors



Eating foods that are bland or less flavorful



Adding sauces such as plum sauce, BBQ sauce, Ketchup, mustard, lemon juice or vinegar



Trying watermelon or melon (especially if your mouth is dry)

DRINKING LIQUIDS

Drinking more liquids such as water



Adding lemon, lime or orange to water to make it taste better



Drinking lemonade or limeade (especially if food tastes like metal)

OTHER THINGS TO TRY:



Sucking on mints, lemon drops or sour candies



Chewing sugarless gum (especially if you have a bad taste in your mouth)



Brushing your teeth or using mouthwash



Using plastic forks or spoons instead of metal ones (especially if food tastes like metal)



Taking deep breaths



Taking your mind off changes in taste by



doing activities such as watching TV, talking to



friends, and playing games



speaking with a dietician