

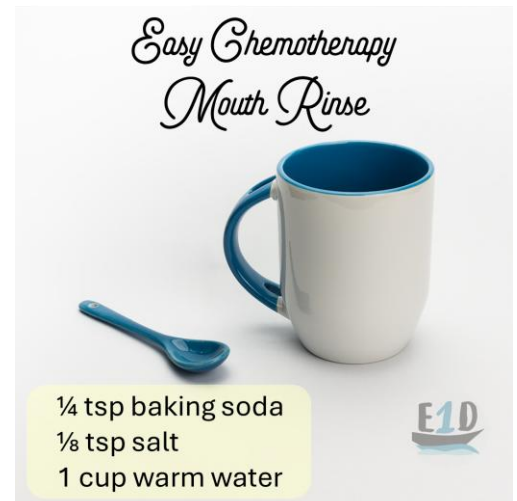


Best Foods for Chemotherapy-Related Taste Changes

Chemotherapy can change how foods taste, sometimes making them metallic, bitter, or bland. These changes (called dysgeusia) can make eating challenging, but certain foods and preparation strategies can help you maintain good nutrition and enjoy meals again.

General Principles

- Eat what tastes good to you; preferences may change daily.
- Experiment with temperature and texture (cold, smooth, or crunchy foods).
- Use plastic or bamboo utensils to reduce metallic taste.
- Rinse your mouth before eating with $\frac{1}{4}$ tsp baking soda + $\frac{1}{8}$ tsp salt in 1 cup warm water.



If Food Tastes Metallic or Bitter

- Choose mild proteins: eggs, beans, tofu, dairy (yogurt, cottage cheese), fish, or poultry.
- Try acidic or tart foods (if no mouth sores): lemon, lime, vinegar-based dressings, pickles.
- Eat foods cold or at room temperature.
- Avoid metal utensils, canned foods, and iron cookware.
- Limit coffee or chocolate if they taste harsh.

If Food Tastes Bland or You've Lost Taste

- Enhance flavor with herbs (basil, cilantro, parsley) and mild spices (paprika, curry).
- Try umami-rich foods: tomato paste, soy sauce, mushrooms, parmesan cheese.
- Add small amounts of healthy fats like olive oil or avocado for flavor and calories.

If Food Tastes Too Sweet

- Add a pinch of salt, lemon, or vinegar to balance sweetness.
- Avoid overly sugary foods or drinks if they're unpleasant.

If You Have a Dry Mouth

- Choose moist foods: soups, stews, smoothies, sauces, yogurt, applesauce.
- Sip water or herbal tea between bites.
- Suck on sugar-free mints or citrus drops to stimulate saliva.
- Avoid alcohol and caffeine, which dry the mouth.

Easy-to-Tolerate Meal Ideas

Meal	Examples
Breakfast	Oatmeal with berries, yogurt with fruit, eggs with herbs.
Lunch	Chicken or tuna salad with lemon dressing, hummus wrap with cucumbers.
Dinner	Stir-fried tofu or chicken with ginger and vegetables, pasta with olive oil and herbs.
Snacks	Smoothies, cottage cheese, nut butters, avocado toast, fruit slices.

Helpful Tips

- Eat smaller, frequent meals every 2–3 hours.
- Try new recipes because taste preferences can shift.
- Avoid strong food odors if they cause nausea (serve foods cold).
- Maintain oral hygiene: brush gently with a soft toothbrush and rinse after meals.

For more information visit [Every1Dies.org](https://www.every1dies.org)