

## Evidence-based Recommendations for Dysgeusia- TASTE CHANGES שינויי טעם

If mucosa is intact, add seasoning such as lemon pepper, chili, BBQ, pickles; add spices like oregano, rosemary, thyme

Serving the food hot so as to also stimulate the olfactory senses

Sucking on lemon drops, mints, or chew gum to rid a bad taste in the mouth

Drinking from a straw

Recommend liquid nutritional supplements and to vary the flavors to avoid taste fatigue

Trying new recipes, eating strongly flavored foods, honoring specific food cravings

Try Chef Rebecca Katz's strategies using FASS [Fats, Acid, Salt and Sweet].

Cookbook entitled "One Bite at a Time: Nourishing Recipes for Cancer Survivors and their Friends"

Good mouth care, eg, rinse mouth frequently with baking soda and salt swish and spit solution, and brush teeth with very soft toothbrush

Brush teeth and tongue before eating

Using good plastic utensils if food tastes metallic

Trial of zinc (45 mg) oral tablets three times daily for one month

National Cancer Institute. Eating hints: before, during and after cancer treatment. Available at: <http://www.cancer.gov/cancertopics/coping/eatinghints/page1/AllPages>. Accessed November 14, 2014.

Grant BL, Bloch AS, Hamilton KK, Thompson CA. American Cancer Society complete guide to nutrition for cancer survivors. Atlanta, GA: American Cancer Society; 2010.

Peregrin T. Improving taste sensation in patients who have undergone chemotherapy or radiation therapy. J Am Diet Assoc 2006;106:1536-1540.