



Changes in Taste and Smell

Cancer and its treatment can cause changes in your senses of taste and smell. These changes can affect your appetite. Regularly rinsing and brushing can help keep your mouth clean, healthy, and tasting better. Your senses of taste and smell can change from day to day. Try experimenting with new foods or cuisines, marinades, spices, and ways of preparing what you eat.

How to Get Rid of Bitter or Metallic Tastes

- ◆ Use sugar-free lemon drops, gum, or mints.
- ◆ Flavor foods with spices and seasonings, such as onion, garlic, chili powder, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, catsup, or mint.
- ◆ Use plastic utensils instead of stainless flatware.

Tasting Tips

- ◆ Season foods with tart flavors, such as lemon wedges, citrus fruits, vinegar, or pickled foods. Caution: if your mouth or throat is sore, tart foods can cause discomfort.
- ◆ If foods taste too salty, bitter, or sour, try adding sweeteners or a little bit of sugar. A little sweetness can help increase pleasant tastes.
- ◆ If red meats taste strange, try other protein-rich foods, such as poultry, fish, eggs, dairy products, beans, tofu, and soy milk. Marinating and cooking meats in sweet juices, fruits, acidic dressings, or wine can also help. For example, try sweet-and-sour pork with pineapple, chicken with honey glaze, or London broil in Italian dressing.
- ◆ Blend fresh fruits into shakes, ice cream, or yogurt. Eat frozen fruits, such as whole grapes and mandarin orange slices, or chopped cantaloupe or watermelon.
- ◆ To help clear your taste buds before eating, rinse your mouth regularly with a solution of 1 quart water, $\frac{3}{4}$ teaspoon salt and 1 teaspoon baking soda. Avoid mouth rinses that contain alcohol if your mouth is sore or irritated.
- ◆ Fresh vegetables may be more appealing than canned or frozen ones.

How to Improve Smells

- ◆ Cover beverages, such as liquid nutrition supplements, and drink from a straw or use a child's covered drinking cup.
- ◆ Choose foods that do not need to be cooked, such as cold sandwiches, crackers and cheese, yogurt and fruit, or cold cereal and milk.
- ◆ Serve foods cold or at cooler temperatures. Foods served hot often have stronger smells and flavors.
- ◆ Avoid eating in rooms that are stuffy or too warm, as well as places that have strong food or cooking odors.



Recipes Recipes Recipes

Hawaiian Float

- 2 tbsp orange-pineapple juice concentrate, undiluted
- ¼ pkg vanilla Instant Breakfast (about 1 tablespoon)
- ¼ cup ice water
- ½ cup evaporated whole milk
- ¼ cup lime sherbet

Place all ingredients in blender and blend well.

Makes one serving. Each serving contains 315 calories and 12 grams protein. To increase calories and protein, add 1 or 2 tablespoons of powdered milk, and replace the evaporated milk with a more high-calorie milk product, such as cream or half-and-half, or replace the ice water with milk.

Southwestern Pork Salad*

- ¾ pound pork tenderloin
- ¼ tsp salt
- ¼ tsp pepper
- Creamy Lime Dressing (below)
- 8 cups bite-sized pieces of mixed greens or 1 package (4 ounces) mixed salad greens
- 1 medium yellow bell pepper
- ½ pound mushrooms
- 1 can black-eyed peas, rinsed and drained

Heat oven to 350°F. Place pork on rack in shallow roasting pan. Sprinkle with salt and pepper. Insert meat thermometer so tip is in thickest part of the pork. Bake uncovered 30 to 40 minutes or until thermometer reads 160°F (medium doneness) and pork is slightly pink in center. While pork is cooking, mix together ingredients for Creamy Lime Dressing. Cool pork; cut into slices. Arrange salad greens, bell pepper, mushrooms, and peas on large serving plate. Top with cooked pork slices. Serve with dressing.

Creamy Lime Dressing

- ½ cup fat-free sour cream
- ¼ cup chopped fresh cilantro
- 2 tbsp lime juice
- 2 tbsp vegetable oil
- ¼ tsp salt

Makes four servings. Each serving contains 305 calories and 28 grams protein.

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