

Changes in Taste and Smell with Cancer Treatment

Your sense of taste or smell may change with cancer treatments. Some foods may have a bitter or metallic taste or may be less tasteful. Changes in taste and smell often improve after cancer treatment is complete.

Visit your dentist to rule out dental problems that may affect your taste. Try these changes to improve taste and smell:

- Keep your mouth clean by brushing and flossing.
- Choose foods that look and smell good to you.
- Eat high protein foods like chicken, turkey, eggs, dairy products, mild tasting fish or tofu.
- Marinate meat, chicken or fish in sweet fruit juices, sweet wine, Italian salad dressing, or sweet and sour sauce.
- Use small amounts of seasonings such as basil, oregano or rosemary.
- If you have a metal taste in your mouth, try eating with plastic forks and spoons, and cooking in glass pots and pans instead of metal ones.
- If odors bother you, serve food at room temperature, turn on a kitchen fan, cover food when cooking or cook outdoors if possible.

Talk to your doctor or nurse if you have any questions or concerns.