

## 19. Changes in how Things Taste

Some treatments given for cancer can affect a person's sense of taste. Food may taste more salty, bitter or metallic, or the texture may seem different but this usually goes back to normal a few weeks after treatment is stopped, though it can sometimes take a few months to fully resolve. Sometimes the change in the way foods taste may be directly related to the cancer. Some people may find it hard to enjoy their food whilst their taste is altered and their appetite may diminish.

### How can I manage the change in taste?

- Avoid the foods that taste strange but it may be wise to try them again every few weeks to see if their taste has gone back to normal
- If all food tastes the same, try to incorporate strong flavours and sauces into your meals, such as curry and sweet and sour sauce, though avoid strongly spiced food if your mouth is sore.
- Season your food with fresh herbs and spices for increased flavour.
- Use pickles and chutneys with cold meats and cheeses for extra flavour
- Try lemon or green tea if your usual tea and coffee tastes strange
- Sharp tasting fizzy drinks such as lemonade can sometimes feel refreshing
- Some people say they find it easier to taste hot foods (as long as it is not too hot) rather than cold foods
- If the taste changes are affecting your appetite then the section on "eating and appetite" elsewhere in this directory will be of help.

## Local Resources:

Resource	Contact Details
<b>Mustard Tree Cancer Support &amp; Triangle Drop In Centres</b> Ask questions, share concerns, offers a range of services including benefits advice. Support, advice and information for cancer patients and their carers	<b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/01752 431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935
<b>Wiltshire Farm Foods</b> Large selection of frozen meals can be ordered (online or telephone) and delivered straight to your front door	<b>Wiltshire Farm Foods</b> <b>Website:</b> www.wiltshirefarmfoods.com (24 hours a day, 7 days a week) <b>Tel:</b> 0800 0663366
<b>Oakhouse Foods</b> Meals and groceries that can be ordered online or over the telephone and delivered directly to your door	<b>Oakhouse Foods</b> <b>Website:</b> www.oakhousefoods.co.uk <b>Tel:</b> 0333 3702514
<b>Other Resources</b>	Your GP, Oncology Doctor, Specialist Nurse, District Nurse or Dietitian.

## National Resources:

Resource	Contact Details
<b>Macmillan Cancer Support</b> Provide comprehensive advice and information on all aspects of cancer.	www.macmillan.org.uk <b>0808 808 0000</b> (Mon-Fri, 9am-8pm)

## Further Information:

<b>Macmillan booklets:</b> – Available free from the Macmillan Cancer Support Centre
Cancer and complementary therapies
Recipes for people affected by cancer
Controlling the symptoms of cancer
Eating Problems and Cancer
Understanding chemotherapy
Understanding radiotherapy