



WHAT TO EAT

Before, During and After Cancer Treatment

TASTE AND SMELL CHANGES

What it is: Cancer and cancer treatment can cause changes in the way food tastes and smells. Sometimes everything tastes metallic and the smell of food seem strong to you than usual.

What it does: When food doesn't taste good or it smells bad to you, you might not feel like eating as much as you need to maintain your health.

Tips to help:

- Drink plenty of fluids
- Keep your mouth clean and healthy by brushing or rinse with baking soda, salt, and water before and after meals.
- Eat cold foods - the taste and smell will be less strong.
- Avoid strong smelling foods or long-cooking items like stews and Crockpot meals.
- Choose plant-based proteins like beans, if meat tastes bad to you.
- Use plastic or wooden utensils if you have a metallic taste in your mouth.

What to eat:

- Break up meals with a strong flavored food, like olives or pickles.
- Add lemon, lime, or vinegar to foods - unless you have mouth sores.
- Marinate meats in fruit juices or dressings
- Freeze different fruits like grapes or melon to suck on in between meals.
- Make shakes with fruit, yogurt or ice cream.