

# What to Do When Things Don't Taste Right

---

Sometimes cancer treatment can cause changes in the way things taste or smell. The following tips can help you with some of these changes:

- **Brush your teeth and rinse to keep your mouth clean. This may help improve the taste of foods. You can also rinse your mouth with tea, ginger ale, salted water, or water with baking soda.**
- **If you have a metallic taste while eating, try using plastic utensils.**
- **Try drinks or foods that are different from the ones you usually eat.**
- **Flavor foods with things such as onion, garlic, chili powder, rosemary, mustard, ketchup or other strong seasonings and condiments.**
- **Season foods with tart flavors such as lemon wedges, citrus fruits, vinegar and pickles. Don't do this if you have a sore mouth or throat.**
- **Decrease the food's smell by serving it cold or at room temperature.**
- **Eat frozen fruits such as cantaloupe, grapes, oranges and watermelon. Alternately, fresh fruit may also be more appealing than canned or frozen.**