

# What can I do about changes in taste?



## Things I can do with my family

Some patients have found these strategies helpful:

- Eating different foods that you normally don't eat or eating foods you like
- Eating foods with strong flavors or foods that are bland or less flavorful
- Adding sauces such as ketchup
- Drinking more liquids such as water
- Adding lemon, lime or orange to water, and drinking lemonade or limeade
- Sucking on mints, lemon drops or sour candies or chewing sugarless gum for patients four years of age and older
- Brushing your teeth
- Using plastic forks or spoons
- Taking deep breaths
- Eating regularly and having a balanced diet
- Seeing [Changes in taste brochure](#) and [Canada's food guide](#) for more information

## Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Suggest speaking with your dietitian

## When should I call my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team or seek additional help if you:

- Can't drink fluids