

Taste Changes

Chemo can cause your taste to change: food may taste more salty, bitter, or even metallic. Normal taste will come back after chemo treatment finishes.

Helpful Tips for Taste Changes:

1. Eat only foods you like, and ignore those that do not appeal to you.
2. Flavor your cooking with seasonings and herbs.
3. Some people find that cold foods taste better than hot foods.
4. Fresh fruits leave a refreshing taste in your mouth.