

Change in Taste

- Taste buds may become more sensitive-if this occurs, avoid highly seasoned or salty foods.
- Flavor food with sugar, basil, mint or lemon juice
- Add fruit or juice to milkshakes, custards, ice cream, puddings
- Marinate meat in soy sauce, sweet juices or wine
- Serve meat alternatives such as fish, cheese, ham or egg salad, chicken or legumes