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