

# Changes in Taste and Smell with Cancer Treatment

Your sense of taste or smell may change with cancer treatments. Some foods may have a bitter or metallic taste or may be less tasteful. Changes in taste and smell often improve after cancer treatment is complete.

Visit your dentist to rule out dental problems that may affect your taste.

Try these changes to improve taste and smell:

- Choose foods that look and smell good to you.
- Eat high protein foods like chicken, turkey, eggs, dairy products, mild tasting fish or tofu.
- Marinate meat, chicken or fish in sweet fruit juices, sweet wine, Italian salad dressing, or sweet and sour sauce.
- Use small amounts of seasonings such as basil, oregano or rosemary.
- If odors bother you, serve food at room temperature, turn on a kitchen fan, cover food when cooking or cook outdoors if possible.

**Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.**

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# 癌症治疗造成的味觉和嗅觉的改变

癌症治疗可能会改变你的味觉和嗅觉。有些食物可能会有苦味或金属味或可能不象以前那样美味。味觉和嗅觉的改变在癌症治疗完成时经常会有改善。

请去看你的牙科医生以排除可能影响味觉的牙病。

请尝试这些变化以改进味觉和嗅觉：

- 选择看起来和闻起来觉得好的食物。
- 吃高蛋白质食物，如鸡肉、火鸡肉、蛋、乳制品、味道不太重的鱼或豆腐。
- 用甜果汁、甜酒、意大利沙拉酱或甜酸酱腌肉、鸡肉或鱼。
- 用少量调味品，如罗勒、牛至或迷迭香。
- 如果气味让你难受，请以室温进食，打开厨房风扇，烹饪时将食物盖好或如果可能，请在户外烹饪。

若可能有任何进食方面的问题，请告知你的医生、护士或营养师。

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