



Nutritional tips for managing taste alterations

Planning ahead can help make your meals a more pleasant experience:

- Before eating, cleanse your mouth with tea, ginger ale, salted water, water with lemon, or water with baking soda. Finish your meal with lemon drops, gum, or mints.
- Serving foods cold or at room temperature can help lessen their taste and smell.
- If you are noticing a metallic taste, eating with plastic utensils may help.

Making changes to your daily diet can help you discover new flavors and get the nutrition your body needs:

- Include flavorful, tart foods, such as citrus fruits, cranberry juice, and pickles in your diet to help reduce any metallic taste you may experience.

- If you are having trouble tasting salt or sugar, try using other seasonings, sauces, and spices, such as onion, garlic, chili powder, or oregano.
- Make meats, chicken, and fish more flavorful by marinating them in sweet fruit juices, sweet wine, salad dressings, or sweet-and-sour sauce.
- If a food tastes too sour, salty, sweet, or bitter to you one day, try it again 2 weeks later to see if your tastes have changed.
- Drink an oral nutritional supplement, such as Ensure Complete™ twice a day to provide a convenient source of extra nutrition. Drinking Ensure is a good way to get the protein you need in your diet, especially if meat no longer appeals to you.



Nutrition plays a key role in cancer treatment—but it can be tough to get the nutrients you need when certain foods no longer appeal to you.

Food aversions can cause decreased food intake and weight loss, which can affect your cancer treatment. Abbott Nutrition can help. Our products provide convenient and trusted nutritional solutions that fuel your body and help you keep pace with your treatment plan.



Look for **Ensure®/Glucerna®** products at major retailers. Juven® is available at Walgreens and Rite Aid.



Find products online at abbottstore.com/nutrition4cancer and get free ground shipping for orders over \$50.



Order products by calling **1-800-258-7677.***



Visit Ensure.com and Glucerna.com for recipes and sample meal plans.

Use under medical supervision

*\$5.95 handling charge applies for all phone orders.

Abbott Nutrition products have the right nutrition to help you maintain weight and muscle.

Ask your healthcare professional which product is right for you



Ensure Complete™

Helps rebuild and maintain muscle and strength, which may be lost during cancer treatment.



Ensure Clear™

Good source of protein and nutrition in a clear, refreshing, fruit-flavored drink.



Glucerna®

Nutrition to help patients with diabetes minimize blood sugar spikes.

Also available in bars.



Juven®

Targeted nutrition to help build lean body mass, which supports wound healing.