

# When Things Just Don't Taste Right

- Season foods with tart flavors such as:

- Lemon wedges
- Citrus fruits
- Lemonade
- Vinegar
- Pickled foods

(If you have a sore mouth or throat, do not use this tip.)

- If odors are a problem, drink from a straw or use a covered drinking cup. cover liquid nutrition supplements.
- Flavor foods with:
  - Mint
  - Onion
  - Rosemary
  - Garlic
  - Tarragon
  - Chili powder
  - Barbecue sauce
  - Basil
  - Mustard
  - Oregano
  - Ketchup
- Eat frozen fruits such as cantaloupe, grapes, oranges, and watermelon.
- Select fresh vegetables. They may be more appealing than canned or frozen ones.

- Increase the amount of sugar in foods. This can help increase pleasant tastes and decrease salty, bitter, or acidic tastes.

- Marinate and cook meats in sweet juices, fruits, acidic dressings, or wine. Try:

- Sweet and sour pork with pineapple
- Chicken with honey glaze
- London broil in Italian dressing.

- Blend fresh fruits into milkshakes, ice cream, or yogurt.

- To help clear your taste buds before eating, rinse your mouth with tea, ginger ale, salted water, or water with baking soda.

- Serve foods cold. Hot foods produce stronger smells and flavors.

- Chew lemon drops, mints, or gum. This can help get ride of bad or strange tastes that linger after eating. (If you have diarrhea, limit your use of sugarless candies and gums.)

## Recipes:

### Hawaiian Float

2 tablespoons orange-pineapple juice concentrate, undiluted

¼ package vanilla Instant Breakfast (about 1 tablespoon)

¼ cup ice water

½ cup evaporated whole milkshakes

¼ cup lime sherbet

Directions:

Place all ingredients in blender and blend well.

Makes 1 serving. Each serving is 315 calories, 12 grams protein.

(To increase calories and protein, add 1 or 2 tablespoons of powdered milk, replace the evaporated milk with a more high-calorie milk product, such as cream or half-and-half, or replace the ice water with milk.)

### Garden Spaghetti Salad

1 pound vermicelli spaghetti

2 whole tomatoes, peeled, seeded, chopped

2 green peppers, chopped

8 scallions, chopped

1 large cucumber, peeled, seeded, chopped

½ of 2.62-ounce jar salad seasoning or season with salt and pepper to taste, pinch of oregano, and/or 1 tablespoon chopped fresh basil

16 ounces Italian salad dressing

Directions:

Cook the spaghetti as directed and drain. Add the other ingredients and mix well. Refrigerate overnight.

Makes 8 servings. Each serving is 300 calories, 6 grams protein.