

Taste Changes

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#950

Name of Child: _____ Date: _____

Taste Changes

Some illnesses and treatments can make your taste buds change. If your child is having taste changes, here are some ways to help.

Try foods that:

- look and smell good to your child
- are cold or cool
- have a strong taste (chocolate is stronger than vanilla)
- don't have a strong smell or taste
(chicken, turkey, eggs, dairy products, or fish instead of red meat)
- are bland
- taste tart (like oranges, lemonade, cranberry juice, and pickles)
- are spicy
- don't usually go together (like pickle juice in a milk shake)

Cooking tips:

- Soak (marinate) meat, chicken, or fish in sweet fruit juice, sweet wine, Italian dressing, or sweet and sour sauce for 20 minutes in the refrigerator before cooking.
- Add flavor to bland vegetables with bacon, ham, or onion.
- Add small amounts of seasonings such as basil, oregano, or rosemary.

Other tips:

- Use plastic forks, knives, and spoons.
- When in the hospital, ask for your food in to-go containers.
- Drink liquids through a straw.

- Ask your child to smell the food and remember how it used to taste.
- Eat foods that have more zinc. Some studies show zinc can help with taste changes.

How much zinc does a child need each day?

0-6 months old	2 mg
7-12 months old	3 mg
1-3 years old	3 mg
4-8 years old	5 mg
9-13 years old	8 mg
14-18 years old	boys: 11 mg, girls: 8 mg

Food	How much	Amount of Zinc (mg)
Oysters	6 medium, cooked	43.4
Crab, Dungeness	3 ounces cooked	4.6
Beef	3 ounces cooked	5.8
Pork	3 ounces cooked	2.2
Chicken, dark meat	3 ounces cooked	2.4
Turkey, dark meat	3 ounces cooked	3.5
Yogurt, fruit	1 cup (8 ounces)	1.8
Cheese, cheddar	1 ounce	0.9
Milk	1 cup (8 ounces)	1.0
Cashews	1 ounce	1.6
Almonds	1 ounce	1.0
Peanuts	1 ounce	0.9
Beans, baked	1/2 cup	1.8
Chickpeas (garbanzo beans)	1/2 cup	1.3

A three-ounce serving of meat is about the size of a deck of cards.

Now that you've read this:

- Tell your nurse or doctor what you will do to help your child with taste changes eat better. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
888-908-5437
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Monday, August 18, 2008 • DRAFT to family review
#950 • Written by Kelly N. Dahl



The Emily Center

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Name of Health Care Provider: _____ Number: 950
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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602-546-1395

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Thank you for helping us!