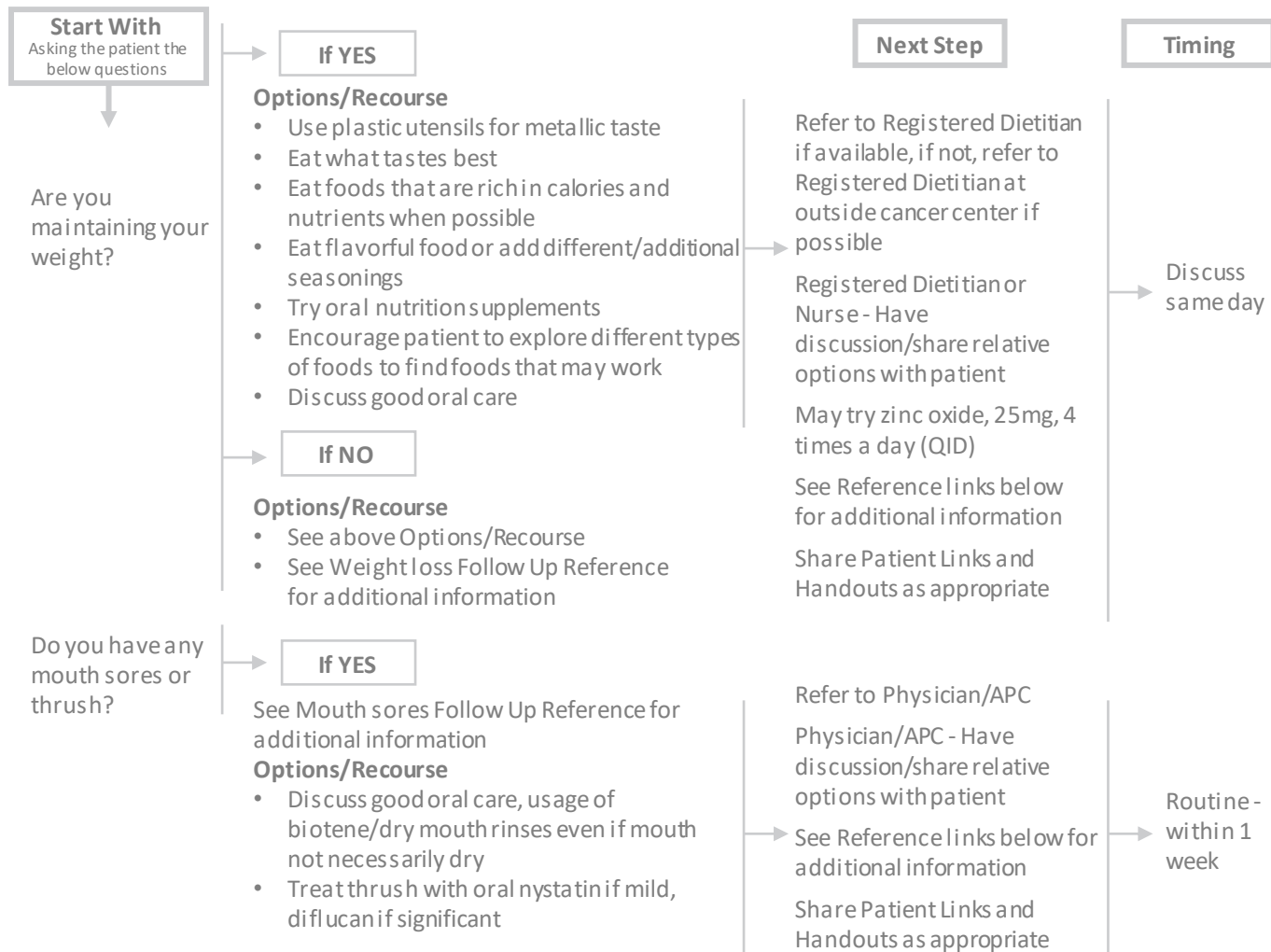


# Clinician Follow Up Reference for Supportive Care

## Nutrition Concerns – “YES” to *Issues with taste*



### Notes

**Stages I-III:** Nutrition recommendations are based on individual labs, comorbidities, tolerances and preferences of the patient, not necessarily based on stage. Suggest cooking with additional spices or herbs, flavoring water with lemon, lime or cucumber, using plastic utensils versus metal, sucking on lemon flavored candy to rid mouth of metal taste. Discussion on healthy diet consisting of real food versus processed, fruits and vegetables, nuts, beans whole grains and unprocessed meats.

**Stage IV:** Nutrition recommendations are based on individual labs, comorbidities, tolerances and preferences of the patient, not necessarily based on stage. Similar to recommendations on weight loss, may be natural part of dying process. If patient closer to dying, discuss lowered appetite/nutritional needs. Encourage eating for pleasure and comfort. Review cultural implication of eating/drinking less.

**Geriatric:** Always check for proper fit with dentures. Several factors may contribute to loose fitting dentures such as weight loss or dehydration. This population may have issues with fluids and keeping hydrated which can affect taste. Reduced saliva production may be an issue. Sucking on lemon flavored candy can help increase saliva and in turn, reduce or mask bad taste.

### Patient Links and Handouts:

- [American Cancer Society, Taste and Smell Changes](#)
  - [Cancer.Net, Taste Changes](#)
  - [American Institute for Cancer Research®, Heal Well, A Cancer Nutrition Guide](#)
  - [NIH, Nutrition in Cancer Care \(PDO®\) – Patient Version](#)
  - [NCI, Eating Hints: Before, During and After Cancer Treatment](#)
- CSOC Patient Handout can be accessed at: <http://cancer-help.me/taste>

### References:

- [NIH, PDO®, Nutrition in Cancer Care, Nutrition Therapy, Alterations of taste and smell](#)
- [Meal context and food preferences in cancer patients: results from a French self-report survey](#)  
Guerdoux-Ninot, Estelle et al. "Meal Context and Food Preferences in Cancer Patients: Results from a French Self-Report Survey." *SpringerPlus* 5.1 (2016): 810. *PMC*. Web. 20 Sept. 2017.