**SUPPLEMENTAL DIGITAL CONTENT 1. TABLE**

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| Counselling to cope with taste and smell changes |
| * Foods/fluids that require less chewing may be better tolerated.
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| * Brush your teeth and tongue often using a soft toothbrush. Rinse with baking soda and water mouth rinse (1/4 tsp to 1 cup of water) throughout the day, especially before and after meals.
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| * If fluids taste overly sweet, dilute them with water, soda water, tonic water or ice. Try adding a pinch of salt to decrease sweetness.
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| * If foods taste bland:
	+ Flavour foods with condiments (barbecue sauce, mustard, ketchup, mint, soy sauce)
	+ Use herbs and seasonings in food preparation
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| * If strong food odors affect taste:
	+ Use a kitchen fan when cooking, use outdoor barbecue, sit by an open window or order “take-out”.
	+ Try cold or room temperature food (milkshake, yogurt, chicken salad, sandwich, cream cheese and bagel, ice cream, puddings and custard)
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| * If you have a “cotton mouth” feeling in your mouth, try the following sour tasting foods to stimulate your taste buds and increase saliva:
	+ Lemonade, ice-tea, plain yogurt or sour cream, pickles, sweet and sour sauce, sugar free gums or tart candies.
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