

**可以幫助改善味覺和嗅覺的食物**  
**Food Ideas to Cope with Taste and Smell Changes**

很多人在癌症治療期間都會經歷口味的變化。食物可能沒有味道或口感不同。此外，某些食物的氣味可能會令人反胃。各種治療方法而引起的味覺和嗅覺變化都可能有差別，並且每個人都有可能經歷不同的反應。

Many people experience taste changes during cancer treatment. Foods may have no taste or taste differently. Also, certain food smells may be bothersome. Taste and smell changes can vary with the kind of treatment you are receiving and can be different for each person.

**一般建議**  
**General Tips**

- **嘗試不同的食用香料**並記下你認為味道還好的食物。這會有助於你吃得更好和讓你在治療過程中維持良好的營養。

**Experiment with food flavours** and keep a list of those foods that taste good to you. This will help you to eat well and maintain good nutrition during your treatment.
- **多吃你覺得味道還好的食物**，即使這表示你會有一段時間吃同樣的食物。你的味覺最終會改善的。

**Eat foods that taste good** even if this means eating the same foods for a while. Your taste sensations will eventually improve.
- **避免吃所有味道不適合你的食物**。嘗試替代這些食物。這樣你可以維持你身體需要的重要營養素。

**Avoid any foods that do not taste right for you.** Find substitutes for those foods so you will still get the important nutrients your body needs.
- 當你覺得口味的變化時，你可能會比較容易接受需要較少咀嚼力的食物或流質飲料

Foods/fluids that require less chewing may be better tolerated when you are experiencing taste changes.
- **經常用軟毛牙刷來刷牙和刷舌頭**。一天裡要經常用碳酸氫鈉和水漱口 (把 1/4 茶匙碳酸氫鈉與 1 杯水混合)，特別在餐前和餐後。

**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.
- **如果食物有金屬的味道:**

**If foods taste metallic:**

- 嘗試等到食物變冷或溫室的溫度才進食  
Try eating them cold or at room temperature
- 嘗試醃製肉類，雞肉和魚肉來幫助掩蓋苦味。  
Try marinating meat, chicken and fish to help mask the bitter taste.
- 嘗試醃料，如檸檬汁，糖醋汁，酒，紅燒或醬油，意大利式沙拉醬或燒烤醬  
Try marinades such as lemon juice, sweet and sour sauce, wine, teriyaki or soy sauce, Italian dressing, or barbecue sauce
- 使用塑料餐具或筷子來代替不銹鋼餐具  
Use plastic utensils or chopsticks instead of stainless steel utensils
- 某些比較容易入口的蛋白質食物類包括：  
Some protein foods that may be well tolerated include:
  - 牛奶，芝士，酸奶，燉蛋/奶，布丁，奶昔  
Milk, cheeses, yogurt, custards, puddings, milkshakes
  - 吞拿魚或鮭魚  
Tuna or salmon
  - 雞蛋  
Eggs
- **如果流質飲料的味道太甜**，可以用水，蘇打水或冰來淡化它們。嘗試加入少許鹽來減少甜味。  
**If fluids taste overly sweet**, dilute them with water, soda water or ice. Try adding a pinch of salt to decrease sweetness.
- **如果食物的味道太鹹**，嘗試各種低鹽或低鈉的食品。你也可以嘗試加入糖，以幫助掩蓋鹹味。  
**If foods taste too salty**, try a variety of low salt or sodium-reduced products. You may also try adding sugar to help mask the salty flavour.
- 如果食物的味道太淡：
  - If foods taste bland:**
    - 可用調味品（蠔油或鮑魚汁，甜酸醬，番茄醬，麻油，醬油）  
Flavour foods with condiments (oyster or abalone sauce, sweet and sour sauce, ketchup, sesame oil, soy sauce)
    - 用香草和調味料烹調（麝香草，香芹，羅勒，大蒜，生薑，肉桂，鹽，檸檬胡椒）  
Use herbs and seasonings in food preparation (thyme, parsley, basil, garlic, ginger, cinnamon, salt, lemon pepper)
- 如果食物的濃烈氣味影響口感：
  - If strong food odors affect taste:**
    - 烹調時使用抽油煙機  
Use a kitchen fan when cooking
    - 使用微波爐，蓋盆，或戶外燒烤爐  
Use a microwave, covered pots, or an outdoor barbecue
    - 在打開的窗口旁邊坐

此資料並不取代你的註冊營養師或醫生的個人建議。該資料只可以其全文使用

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety

Sit by an open window

- 叫“外賣”  
Order 'take-out'
- 請家人和朋友的幫助  
Ask for help from family and friends
- 嘗試冷溫度或室溫的食物，如：  
Try cold or room temperature foods such as:
  - 奶昔 Milkshakes
  - 杏仁霜 Almond milk
  - 酸奶 Yogurt
  - 芝士或煉奶吐司 Cheese or condensed milk on toast
  - 浸泡餅乾在煉奶裏 Crackers soaked in condensed milk
  - 雪糕 Ice-cream
  - 布丁和燉蛋/奶 Puddings and custard
- 如果你有一個“棉花口腔”的感覺在嘴裏，請嘗試以下比較有酸味的食物，以刺激你的味蕾，增加唾液：  
**If you have a “cotton mouth” feeling in your mouth**, try the following sour tasting foods to stimulate your taste buds and increase saliva:
  - 檸檬水，冰紅茶，果汁，原味酸奶或酸奶油  
Lemonade, ice-tea, juices, plain yogurt, or sour cream
  - 醃製蔬菜  
Pickled vegetables
  - 酸甜汁  
Sweet and sour sauce
  - 無糖口香糖或酸糖  
Sugar free gums or tart candies
- 如果你經歷以下，請與你的醫生或營養師跟進：  
**Follow up with your doctor or dietitian if:**
  - 你有持續的味道變化，阻止你吃到足夠  
You have persistent taste changes that prevent you from being able to eat adequate amounts
  - 你有其他副作用，如噁心，嘔吐等，讓你不能吃和喝  
You have other side-effects such as nausea and vomiting that prevent you from eating and drinking
  - 你沒有故意減肥但體重下降。  
You are losing weight without trying.
  - 你的食物選擇已經限制了很長的時間；你可能需要採用多種維生素/礦物質補充劑。  
Your food selection has been limited for a long time; you may need to take a multivitamin/mineral supplement.

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