**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. |
| * 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. |
| * If fluids taste overly sweet, dilute them with water, soda water, tonic water or ice. Try adding a pinch of salt to decrease sweetness. |
| * If foods taste bland:   + Flavour foods with condiments (barbecue sauce, mustard, ketchup, mint, soy sauce)   + Use herbs and seasonings in food preparation |
| * 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) |
| * 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. |