Dealing with Loss of Taste and/or Smell After COVID-19

Loss of taste and/or smell are both common symptoms that people can experience from COVID-19. Here are some tips for dealing with loss of taste and/or smell after having COVID-19.

Start by using lemon as a flavor. Lemon can be a good way to wake up your taste buds. Then, use strong flavors like garlic and onion. Finally, try other strong herbs and spices to help you get more taste from food.

Suggestions for meal time:

- Choose meals with many colors and textures.
- Use aromatic herbs and spices for strong flavor.
- Add cheese, olive oil, or toasted nuts.
- Add hot sauce or other condiments to improve flavor.
- Avoid meals that combine many ingredients. This can dull the flavor of each food.
- Use decorative plates to make your food look more appealing.
- Eat with a plastic fork or spoon if you have a metal taste in your mouth.
- Eat food at room temperature if the temperature of the food bothers you.

How to use herbs and spices:

- Basil in pasta dishes, salads, or on pizza
- Bay leaves in soups, stews, and meat dishes
- Dill on potatoes and fish dishes
- Parsley as a garnish or in meat dishes or salads
- Sage on pork and cream sauces
- Thyme in soups or on meat and chicken
- Cumin in Mexican dishes and chilis
- Ginger in veggie or rice stir-fries

Talk to your CHN nutritionist if you have more questions!

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