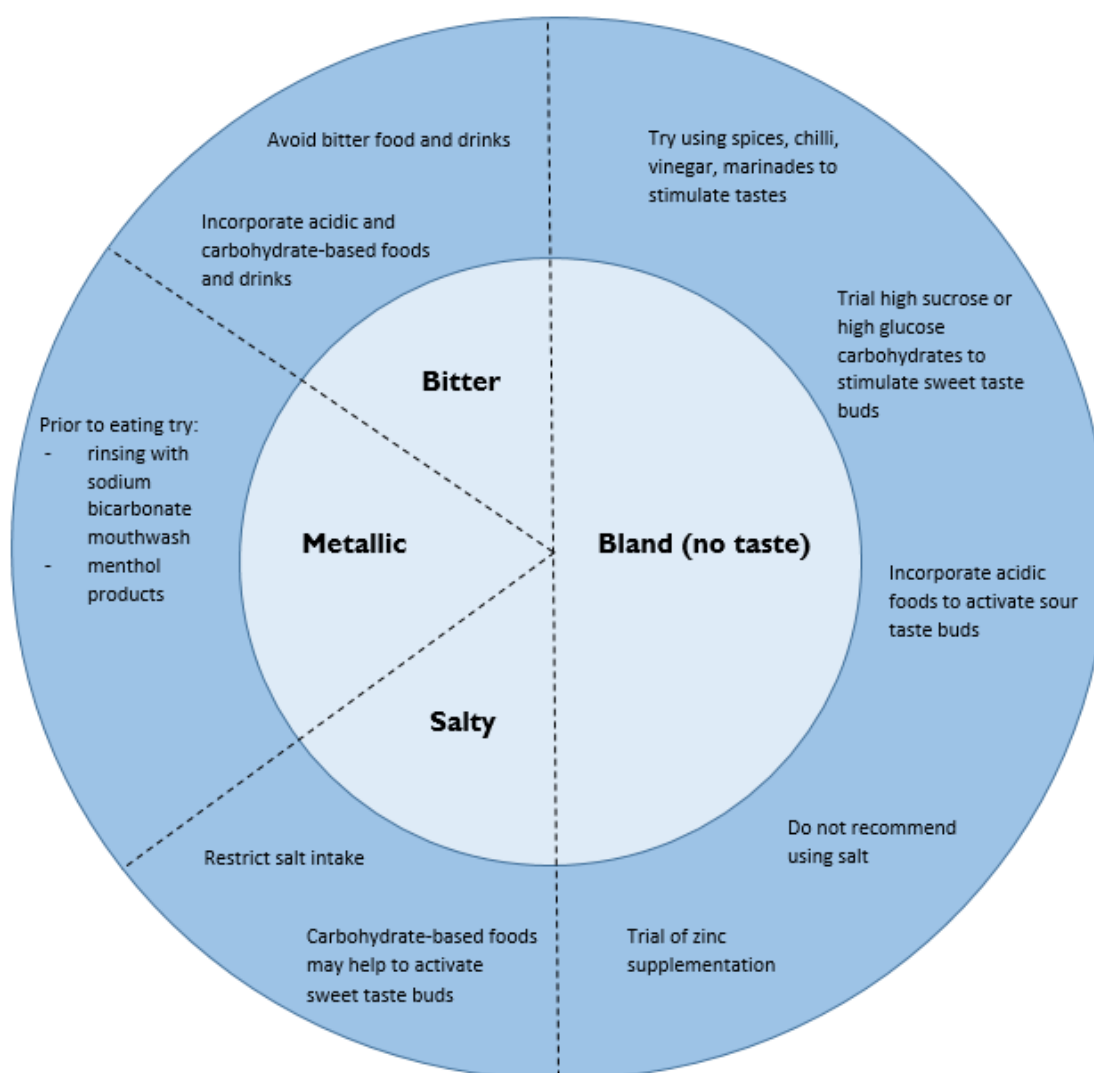


Taste changes

Taste changes are prevalent in 40-50% of CKD patients both on dialysis and conservatively managed. Self-reported description includes blandness, metallic, bitter, and others. Patients may describe specific symptoms such as loss of interest in meat. Mechanism is complex but includes changes in CKD specific salivary electrolyte composition, and general genetics, age.

Taste plate: suggested management strategies ([taste changes in advanced CKD factsheet](#))



Examples of foods in each category

Bitter foods	Coffee, tea, alcohol (e.g. beer, wine), chocolate
Acidic/sour foods	Lemon and lime juices, carbonated drinks, vinegars
Carbohydrate-based foods	Honey, maple syrup, fruit juices, tomato, beetroot
Menthol	Mints, chewing gums

Note RE Zinc supplementation: choose an over-the counter Zinc supplement containing elemental zinc 30-50mg, WITHOUT vitamin A