

TACKLING TASTE CHANGES IN DEMENTIA

Tastes can change with dementia. Someone may start to enjoy tastes that they never liked before or dislike foods that they have always liked.

Try experimenting with different stronger flavours.



Try adding mild spices, herbs, onion, garlic, pepper, chilli, cheese, worcestershire sauce or yeast extract such as: Marmite, Vegemite or supermarket own brand to meals.

Jazz up a meat, ham or chicken sandwich with pickles, chutneys, relish or mustard.

It is common in dementia to develop a 'sweet tooth'. Below are some ideas if sweeter foods are preferred.



Add sugar, syrup, maple syrup or honey to cereals or a teaspoon to savoury foods such as quiches, pies, savoury sauces, soups, gravy, scrambled eggs and omelettes.



Roast vegetables such as carrots, onions and parsnips with honey.
Make a honey based salad dressing.



Try offering 'naturally sweet' vegetables such as sweetcorn, peppers, sweet potatoes, carrots or peas.

For a sweeter tasting mashed potato use a combination of sweet and white potatoes.



Add a sweet sauce such as ketchup, sweet chilli, chutney, cranberry or apple sauce to a meal.



Try offering a jam, marmalade, peanut butter, lemon curd, caramel or chocolate spread sandwich.

Ideas for adding fruit sweetness to a meal.



Add pieces of fresh or dried fruit to cereals and salads, such as chopped grapes, sliced apple, orange segments, sliced strawberries or raisins.

Try adding fruit to a mild curry such as apple, banana, pineapple, mango, peaches or sultanas.

Try serving an orange or lemon flavoured sauce with meat, chicken or fish

NOTE: Be flexible – Someone with a sweet tooth may like to eat their pudding first!

TASTING PLATE

As dementia progresses an individual may start to enjoy unusual food combinations such as mixing sweet & savoury foods.

Make a list of the foods commonly eaten and try mixing the different flavours.

Here are some ideas:

Beef paste sandwiches

Chocolate buttons

Cucumber sticks

Angel cake slice

Mini cold cocktail sausages

Honey dip

Halved strawberries



Variety of crackers

Chunks of cheese

Victoria sponge cake slice

Mixed pepper sticks

Slice of mini pork pie

Chutney dip

Red apple chunks & satsuma pieces

Breaded chicken nuggets

Carrot sticks

Mini sausage roll

Red & green halved grapes

Banana pieces

Mini breadsticks

Salsa dip

Chocolate covered mini flapjacks

