Enhance your sense of taste

Adding a lot of salt to foods, eating more sweets, and finding meals less enjoyable are signs that your sense of taste is fading. As you age, your sense of taste and smell may fade. But you don't have to resign yourself to a diet that tastes dull and bland. You can take the following steps to perk up your sense of taste.

- Eat fresh foods instead of canned or processed items. Fresh-cooked foods are more flavorful and have more texture, which adds to the enjoyment of food.
- Pep up your vegetables with flavor enhancers like savory herbs and spices, lemon juice, slivered almonds, and sliced onions instead of extra salt.
- Marinate meats and fish in salad dressings or fruit juices before cooking.
- Include tart foods and beverages like salt-free pickles, oranges, and lemonade in your meals.
- Think visually. Colorful foods, garnishes, and an attractive table setting make meals more appetizing.
- Bring chilled foods to room temperature before serving. Flavors are more pronounced when food is warm.

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