

Taste Fatigue

Taste fatigue occurs when a person becomes disinterested in a food because they consume it often for a long period of time and become bored or tired of the flavour of the food.⁽¹⁾ It most commonly happens when a resident is having a supplement of the same type and/ or flavour for a long period of time.

SOLUTION IDEAS

- Trial an alternative taste option eg try fruit juice style instead of milk supplement; trial an alternative flavour range; trial an alternative serving temperature eg chilled or add ice.¹
- Alternate supplement type daily or use different styles of supplement at different times throughout the day.
- Work with the resident and discuss their preferred option to increase their compliance to taking the supplement.
- Use supplement in cooking recipes eg high energy high protein powder in pikelets or coffee. This may mask the repetitive taste of the supplement but ensure the resident receives optimal nutrition from the supplement.
- Try regular energy-dense snacks in the place of the supplement (see *Information Sheet 14: Energy-dense snacks* and / or *Tool 3: Snack Food Suggestions*).



1. Compliance and taste fatigue. Troubleshooting Guide for ONS. June 2008 [cited 18/07/2009]; Available from: http://www.nestlenutrition.co.uk/healthcare/gb/health_concerns/elderly_malnutrition/Pages/mecomplianceandtastefatigue.aspx