

Spices



Taste changes may occur throughout treatment, which can make it harder to enjoy some of your favorite foods. Adding more spices can enhance the flavor, making the meal more appealing.

Experiment with new flavors. Try new foods. Have fun with flavor!

Beef – Basil, Bay leaf, Caraway, Curry, Dill, Dry Mustard, Garlic, Grape jelly, Green pepper, mace, Marjoram, Mushrooms (fresh), Nutmeg, Onion or onion powder, Parsley, Pepper, Rosemary, Sage

Chicken – Basil, Cloves, Cranberries, Mace, Mushrooms (fresh), Nutmeg, Oregano, Paprika, Pineapple, Saffron, Sage, Tarragon, Thyme, Tomato, Turmeric

Eggs – Chervil, Curry, Dill, Dry mustard, Garlic or garlic powder, Green pepper, Jelly, Mushrooms (fresh), Nutmeg, Onion powder, Paprika, Parsley, Rosemary, Tarragon, Tomato

Fish – Basil, Bay leaf, Chervil, Curry, Dill, Dry mustard, Green pepper, Lemon juice, Marjoram, Mushrooms (fresh), Paprika, Pepper, Tarragon, Tomato, Turmeric

Lamb – Cloves, Curry, Dill, Garlic or garlic powder, Mace, Mint, Mint jelly, Onion, Oregano, Parsley, Pineapple, Rosemary, Tarragon, Thyme

Pork – Applesauce, Basil, Caraway, Chives, Cloves, Garlic or garlic powder, Onion or onion powder, Rosemary, Thyme

Veal – Apricots, Basil, Bay leaf, Currant jelly, Curry, Ginger, Marjoram, Mushrooms (fresh), Oregano, Paprika

Vegetables – Basil, Dill, Garlic or garlic powder, Ginger, Lemon juice, Mace, Nutmeg, Onion or onion powder, Tarragon, Tomato, Sugar, Salt-free salad dressing, Vinegar

Desserts – Allspice, Anise, Cinnamon, Cloves, Ginger, Mace, Nutmeg, Vanilla extract, other extracts

