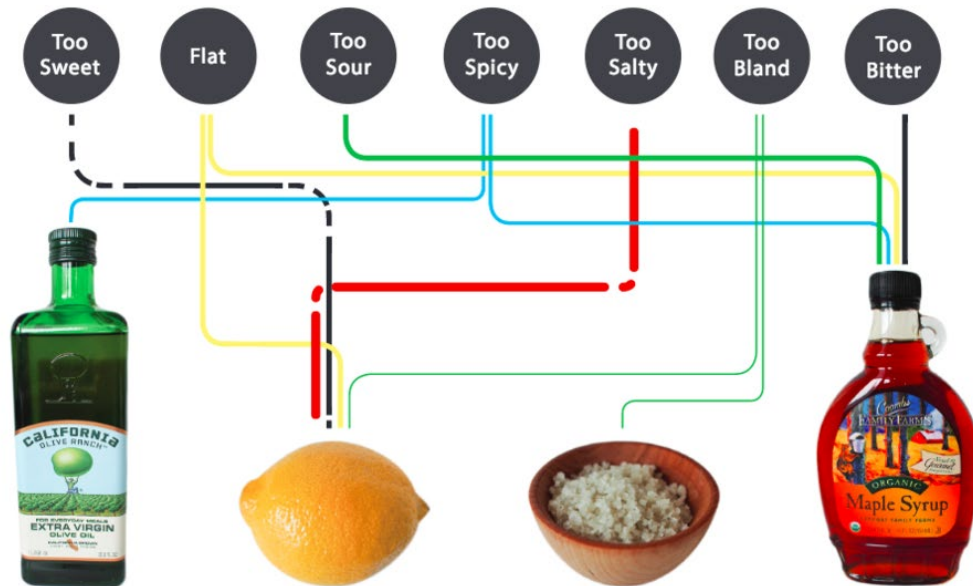


**FASS™** is an acronym for fat, acid, salt and sweet. Learning to custom flavor your food is the mark of a good cook and a LIFE-SAVER for people struggling to eat. Here's a quick picture of how FASS™ works:

**Taste, Taste, Taste! Is it too....? Then, play with a pinch or drop of...**



#### FASS™ Fixes for Troubled Taste Buds

If your taste buds are saying \_\_\_\_\_, use this FASS™ fix:

**Things have a metallic taste.** Add a little sweetener, like grade B maple syrup or agave nectar, and a squeeze of lemon. You could also try adding fat, such as a nut cream or butter.

**Things taste too sweet.** Start by adding 6 drops of lemon or lime juice. Keep adding it in small increments until the sweet taste becomes muted.

**Things taste too salty.** Add ¼ teaspoon of lemon juice. It erases the taste of salt.

**Things taste too bitter.** Add a little sweetener, like maple syrup or agave nectar.

**Everything tastes like cardboard.** Add more sea salt until the flavor of the dish moves toward the front of the mouth. A spritz of fresh lemon juice also helps.

**If you're having trouble swallowing or dealing with mouth sores,** add fat, such as a nut cream, to your food. Eat blended or pureed foods, such as blended soups, smoothies, and granitas. Stay away from ginger, curry, red pepper flakes, and other strong spices.

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