

# WHAT IF MY MEAL IS.....

- Add natural yogurt, crème or sour cream.
- Serve with bread, pasta, rice or potato.
- Drink milk with meal.
- Fizzy drinks or cold water will increase the spiciness.

## Too Spicy

- Add a little salt.
- Dilute with milk/cream.
- For desserts, add milk or small amount of fine instant coffee or cocoa.

## Too Salty

- This can happen because of medications.
- Use a plastic knife & fork
  - Take the food out of the container & place on plate.
  - Add 1 TBS of soy sauce or apple sauce to the meat.

## Too Sweet

- Add a teaspoon of sugar or honey.
- Serve with bread, pasta, rice or potato.

## Needing Flavor

- Add garlic, sauces, herbs or spices.
- Add sauces, gravies or dressings.
- To enhance flavors, ensure your mouth & teeth are cleaned twice a day.

Remember, everyone's taste buds are a little different. If you like our food most of the time, and you're getting more nourishment than before you had Meals on Wheels, it's likely a good match.