

# COVID and Recovery

Regaining The Pleasure of Eating

Presented by Shari Sibenge RDN  
UNC Internal Medicine Eastowne

# The “art” of eating

- ▶ Your ability to enjoy or experience foods comes from four main categories
  - ▶ Smell/Taste
  - ▶ Texture
  - ▶ Temperature/Presentation
  - ▶ Sensations



# Taste

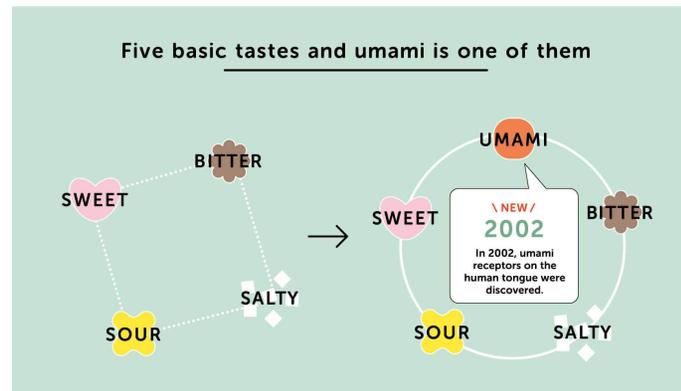
- ▶ Five basic tastes

- ▶ Sweet
- ▶ Bitter
- ▶ Sour
- ▶ Salty
- ▶ Savory also known as umami

- ▶ Umami-is actually the taste of the amino acid glutamate. It translates “essence of deliciousness”

- ▶ Found in every day foods:

- ▶ Meat/chicken
- ▶ Peas
- ▶ Tomatoes
- ▶ Onion



## Taste cont...

### ▶ Umami

- ▶ Experienced across the tongue
  - ▶ Longer lasting flavor than other tastes
  - ▶ Gives you that mouthwatering sensation
- ▶ Umami can be stronger in some foods: for example a more mature cheese has more umami flavor than fresh
- ▶ We often add umami to our foods when we find something missing:
- ▶ Like ketchup, miso, ranch dressing and soy sauce



## Smell and taste

- ▶ Part of the experience of food is actually the aroma of food that's released when swallowing.
  - ▶ Due to this when you lose or have an altered sense of smell foods no longer have much flavor or end up tasting terrible.



# Texture

- ▶ This is a very important and often overlooked part of food experience.
  - ▶ As example if your meal is mac and cheese, cooked (soft or mushy) vegetable and then a meat there is no interesting texture difference.
- ▶ Something that would bring more interest is a crunchy salad with nuts/seeds instead of cooked vegetables or something like smooth yogurt with nuts/seeds and crunchy cereal.



## Temperature/Presentation

- ▶ Different temperatures is another way to make your meal/snack more interesting
  - ▶ Have a nice cold cucumber salad with a hot grilled cheese sandwich as an example
- ▶ The more colorful your actual plate is or the food is makes a more pleasing experience for the eyes
- ▶ Remember you have other sense you want to increase at this time like touch and sight



## Sensations-Trigeminal food sensations

- ▶ Ever “tasted” something spicy hot before? Think about how your body reacted to this. What is actually taste? Or was it more of a “tingling”, “burning” or something else?



## Food for Thought...

- ▶ Be open to something new!
- ▶ Don't give up hope
- ▶ Remember something that your normally love you may not at this time
- ▶ Check out [Altered Eating](#) group on Facebook
- ▶ Use the [Taste & Flavour](#) book for recipe ideas

## Example Recipe

Umami-miso, vinegar

Sensation-chilli flakes,  
mustard, pepper

Ginger actually provides  
more sensation but  
mimics umami

## Everything dressing

### MAKES 1 MEDIUM JAR

1 tablespoon dark miso  
zest and juice of 1 lime

2.5cm (1in) piece of fresh ginger,  
peeled and grated

2 teaspoons English mustard

1 teaspoon wholegrain mustard

6 teaspoons rice wine vinegar  
(or malt if you prefer)

2 teaspoons maple syrup

1 tablespoon sherry vinegar  
(optional)

1 teaspoon dried chilli flakes

4 tablespoons Odysea extra-virgin  
olive oil

sea salt and freshly ground black  
pepper

Mix all the ingredients except the oil and seasoning together in a bowl. Then, little by little, add the oil until fully combined – the mixture should be dark caramel in colour and the consistency of double cream. Season generously with sea salt and pepper and stir to combine.

*Use this dressing sprinkled over salad vegetables, or to brush over fish before baking. You'll need 6 tablespoons to make the Cracked Cucumbers (see page 14).*

