

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

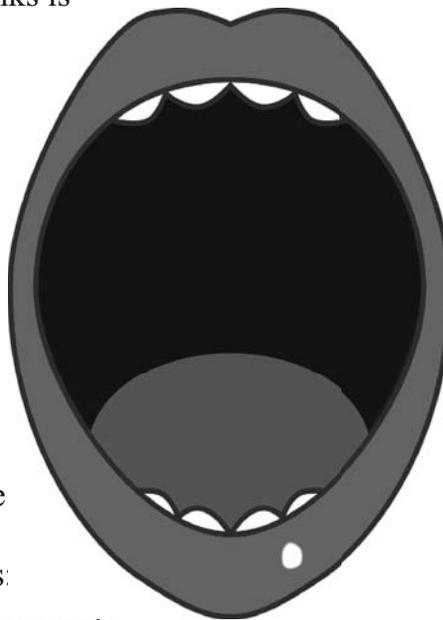
Adapting Key to Change in Taste

Taste combined with smell creates the flavors your brain processes. This is why if you are sick and cannot smell as well, you may not have much of an appetite. We all sense five different flavors: sweet, savory, salty, bitter, and sour. Taste is a crucial sensory function that helps you decide what to eat. Often, people don't prefer bitter or sour tastes because these can alert us to something as being toxic — one reason why vegetables are not always a preferred choice. A like or dislike for certain foods or drinks is due to a variety of factors, such as life experiences, genetics, age, food's appearance, and/or a person's level of exposure to foods.

As you age, you can lose up to half of your taste buds, which is why food can taste less flavorful. Although your taste buds introduce a particular flavor, eating is a package deal. If the food looks appealing, there is a greater chance you will want and like the food.

Fortunately, you have an adaptive taste system; here are some things to try to help lower your food and drink aversions:

- Slowly expose or un-expose; for example, instead of completely removing the salt from food, limit the amount over time. It takes about 6-8 weeks to change your taste bud preferences.
- Prepare and pair the food with different flavors and in different ways on multiple occasions; eating something raw versus sautéed can completely change the flavor context.
- Be exposed to the food in different settings such as eating out with friends; try ordering something you do not normally like on the menu.



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796