

Are You a Supertaster?

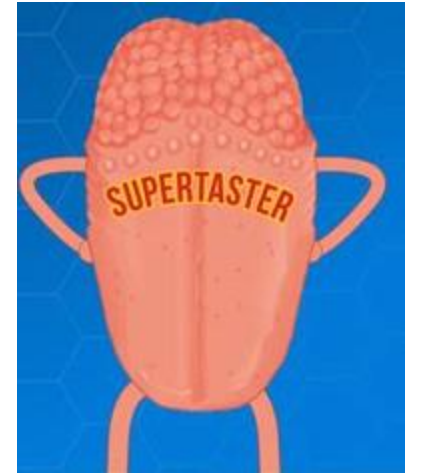
- Agenda
 - What is a Supertaster?
 - Characteristics?
 - Pros and Cons



What is a Supertaster?

A supertaster is a person who experiences the sense of taste with far greater intensity than average, with some studies showing an increased sensitivity to bitter tastes. It may be a cause of selective eating.

- Research suggests 25% of the population are nontasters, 50% are medium tasters, and 25% are supertaster.
- Women are more likely to be supertasters than men.



What is a Supertaster?

Supertasters are born with this ability. Research suggests a person's genes may be responsible for their supertasting abilities..

Scientists believe most supertasters have the gene TAS2R38, which increases bitterness perception. The gene makes supertasters sensitive to bitter flavors in all foods and drinks. People with this gene are particularly sensitive to a chemical called 6-n-propylthiouracil (PROP

Characteristics?

For supertasters, the fungiform papillae pick up bitter flavors more easily. The more sensitive taste buds are, the more intense the flavors may be..

- Supertasters may have more, stronger taste buds
- Supertasters may be picky eaters
- Supertasters may try to cover up bitter flavors with other foods
- Supertasters often eat excess salt
- Supertasters often avoid alcohol or smoking
- Supertasters may avoid dry or oaked wines & Bitter/astringent/ beers



Pros and Cons



- Pros
 - You may be a great candidate for BJCP (Beer Judge Certification Program)!
 - May weigh less than average or non-tasters. That's because supertasters often avoid sugary, fatty foods that are often packed with calories. These flavors can be too overwhelming and unenjoyable, just like bitter flavors.
 - Are less likely to drink and smoke. The bittersweet flavors of beer and alcohol are often too bitter for supertasters. Plus, the flavor of smoke and tobacco can be too harsh, too.

Pros and Cons

- Cons
 - May be picky eaters. Foods that are too bitter just aren't pleasant. That limits the number of foods many supertasters will eat.
 - Eat few healthy vegetables. Cruciferous vegetables, including Brussels sprouts, broccoli, and cauliflower, are very healthy. Supertasters often avoid them, however, because of their bitter flavors. This can lead to vitamin deficiencies.
 - May be at a higher risk for colon cancer. The cruciferous vegetables they can't tolerate are important for digestive health and helping lower the risk of certain cancers. People who don't eat them may have more colon polyps and higher cancer risks.
 - May have an increased risk for heart disease. Salt masks bitter flavors, so supertasters tend to use it on many foods. Too much salt, however, can cause health problems, including high blood pressure and heart disease.