**Are you a SUPERTASTER?**

**What foods do you LOVE and HATE?**

---

### Taste sensitivity varies among people

- Depending on the sensitivity to a bitter compound (6-n propylthiouracil, PROP) people can be classified as:
  - NON-TASTER
  - MEDIUM TASTER
  - SUPERTASTER

- PROP sensitivity is related to genetic variation (receptor gene TAS2R38)

- PROP status has also found to be related to the number of papillae on the tongue that house taste receptors

### Some research studies suggest that...

...our food preferences and choice can be influenced by taste sensitivity

#### SUPERTASTERS LIKE

**SALT**

PROP supertasters have been found to be more sensitive to salt. However, they may have higher intakes of sodium because sodium salts mask unpleasant bitterness in products such vegetables. (1)

#### SUPERTASTERS DISLIKE

**GREEN VEGETABLES**

Supertasters may eat fewer green vegetables because they are bitter. Lower consumption of these nutritious foods could have health risks. (2)

**SUGAR**

Research shows PROP super-tasters perceive sweet more intensely than non-tasters. This could lead to less sweet foods in the diet. (4)

**FAT**

PROP supertasters are more sensitive to differences in fat content in food and have been found to prefer lower fat foods. (3)

### SOURCE OF INFORMATION

3. Tepper, B. J., Nurse, R. J. (1997). Fat Perception is Related to PROP Taster Status, Physiology & Behavior, 61, 949-954