



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

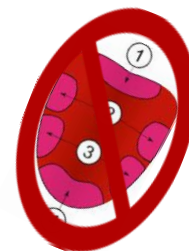
All in Good Taste

Bittersweet moments and feeling salty; these phrases are proof that we use our knowledge of taste to describe more than just food. Without taste, the foods we eat would be bland and unappealing. Learning to slow down and appreciate the taste of food is one of the main principles of mindful eating, a strategy that helps us to recognize hunger cues. Find out how to further explore your taste palate in the dining halls by reading below.

	<i>Sweet</i>	<i>Salty</i>	<i>Sour</i>	<i>Bitter</i>	<i>Umami</i>
What do our taste buds detect?	In addition to sugars, amino acids, alcohols, and sugar alcohols also activate sweet tastes.	Salt taste is triggered by the ions found in table salt (sodium chloride) and other mineral salts.	Sour taste comes from acids in foods. Citric acid is the sour compound found in citrus fruits such as lemons and limes.	Humans can detect bitter taste from 35 different plant sources. Bitter foods include coffee and broccoli.	Glutamate is the main amino acid that triggers the umami taste, which is perceived as savory.
Fun facts There actually is a 6 th taste called oleogustus “a taste for fat”	Humans are born with an innate preference for sweet tasting foods.	Salt enhances other tastes in foods, which is why pairing chocolate and salty pretzels is so satisfying.	Popular sour candies like Sour Patch Kids pack their pucker from citric and tartaric acids.	From an evolutionary perspective, bitter taste developed to protect us from ingesting poisonous plants or rotting foods.	Umami translates to “delicious” in Japanese and was discovered by Kikunae Ikeda, a Japanese chemist.
Tastes in action in the dining halls	Satisfy your sweet tooth naturally with fresh fruit or dairy milk (inherently sweetened by the sugar lactose).	Reduce added salt by choosing herbs and spices, such as oregano or cinnamon, for flavor.	Brighten up salads with a splash of vinegar or squeeze a lemon wedge into your tea.	Balance out the bitterness of black coffee with a dairy or non-dairy milk. Temper the bitter taste of broccoli by dipping it in hummus.	Add a little umami to your meal by including fermented soy products (soy sauce and miso), or a sprinkle of parmesan cheese.

Myth Busted

While it was previously believed that each taste is concentrated in a specific zone on the tongue, taste buds are actually dispersed throughout the tongue, soft palate (roof of your mouth), cheeks, epiglottis and upper esophagus.



Best (taste) buds

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