

NUTRIGRAM

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Be a Taste Explorer

Did you know that your tastes may change as you get older? This means that if you have tried a food and didn't like it, you should try it again later. You may find that the second (or third or fourth) time around you might like it.

What makes food taste different?

Each food that you eat can have very different tastes each time you eat it. For example, if you eat a cooked carrot, it will taste very different from a raw carrot and fresh spinach in a salad will taste different from sautéed spinach. Ripeness can also make foods taste different. Bananas taste sweeter when they are yellow and starting to turn brown than when they are still a little green. Seasoning can also make food taste different. This is why it is possible to like spaghetti sauce but not like tomato juice. They are both made from tomatoes, but taste different.

Is it normal to be afraid of new foods?

Yes. We are all afraid sometimes that we will eat something that we don't like. The important thing to remember is that for the most part, we have nothing to lose by trying a new food. When trying a new food, follow these tips:

- ▶ First, have a taste. Take just a small amount of the new food as part of your meal. This way if you don't like the new food, you have something else to eat.
- ▶ Try it with something you like. Sometimes mixing a new food with one that you know you like can make it easier to try the new food. For example, if you know you like potatoes and have never tried broccoli, try putting broccoli and cheese on a baked potato.
- ▶ Don't give up! If you have tried a food once and didn't like it, give it another chance. You might not have liked the way it was prepared. In some people, it can take as many as 10 tries before they learn to like a new food.

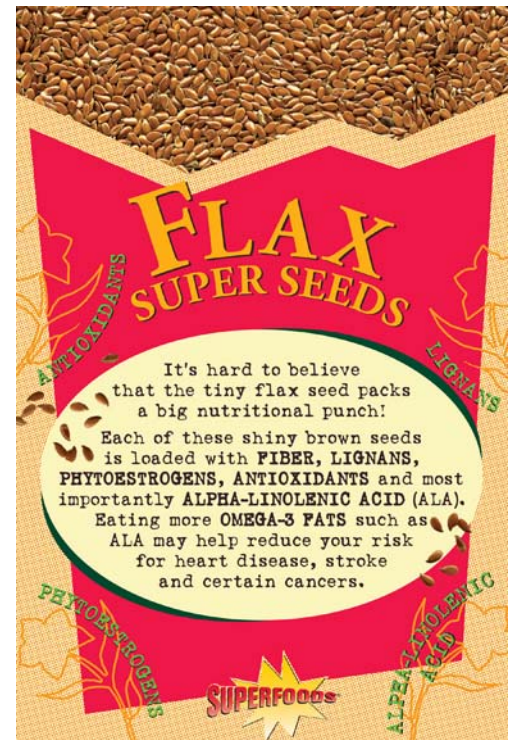
Be a Taste Explorer!

Every week choose a new food to taste. Try it out in lots of different ways. Look for new recipes or new dishes from your favorite restaurant. You might discover a new food that you really like!



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