

Taste phenotypes, endogenous factors and their role in health and disease

Camilla Cattaneo*, Cristina Proserpio, Ella Pagliarini, Monica Laureati

Sensory & Consumer Science Lab (SCSLab), Department of Food, Environmental and Nutritional Sciences (DeFENS), University of Milan, Italy

Poor food choices and excessive consumption significantly contribute to the rise of modern chronic diseases, particularly impacting the prevalence of obesity and related health issues. Therefore, understanding the determinants of food preferences and choices is crucial for crafting effective public health interventions aimed at fostering healthier eating habits.

Research indicates substantial differences among individuals in their responses to taste and sensory stimuli, which can serve as reliable indicators of dietary quality and overall health. This presentation delves into the intricate realm of taste complexity, examining variations in sensory-liking patterns for basic tastes, known as taste phenotypes, and their associations with dietary habits and body composition.

Furthermore, given that human eating behaviors are influenced by a multitude of factors, including sensory and non-sensory elements, the discussion extends to the role of endogenous factors such as gender, ethnicity, and microbiota diversity in shaping taste preferences. This sheds light on the microbial impact on sensory perception and its potential ramifications for dietary choices and health-related behaviors.

By exploring the interplay between taste phenotypes and endogenous factors, a more nuanced understanding emerges regarding how our palate shapes dietary decisions and health outcomes. This insight lays the groundwork for personalized approaches to nutrition and healthcare, tailored to individual taste profiles and physiological factors.

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