



### Foods that Taste Bad

Research has shown that foods that taste bad are good for you! A research review from the University of Washington reported that the phytonutrients in food are responsible in large part for the “bad” taste of many of the foods high in these nutrients that are so important.

Unfortunately, a dislike of these flavors has been ingrained in most people by nature. Humans and other animals have long associated bitter or sour flavors with spoiled or poisonous food. When it comes to phytonutrients, the demands of good taste and good health may be incompatible.

Despite the fact that phytonutrients have been associated with cancer prevention and other health benefits, the food industry removes them because they taste bitter, acrid, or astringent. Debittering foods has been a focal point of the industry for decades, either chemically during processing or by breeding bitterness out of such things as broccoli and zucchini. Unfortunately, this focus on taste may be coming at the expense of our health.



*Source: Adapted from the American Journal of Clinical Nutrition, December 2000*

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