



BROOKLYN_BORN

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My favorite food? Whatever somebody else made and put in front of me.

Saturday, March 23, 2013

I used to think that it was my lack of skill in the kitchen, my impatience at “stir until thickened” type directions or even some inborn laziness that made the above statement all too true.

There may be another reason.

Watermellen’s blog on Friday (3-22-13) “Not a whole lotta taste” describes research that found that people fall into 3 categories – Super-tasters, regular tasters or non tasters.

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5295871

I know that I have an enormous capacity to eat food – any kind of food. This goes beyond binge eating which happens occasionally in response to some life event. I can eat huge amounts of healthy food too at just about anytime.

Perhaps I don’t have the taste buds that cause some people to be “picky” or discriminating eaters as described in the research.

That’s where my food scale, nutrition tracker and yes, even my daily weigh-in are needed for me to face reality. I’m so happy to have these resources. I do not want to go back to the “old me.”

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MOOSLADY

I am definitely a super taster! My husband teases me because if I taste something new, I can often identify every ingredient by taste alone. I don't are much for fruit because for me, it tastes too strong. Now I question about not being able to eat fat. Alfredo sauce and I are great friends, but not the kind in a jar. So for me, the blander the food, the more I can eat. Things like pasta, custard, whipped cream, rice. You give me something very savory or complex in flavor and I will enjoy it more and eat much less. My youngest will actually vomit as even the smell of something too strong so I think she is like me.

3004 days ago

**WATERMELLEN**

Thanks for the shout out! I'm a three newspaper a day person . . . but don't watch news (or anything else) on TV.
3004 days ago

**CELIAMINER**

I don't think I'm a super taster, but I can discriminate a lot of different flavors. I just call myself a "foodie."
3004 days ago

**DR1939**

I have a daughter who is very sensitive to spicy/hot, a husband who is moderately so, and I am not much. I can eat the carrots from the bowl at Mexican restaurants and jalpenas often are mild-tasting to me.
3005 days ago

**JAHINTZY**

interesting stuff, I'd say I'm probably on a higher end of a normal taster. I started cutting back added salt in highschool (around 10 years ago) and added sugar in college. I've noticed that ever since cutting back on salts and sweets many processed foods are overly sweet or salty for me to eat, doesn't mean that I don't love eating savory or sugary things - it's just not usually to the level of the chain restaurant chocolate lava cake. Instead I go for more homemade sweets, still definitely highly caloric. Oh, or good bacon... or good sausage... if I have something in front of me that's extra tasty it can be hard to stop when I'm full because it tastes sooo gooooooood.

I do really notice the flavors in most of my foods, I hated veggies as my mom cooked them but I've learned how to better cook them so they aren't bitter. I also learned the power of my spice cabinet, the wisdom of left overs, and the fact that by learning to cook well - I don't have to keep eating past when I'm full because it's so good, I can make it again.
3005 days ago

**BARBARAJ73**

Interesting info... have to think about this one. Thanks for sharing!
3005 days ago

**CD11026554**

I can remember watching some scientific programme on the TV years ago about this - they referred to it not so much "non tasting" but as "dulled tasting". It really hit a chord with me and I'm sure there's an element of truth to it. I've yet to find a food I can't eat (although I'm put off by the thought of eating some of the more "exotic" dishes served in some foreign countries....) - I definitely have dulled taste buds!
3005 days ago

**MERRYMARY42**

me too, if someone else makes it, I think it is wonderful, and congratulations on your 3 year maintenance, if and when I get back to my goal weight, I will remember how easy it is to stop tracking, I never quit my exercise, just ate more junk (love it) but it has been 3 years since I was at



my goal, so you and I kind of are opposites
3005 days ago

**WILSONWR**

The food tracker keeps me honest and I know immediately if I had a "bad" day. It also keeps me from eating too much if I see the impact...
3005 days ago

**CD13227574**

I hear ya. I'll take someone else doing the work every time, translating into "Lets go out!" I was

blessed with large quantities of that "live to eat" gene. 🍴 The food tracker is a good friend, at home. For some reason, it never seems to be invited to dinner with us! I wonder why that is!



3005 days ago

**GINIEMIE**

I like varied foods and am willing to try most things. I have a few developed food allergies and aversions that keep me a bit in check. I'm grateful for the food tracker too.



3005 days ago

**MISCHAKEO**

I like the food tracker also. It helps me stay focused. I also had the capacity to binge where I really did not enjoy the food I was eating. I am not planning to go back to the old me either.





You are doing a great job of developing healthy eating habits and in maintaining!



3005 days ago



SOPHIEDO13

I like the food tracker too.

3005 days ago



LOLATURTLE

Interesting! I can eat a lot, too, but I'm also picky about some things. Most of my dislikes are texture related. (Shellfish! Euuucghh!)

I think my problem is I eat too fast, plus I "eat with my eyes." Somewhere I developed visual ideas of what is "enough" food, and of course those are visuals of big piles- way too much. Then I eat it so fast my body doesn't have a chance to let me know my hunger is taken care of. I have to measure my food to outsmart this tendency. Still working on slowing down!

3005 days ago



COCK-ROBIN

Go for it!

3005 days ago



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