**Bitter Taste**

**A bitter warning**

Bitter, milky, your genes make you sensitive to certain bitter tastes.

**IF](false)** research participants with genes for the **I](true)**. 80% of us carry a taste.

80% we normally taste

10% are 0-tasters

**How did we calculate your result?**

To find out how taste, genetic tests identify which of your genes are associated with bitter tastes. We asked you questions about your preferences for certain foods and drinks, and compared these with what we know about the genes associated with bitter taste.

**More about bitter taste**

**Role of genes**

Taste is encoded by a combination of genes. If your genes have a mutation in the conserved domain of the T2Rs, you may find bitter tastes intense and even unpleasant.

**Taste preference**

Your genes determine the bitter taste that you perceive. Many foods that are considered bitter are actually sweet to a person with T2R mutations. However, some people with T2R mutations may find certain bitter-tasting foods more intense than others.

**How to improve your bitter taste experience**

If you find bitter tastes unpleasant, you may want to consider trying some of the following strategies to improve your taste experience:

- **Reduce your intake of bitter foods.** Many bitter-tasting foods, such as coffee and dark chocolate, contain a high concentration of bitter compounds. Reducing your intake of these foods may help improve your taste experience.
- **Try to find different ways to prepare foods.** For example, you may want to try roasting vegetables instead of boiling them, or using a different type of spice.
- **Seek professional help.** If you are finding it difficult to enjoy your food or are experiencing other symptoms, you may want to consult a healthcare professional who can help you develop strategies to improve your taste experience.

**Keep exploring your traits results**

- **Contact your genetic counselor and discuss the implications of your results.**
- **Join online support groups and connect with others who have similar experiences.**
- **Consult a healthcare professional and explore treatment options.**

**Scientific Details**

We use one of two different methods to calculate your trait results.

**References**


**About your Bitter Taste result**

Your results indicate that you have a low bitter taste.

**Change Log**

- **Sep 30, 2011**: First release of the Bitter Taste report.
- **May 10, 2012**: Updated the report to include new information about the role of bitter taste in childhood obesity.
- **Nov 20, 2013**: Updated the report to include new information about the role of bitter taste in the development of obesity.
- **Dec 25, 2015**: Updated the report to include new information about the role of bitter taste in the development of obesity.

*Note: This information is for educational purposes only and should not be used as a substitute for professional medical advice.*

**Table:**

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<th>Trait</th>
<th>N</th>
<th>Expanded trait</th>
<th>Functional impact</th>
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**Note:** The table above shows the results for your Bitter Taste trait. The number of people who have this trait is indicated by the number in the N column. The expanded trait refers to the specific aspect of the trait that was measured. The functional impact column shows the extent to which this trait affects your overall experience with bitter tastes.