

Protective Diet Class #073

Super Tasters and Taste bud Evolution

This class shares the science confirming the longer we eat healthy foods, the better those foods begin to taste, and their appeal amplifies overtime as taste bud sensitivity continues to improve. After years of numbing from overly salted, sugar-filled, oily, chemically-enhanced foods, our taste buds can wake up to love the simple flavor of whole, plant-based meals. Becoming a PD supertaster dramatically improves food enjoyment and satisfaction living this lifestyle.

Announcements

- Use your real name to login to the [PD-Ed Classroom](#) and in our support group, [Protective Diet Living \(PDL\)](#), so we can get to know you. This is a community. We treat each other like family.

Vocabulary

Taste bud Receptors	Dulled Dopamine Response	Taste bud Reprogram	Sustainability
Dopamine Receptivity	Addictive Substance	Supertaster	Meal Satisfaction

Action Steps for Effortless Taste Bud Evolution

- **Reset Your Taste Bud Sensitivity**

Science confirms:

CALORIE DENSE & CHEMICALLY CONCENTRATED FLAVORS ON THE TONGUE = DULLED DOPAMINE RESPONSE & CONTINUOUS HUNGER

- Dopamine is the brain's pleasure, motivation and reward neurotransmitter.
- High fat, high sugar & chemically enhanced foods trigger your brain into pumping out large amounts of dopamine.
- In order to maintain equilibrium the dopamine receptors downregulate, becoming less sensitive and requiring more stimulation to achieve the same level of satisfaction.
- Sugar and fat are classified as addictive substances that decrease dopamine receptivity leaving you hungry for more.

100% SUGAR-FREE, FAT-FREE, LOW SODIUM, NATURAL WHOLE FOOD ON THE TONGUE = TOTAL MEAL SATISFACTION

- After just 2-3 weeks on a low-fat, low-sodium, sugar-free diet, increased sensitivity happens.
- May take longer for people accustomed to high-fat/sugar foods or who are still consuming them occasionally.
- Taste bud reception continues to improve overtime on a diet free from concentrated sugars, fats and food additives.

Protective Diet's 30-day Detox & Taste bud Reprogram confirms:

- Removing food additives/fats/sugars allows taste buds to reset.
- Taste bud receptors becoming very sensitive to the natural fats, sugars and salts in food. Fat-free food tastes full-fat.
- Complete taste bud reprogramming dramatically improves satisfaction and sustainability on a Protective Diet.
- The flavor and eye appeal of Protective Diet recipes cause a healthy, natural dose of dopamine.

- **Continue Your Taste bud Evolution & Become a PD Supertaster**

<p><u>Just Getting Started on a PD</u></p> <p>PD oil-free salad dressing tastes flat.→ <i>(fat receptors are dull from eating full-fat salad dressings)</i></p> <p>PD muffins taste ok. PD Brownies taste bitter.→ <i>(sweet receptors are dull from eating high-sugar foods)</i></p>	<p><u>PD Supertaster—after weeks/months of 100% PD</u></p> <p>"I love it! It tastes so creamy to me!" <i>(fat receptors are sensitized to the natural fats in brown rice)</i></p> <p>"Now that I've eliminated sugars they sing in my mouth!" <i>(sweet receptors are sensitized to the natural sugars in fruit)</i></p>
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Improved Fat Receptor Sensitivity

- Fat-free and oil-free foods taste like they are missing something at first.
- Overtime our taste buds become sensitive the trace fats in tofu & [chia seeds](#) (used to thicken fat-free salad dressings).
- Fat-free and oil-free begin to taste like full-fat, but it takes some long-term practice without slipping in oils and fats.
- Longer-term practice will have you tasting trace fats found in [rice](#) and the buttery creaminess of mashed potatoes.
- It might take longer than 30 days to get this sensitive fat reception, especially if you were on a high fat diet.

Improved Sweet Receptor Sensitivity

- 1st taste bud receptor to reprogram after 100% removal of concentrated sweets including: sugars, syrups, nectars, dried fruit, artificial sweeteners & additives.
- [PD Recipes](#) use 2 sweeteners to aid in the adoption of a sugar-free diet.
- [Stevia](#) and [Erythritol](#) do not mess with your taste bud reception because:
 - They are not appealing on the tongue when used plain
 - Adding too much becomes unappealing in taste and texture
 - They do not cause cravings or have the same effect on the brain as sugar
 - Overtime they lose their appeal rather than continuing to draw you in
- They are included in PD recipes to:
 - cut the bitterness of [cocoa powder](#)
 - compliment the sour in citrus sauces
 - sweeten vinegar-based sauces and salad dressings
- Make adjustments over time, not because it's a goal, but because your taste buds are too sensitive to enjoy it anymore.
- If you decide to consume concentrated sugar you will hold up your reprogramming process and make natural foods seem bland and boring = incentive to stay on-plan 100%.

Erythritol—a natural sugar alcohol that has been around since the 1800s. Zero calorie, absorbed and digested.

Stevia—an herb, native to South America, whose leaves are the source of a no calorie sweetener.

Improved Salt Receptor Sensitivity

- PD recipes are low-sodium compared to the average diet
- Use salt to make your food appealing when you are first starting out, but consider reducing as your taste buds evolve.
- Taste your food and eat without distraction to notice if it's saltier than you really need it to be.
- Are you very thirsty after a meal? Do you need a glass of water in the night? Sodium may be causing depletion.
- Make [King Sauce](#), [Healthy Hottie Sauce](#), or [Probiotic Pepper Sauce](#) in place of hot sauce for a fraction of the sodium.
- Make your own [PD Salsas](#) to monitor the sodium content.
- A little salt keeps many interested and on plan rather than becoming bored. If it's not enjoyable, it's not sustainable.
- Include salt when having non-PD dinner guests so food is not boring and bland to them.

• Commit to your taste buds for best results

- Going off-plan messes up our taste bud reprogramming.
- Sugar and fat, even in small amounts, cause addiction from a dopamine response that guides you to keep eating them.
- Allowing a "free pass" at a party or on vacation is not a gift to yourself at all. It's not a treat. It causes a setback.
- Sabotages all the work you have done with your tongue to make those taste buds say, "Oh these strawberries are the best strawberries I have ever had in my life!" I want you to have that experience with natural foods.

Student Q&A

- Q: Are hemp seeds included on a protective diet?
Q: Why are [chia seeds](#) used on a protective diet?
Q: What about "health sugars" like coconut or date sugars?
Q: Is the fat in tofu an issue?

Encouragement

- I want to make this lifestyle easy and the food satisfying and enjoyable. We shouldn't be eating boring food.
- I can't believe my taste buds have changed as much as they have and I jump for joy because everything tastes fantastic.
- These are your taste buds. Make them the best.

"Plain air popped popcorn tastes sweet and bananas are like candy bars."

(Marci, a PD Supertaster)

Recommended Recipes

- [Creamy Ranch Dressing](#)
- [Healthy Hottie Sauce](#)
- [Salsa Mocajete](#)
- [King Sauce](#)
- [Salsa Roja](#)
- [Salsa Verde](#)

Recommended Classes

- [#072 PD Practice Check Up](#)
- [#108 Whole Food Detox](#)
- [#006 Taste bud Reprogramming](#)