

MORE DIVERSITY ON YOUR PLATE

THE FLAVOURS (on the plate)

The following are the five tastes that the taste receptors on our tongue can distinguish:

BITTER

A bitter start to this list, this taste is the most sensitive for the human palate, with the perception bringing an unpleasant sensation forward. Coffee, cocoa and olives are examples of bitter foods.

SOUR

Souring the mouth party, this taste is associated with the presence of hydrochloric acid in food. Fruits such as lemon, grapes or oranges are common examples of sour foods, and milk, if not stored properly, can get a sour taste.

SALTY

A pinch of salt is next on this list, this taste arises from the presence of sodium ions in substances or, in other words, it arises when we add salt to the food we eat.

SWEET

Next on the list is a sweet detour, most strongly experienced when we eat sugary treats, whether they are of natural or artificial origin. Fruit and berries, all the varieties of sugars and honey are all examples of sweet taste.

UMAMI

To savour all we've come to read, the last basic taste of the human palate is umami, also known as savoury. Umami is the word used to describe a tasty and pleasant taste. Foods full of umami taste are fish, seafood, cured meat, vegetables or fermented foods.

A HEALTHY DIET STARTS WITH A COLOURFUL PLATE

As we tend to see food before we eat it, colour is the first element that jumps out at us. Since the moment we are born, we start associating colours with different types of food, textures and scents. When choosing fruits and vegetables we trust colour, appearance, texture and scent to guide us on determining the level of ripeness and freshness.

Food color provides visual stimuli, shapes emotional states, and supplies specific nutrients that strengthen and take care of specific organs. Color also provides information about which beneficial nutrients are present in each piece of food we prepare, allowing us to easily and beautifully bring together a balanced dish.

White – STRENGTH – Sources of potassium and calcium are often white. They contribute to the maintenance of bones, help keep the heart beat regulated and are fundamental ingredients for a functioning nervous and muscular system.

Green – CLEANSING – The pigment responsible for this colour is chlorophyll, an important cellular fuel. Green foods detoxify cells, inhibit free radical, protect skin and hair and prevent our organism from absorbing chemical substances.

Orange – DEFENSE – Full of β -Carotene, these foods are essential for the maintenance of skin and hair. They are rich in vitamin C, help collagen stay active, and have an antioxidant effect against free radicals. They also benefit eyesight and strengthen the immune system.

Red – ENERGY – Red foods are advised to counteract depression, tiredness and low libido. The red brought by lycopene is associated to vitamin C, which together have an antioxidant effect with many benefits like cancer prevention and stress reduction.

Purple – LONGEVITY – Purple foods contain anthocyanin, a pigment linked to vitamin B1. Food with this pigment help delay ageing and neutralize carcinogenic substances. They also help a flowing circulatory system, protect the heart and as such benefit the nervous system. They are also a source of iron.

Brown – REGULATOR – Full of fibre, brown foods boost intestinal health, preventing constipation. They also have antioxidant and vasodilating effects and help fight anxiety and depression.