

INTRODUCING (& ENJOYING) NEW FOODS! - TIPS, TRICKS, and TECHNIQUES

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After your MRT testing you may be encouraged to eat many foods you're not familiar with, so we thought some information and links to other sites would help make this process easier. It's of utmost importance to establish healthy eating patterns and to eat a diet that is balanced, varied and healthy. And, since a lack of fruits and vegetables is the most common nutritional omission people make, anything to encourage you to eat them more often is a good thing.

RETRAINING YOUR TASTE-BUDS

Our food preferences tend to develop as children. By the time we are adults, our ideas about what we 'like' or 'don't like' are often set. If you're not one of those people that "eats anything and everything" we challenge you to consider adding new foods to your diet, even foods you currently dislike. And we offer you a new way of looking at and testing your own food preferences.

Many children grow to adulthood dismissing or forgoing whole categories of fruits or vegetables. It's common to hear adults say, "I hate vegetables," or "I only like peas, corn and potatoes," or "I like a few fruits and vegetables, but I've never even tried many of them. "

It's not commonly known that many adults dislike certain foods because the foods were introduced, offered or forced upon them as children. Here's an example of how this may happen.

First, we'd like you to follow along on an imaginary caveman walk.

Imagine yourself as a caveman (or woman) ... wandering the forest in search of food. You spot a berry patch, taste one, find it acceptable, and eat a few. If you don't become sick or get an upset stomach, you may repeat the same thing the next day. If, with continued consumption, you find it fills your belly, and doesn't make you feel bad, you will assume it's an 'okay' food, maybe even prefer it over other foods.

Now, another caveman walk. Another berry. Another taste ... and the results are negative -- illness, or vomiting, or just a feeling of un-ease. Do you think you would choose that berry again? Of course not! At least not anytime soon. You assume the berry caused the illness here.

Now, maybe, eventually, if everybody around you continues to eat them with no ill effects, you may give them another try. Depending on how horrible you felt the last time you tried them.

Now, jump to modern day.

Mom or Dad sits Junior down in front of his meal. Well, **junior, at 3 years old, still has very acute taste buds. The healthy fruit or veggie that tastes great to Mom and Dad tastes extremely bitter to junior.** He doesn't like it and knows it! He doesn't want to finish the huge serving (huge to a 3 year old) dished out for him. He spits out the offending food. But, for the moment, instead of being able to leave the food on the plate, Mom or Dad make a huge issue of eating it. (Don't listen to your body ... eat regardless of how you feel. . .) They force junior to eat

the food ... even if it's cold. Junior's no longer hungry, having finished the rest of his meal. He's left sitting at the table alone, when he'd rather be playing outside with friends. He's feeling embarrassed, hurt, unheard, frustrated. He may even force the food down. And, as a child, he doesn't have the ability to understand that it's not the food that's causing the misery, it's his parents. But, he loves his parents and relies on them for everything ... so his anger and hatred is targeted towards the food ... So he thinks "It must be 'bad food.'" And, so, he decides to never eat that food again since he associates this food with feeling miserable. **(Not knowing that over time, his acute taste for bitter will tone down, and that the same food may in fact taste good eventually.)**

Fast forward 20 years. Junior is now 23 and still hates the veggies he was forced to eat as a child. Can he ever overcome this hatred? He may not think so, but in most cases, yes, **taste buds may be retrained**. There is a trick we can play with our minds, as adults.

HOW TO RETRAIN YOUR TASTEBUDS

We have learned through psychology that our body responds to what's happening in our brain. Feel happy, we smile. Feel angry, our face frowns. And, we've also learned that it works in reverse as well. Feel sad? Plant a smile on your face anyway, and eventually your brain starts to think you must really be happy.

Try these steps and you may 'relearn' to like new foods or retrain your taste buds.

Step 1

Taste 1: **Start on a day when you're in a great mood!** Life is good. You're happy - or at least satisfied with life. While in a good mood, have your first 'trial' taste of a previously disliked food. Prepare a very small amount in an appetizing format. Or you may want to try new foods when eating out or at a party. Ideally, use fresh or lightly steamed vegetables. Apply a few drops of butter or olive oil and a tiny sprinkle of salt the first time, if you wish. Smile. Take ONE and ONLY one bite of the new food. Keep smiling. Finish your meal, and don't take more than one bite of the new food.

Taste 2: A day or a week later. REPEAT the above with the same food. Again, take only ONE or two bites and STOP. Don't think about it too long; just enjoy the rest of your food.

Tastes 3-7: Over the next few days, or few weeks, REPEAT.

Taste 8: By this time, you've had a bite or two of a previously disliked food seven times. And, every time it probably didn't make you sick. It probably didn't taste ALL that bad. In fact, you were even smiling and pretty happy before and after the tastes.

So what happens?

Your body decides this must be a 'safe' food. It didn't make you ill or miserable. Nobody was breathing down your neck. You were in control.

In time, if you start having larger portions, you may even find you begin to LIKE this food. REPEAT this process for any and all vegetables, grains, fruits, nuts, etc that you want to eat again.

Will this work for ALL foods? Maybe not. This author has tried it with liver. She STILL hates liver as much as she did as a child. :-)

Others may find that a particularly offensive food is never liked. Brussels sprouts, mushrooms and asparagus seem to be common culprits for foods some people just never learn to love. Still, others may find they can tolerate a food, even if it will never become a favorite food.

Finally, a couple of warnings are needed.

If there is a true allergy to a food, don't ignore this response. Food allergies can range from uncomfortable to deadly. One reaction, Oral Allergy Syndrome can cause your tongue to burn or tingle when you eat certain foods. This happens mostly with raw fruits or nuts. If this happens, stop eating the food immediately and speak with your doctor about this situation.

One little boy would spit out walnuts and rub his tongue off after eating them. He never seemed to like them, but would eat them if forced. Mom never picked up on this and continued to use walnuts in many dishes. By the time the boy was 4, he had a full blown IgE allergy with hives over his body and a swelling tongue and throat from even a trace amount of walnuts. So, do listen to your body and obviously, avoid any known allergens and any other 'reactive' food.

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And for people highly sensitive to food smell, taste, etc. read

<http://alternativethyroidtherapy.com/wp-content/uploads/2011/02/Food-smell-taste-sensitivities.pdf>