

Palate Development

How to use this card:

*Pass this card around. Each person please state your name and read a small section of the content on **Palate Development**:*

Concept 19: Palate Development

The process of acquiring the desire to eat healthy, whole foods because they taste delicious and the loosening of the grip that processed foods have on your taste preferences.

As your body lets go of the structures that keep you desiring processed food, it builds the structures that help you enjoy the taste of real food. But it takes time and lots of support to get through the transition if your preferences and identity are wrapped around drug-like food and drink. We don't promise that the food we make is delicious; we do promise that in working the program your tongue will change and awaken to the pleasure of eating whole food. Through your own personal process of palate development, you will learn to distinguish between treats – the foods you can eat with great pleasure but which do not trigger unwanted eating – and triggers – the foods that do lead to unwanted eating.

Continue around the table by briefly sharing how you relate to the Suppers concept of Palate Development.

Give examples of the real, whole foods that give you the most pleasure.

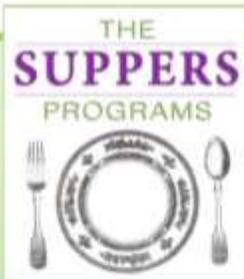
Discussion Prompts (Each person select a prompt that works for you.)

- Name a food you wished you enjoyed because you think it's healthy. What do you need to happen to eat more of it?
- If we say "It's a leap of faith" that you will start to desire and even crave the vegetables and other foods that keep you healthy, what supports do you need to move in that direction?
- How do you relate to this: If you have digestive issues, chances are good that the micro-organisms in your intestines – gut flora – make you crave what they want you to eat.
- What social and emotional support would help you move your palate in the direction of eating primarily the foods that will bring you good energy and vibrant health?

Ideas for Next Steps:

Experiments and Observations:

- For people who want to develop a more mindful relationship with food and eating, do the blindfold meal activity at your Suppers meeting. Cover your eyes for at least five minutes and engage fully with tasting food.
- At your Suppers meeting, do the flavor experiment:



Flavor Experiment

This is a tasting experiment in which you will

- get in touch with your sense of taste
- learn how to balance the flavors in your food
- and gain insight into how you can gently transition your palate toward healthier balances of flavor. Check out "[Dor and Chef Allie's Notes on Flavor](#)" on the Suppers website for more information.

Start with salad dressing, then try balancing a soup or stew.

As you follow the prompts, note the balances your taste buds prefer. Use the plate graphic below to help you make decisions. For example, if the flavor is too salty, add a little lemon or vinegar. If it's too bitter, add something sweet.

Make notes as you go so you can reproduce the most pleasing and healthy balance for you.

For Salad Dressing:

In a small bowl, whisk together:

2 TBS olive oil
1 TBS vinegar

... Taste alone

Add a big pinch of salt

... Taste alone

Decide if the balance needs more salt, or, if it's too salty or not acid enough, add vinegar.

Now add ¼ tsp honey.

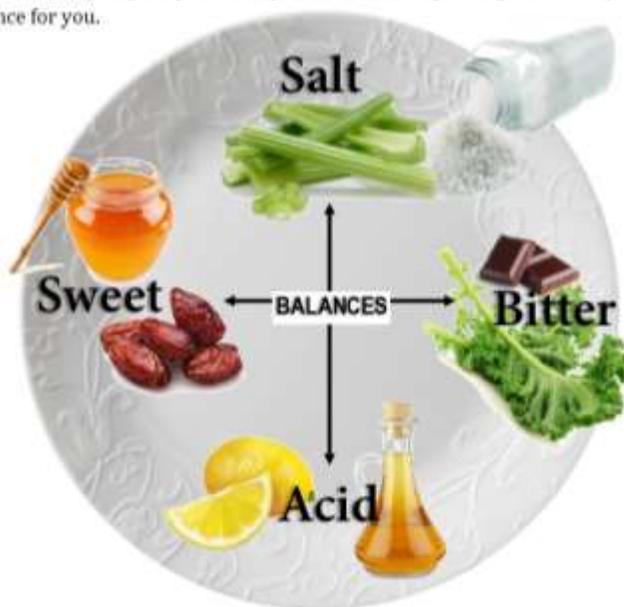
... Taste alone

... Then taste it on a leaf of kale.

Write a comment about what you need to get a tasty, balanced salad dressing.

Many of our salad greens are bitter and require more of a sweet note in the dressing. Celery is a salty vegetable and may require a higher proportion of acid.

How does eating it on vegetables change the flavor needs?



Balance A Soup:

This is easier. Make a broth of vegan or chicken stock and coconut milk. Use salt and lime juice. Then add a sweet note and a bitter vegetable to get a well-balanced effect. Experiment with the [Thai Coconut Soup](#) recipe on the Suppers website.

Between Meetings:

- Read how other Suppers members related to this concept.
 - For people struggling with children's eating habits: Read [Anu's Story](#), page 247, and [Zita Serves a Stone](#), page 246 in the 2nd edition of *Logical Miracles* or on the Suppers website.