

Supplementary Table S1. Number of papers for each taste based on phenotype or genotype classification.

Taste	Phenotype	Genotype
Bitter	5 cohorts in 7 papers	4 cohort in 6 papers
Sweet	4 cohorts in 5 papers	2 studies
Fat	0	1 study
Salty	0	0
Sour	0	0
Umami	0	0

Supplementary Table S2. Genes and SNPs associated with each taste.

Taste	Gene	SNPs
Bitter	TAS2R38	rs713598 rs10246939 rs1726866
Sweet	TAS1R2	rs9701796 rs35874116
	TAS1R3	rs35744813
	GNAT3	rs7792845
Fat	CD36	rs1761667

Table 3. Most frequently reported food based on taste qualities.

Food categories/ Taste		Bitter		Sweet		Fatty	
		Phenotype	Genotype	Phenotype	Genotype	Phenotype	Genotype
Total Brassica vegetables	Pref.	0	0	0	0	0	0
	intake	0	1	0	0	0	0
Bitter green vegetables.	Pref.	0	0	0	0	0	0
	intake	1	1	0	0	0	0
Cauliflower	Pref.	2	1	0	0	0	0
	intake	0	0	0	0	0	0
Bitter gourd	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Cabbage	Pref.	3	1	0	0	0	0
	intake	0	0	0	0	0	0
Brussels sprouts	Pref.	2	1	0	0	0	0
	intake	0	0	0	0	0	0
Broccoli	Pref.	2	1	0	0	0	0
	intake	0	0	0	0	0	0
Other vegetables	Pref.	1	0	0	0	0	0
	intake	0	1	0	0	0	0
Coffee	Pref.	3	0	0	0	0	0
	intake	0	0	0	0	0	0
Dark chocolate	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Fruit	Pref.	1	0	1	0	0	0
	intake	0	1	0	0	0	0
Meats	Pref.	1	0	0	0	0	0
	intake	0	1	0	0	0	0



Cake	Pref.	1	0	0	0	0	0
	intake	0	1	0	0	0	0
Candy	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Donut	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Honey	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Ice cream	Pref.	1	0	0	0	0	0
	intake	0	1	0	0	0	0
Margarine	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Butter	Pref.	0	0	0	0	0	0
	intake	1	1	0	0	0	0
Fat/oil	Pref.	0	0	0	0	0	1
	intake	0	0	0	0	0	0
Mayonnaise	Pref.	2	0	0	0	0	0
	intake	0	0	0	0	0	0
Milks	Pref.	1	0	0	0	0	0
	intake	0	2	0	0	0	0
Sugar	Pref.	1	1	1	0	0	0
	intake	1	1	0	2	0	1
Salty food	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Sour food	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0
Chilli/spicy	Pref.	1	0	0	0	0	0
	intake	0	0	0	0	0	0

Supplementary Table S4. Food likes and dislikes based on taste.

Bitter	Taster	Food-liked	Food-disliked
		* Sweet-tasting food (e.g. Sugar) [28,34]	* Black coffee
		* Salty and sour food (e.g. condiments and sauces)	* Dark chocolate
		* Umami and fried food (meat products and fried chicken)	* Chilli peppers
	Non-tasters	Food-liked	Food-disliked
		* Cruciferous vegetables (e.g. brussels sprouts and cauliflower)	* Cruciferous vegetables (e.g. cabbage and broccoli)
			Nothing reported