

DO PEOPLE WAIT LONG ENOUGH DURING SELF-PACED TASTING TO AVOID CARRYOVER OF BITTER TASTE?

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INTRODUCTION:

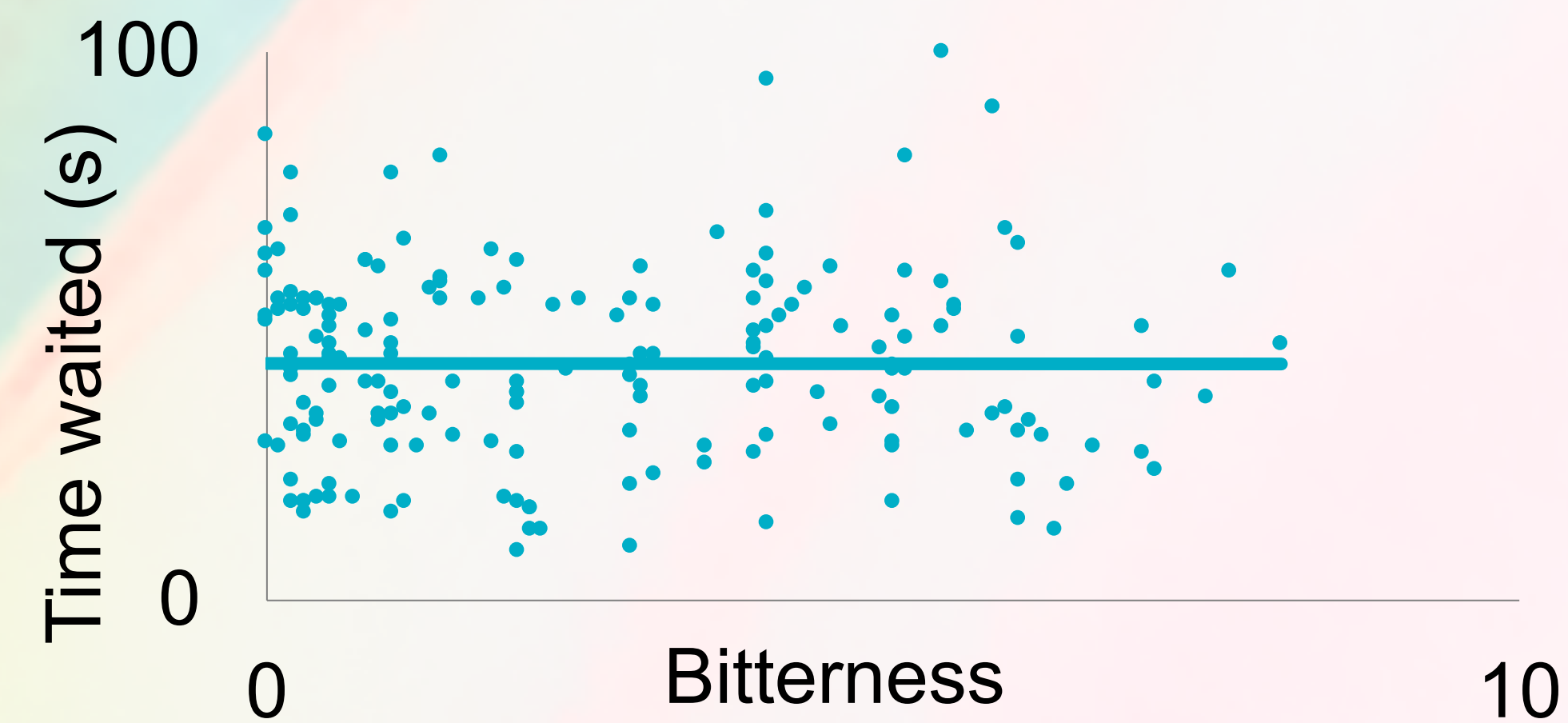
An adequate wait time balances carryover effects with working memory loss of the previous sample(s) tasted.

OBJECTIVES:

1. To determine if panelists wait longer after more bitter samples.
2. To determine if panelists wait long enough to avoid bitter build-up.

RESULTS:

1. Panelists did not wait longer after more bitter samples.



2. There was no significant bitter build-up.



Panelists did not wait longer after tasting more bitter samples.

They did wait long enough to avoid build-up of bitter taste.



METHODS:

- We recruited 8 trained panelists for this study.
- On each day of testing, panelists rated 12 Brussels sprouts for sweetness and bitterness.
- After each sample we provided the following instructions: “Before moving on to your next sample please rinse your mouth with water and wait for any lingering taste or bitterness to pass”.
- “Time Waited” is the amount of time in seconds after tasting a sample.
- We used regression analyses to determine if panelists waited longer after more bitter samples and to determine whether bitterness increased with increasing taste position

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