



Your genes explain a lot.

Like why you can't stand broccoli.

Some foods, like broccoli and other cruciferous vegetables, are loaded with bitter compounds that likely help deter animals from eating them. Some people can taste these compounds, while others can't. The reason for this difference can be found in our DNA.

Research suggests that people who can taste a bitter compound that's similar to those found in broccoli and other vegetables tend to have inherited a "G" in their DNA sequence at a specific location. Here are the possible sequences you might have and their effect on how you taste cruciferous vegetables:

GG – Likely bitter tasters

CG – Likely bitter tasters

CC – Unlikely bitter tasters



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