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

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

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