

Flavor Name	Region	Description	Typical Dishes	Common Ingredients
Umami	Japan	Savory taste that enhances flavor	Miso soup, Ramen	Soy sauce, Miso, Seaweed
Sour	Global	Sharp, tangy flavor often from acids	Ceviche, Sour candies	Lime, Vinegar, Yogurt
Bitter	Global	A sharp, strong flavor often found in certain greens	Coffee, Dark Chocolate	Kale, Endive, Coffee Beans
Sweet	Global	Pleasant taste often associated with sugars	Desserts, Fruits	Sugar, Honey, Maple Syrup
Spicy	India	Heat-producing flavor from peppers and spices	Curries, Salsas	Chili Peppers, Ginger, Garlic
Salty	Global	Flavor enhancing compound, usually from salt	Ocean foods, Chips	Salt, Seaweed, Olives
Smoky	South America	Flavor resulting from smoking foods	BBQ, Smoked Meats	Smoked Paprika, Chipotle, Liquid Smoke
Herbaceous	Mediterranean	Flavor from fresh and dried herbs	Pesto, Garden Salads	Basil, Oregano, Thyme
Nutty	Middle East	Rich flavor from nuts, often roasted	Baklava, Hummus	Almonds, Pistachios, Sesame
Fruity	Tropical	Flavor profile reminiscent of various fruits	Salsas, Dressings	Mango, Passionfruit, Apricot
Umami Bomb	Japan	Intense savory flavor from concentrated sources	Ton Katsu, Dashi	Parmesan, Soy Sauce, Dried Fish
Zesty	Latin America	Bright, lively flavor often from citrus	Fish Tacos, Guacamole	Lime, Lemon, Orange
Rich	Global	A deep, luxurious flavor often in sauces	Creamy Pasta, Chocolate Cake	Butter, Cream, Cheese
Earthy	Africa	Flavor that brings to mind soil and roots	Root Vegetable Dishes, Lentils	Mushrooms, Beets, Truffles
Cheesy	Global	Flavor associated with cheese, thick and tangy	Pizza, Cheeseburgers	Cheddar, Gouda, Blue Cheese
Spicy-Sweet	Asia	Combination of spice and sweetness	Sweet & Sour Chicken, Teriyaki	Brown Sugar, Honey, Hot Sauce
Tangy	Southeast Asia	A sharp and slightly sweet flavor	Thai Curry, Pickles	Tamarind, Citrus, Vinegar
Floral	Asia	Delicate flavor reminiscent of flowers	Desserts, Herbal Teas	Elderflower, Jasmine, Rose
Salty-Sweet	North America	The combination of sweet and salty flavors	Kettle Corn, Salted Caramel	Popcorn, Caramel, Sea Salt
Fermented	Asia	Sour flavor developed through fermentation	Kimchi, Sauerkraut	Kimchi, Miso, Sauerkraut
Minty	Mediterranean	Refreshing flavor from mint leaves	Mint Tea, Tabouli	Mint, Spearmint, Peppermint
Rich-Savory	Global	Deep savory flavor, often creamy	Alfredo Sauce, Gratins	Heavy Cream, Cheese, Garlic
Crunchy	Global	Textural flavor from crunchy foods	Granola, Toasted Nuts	Nuts, Croutons, Seeds
Grilled	North America	Flavor derived from grilling, smoky and charred	Grilled Vegetables, Steaks	Charcoal, Marinades, Herbs
Pickled	Global	Sour flavor from preserved foods	Pickles, Fermented Vegetables	Cucumbers, Beets, Carrots
Savory-Sweet	Global	Combination of savory and sweet notes	Teriyaki, Glazed Chicken	Brown Sugar, Soy Sauce, Garlic
Greasy	Global	Flavor characterized by oiliness	Fried Foods, Burgers	Oils, Butter, Fatty Meats
Spicy-Sour	India	Heat combined with a tangy taste	Sambal, Hot Sauce	Chili, Tamarind, Vinegar
Chocolatey	Global	Rich flavor from cocoa or chocolate	Brownies, Hot Chocolate	Cocoa Powder, Dark Chocolate, Milk
Oaky	Europe	Flavor from aging in wooden barrels	Aged Wines, Whiskeys	Wood, Vanilla, Toasted Oak
Caramelized	Global	Sweet flavor produced by caramelizing sugars	Onions, Desserts	Sugar, Onions, Fruits
Sweet-Savory	Africa	The harmonious balance of sweet and savory	Tagines, Roasted Meats	Dried Fruits, Spices, Honey
Toasty	Global	Flavor from roasting or toasting ingredients	Roasted Nuts, Toast	Almonds, Bread, Spices
Herbal	Mediterranean	Fresh and green flavor from herbs	Herb-crusted Fish, Soups	Cilantro, Parsley, Dill
Gamey	Game Meat Region	Strong flavor typical in wild meats	Venison, Rabbit	Wild Game, Herbs, Gamey Cuts
		Smooth and fatty flavor often from	Ice Cream, Alfredo	

Creamy	Global	dairy	Pasta	Cream, Cheese, Milk
Grassy	North Africa	Herbal flavor profile resembling fresh grass	Cilantro Rice, Dressings	Cilantro, Grass-fed meats
Chewy	Global	Textural component providing resistance during chewing	Gummy Candies, Bagels	Gluten, Gelatin, Chewy Vegetables
Sweet-Spicy	Asia	Balance of heat and sweetness	Spicy Mango Salad, Hot Honey	Chili Powder, Sriracha, Mango
Umami-Rich	Japan	Intense savory flavor from rich ingredients	Sushi, Ramen Bowls	Dashi, Katsuobushi, Soy Sauce
Peppery	Mediterranean	Heat and pungency from black/white pepper	Steaks, Salads	Black Pepper, White Pepper
Tart	Global	Flavor profile that is sour yet refreshing	Fruit Tarts, Sour Candies	Lemon, Cranberry, Tamarind
Spicy-Sour	Southeast Asia	Heat combined with tangy notes	Thai Papaya Salad	Chili, Lime, Fish Sauce
Savory-Sweet	Middle East	Combination of savory with sweet flavors	Moroccan Tagines	Dates, Apricots, Spices
Flavorful Funk	South East Asia	Unique flavor from fermentation or spoilage	Natto, Stinky tofu	Fermented Beans, Tofu
Bright	Global	Vivid flavor profile, usually with citrus or fresh herbs	Salads, Dressings	Lime, Lemon, Basil
Creamy-Savory	Global	The richness of cream combined with savory aspects	Creamy Risotto, Alfredo	Heavy Cream, Cheese, Garlic
Spicy-Sweet-Sour	Latin America	The trifecta of spicy, sweet, and tangy	Sweet Chile Sauce, Glazed Fish	Honey, Chilies, Lemons
Subtle	Japan	Delicate flavor with muted intensity	Sushi, Kaiseki	White Fish, Some Vegetables
Molasses	Global	Rich, dark flavor from sugarcane processing	Gingerbread, Baked Beans	Molasses, Sugar, Spices
Nutty-Sweet	Global	Combination of nut flavors with sweetness	Nut Bars, Nut Butters	Almonds, Hazelnuts, Figs
Savory-Fruity	Caribbean	Savory and sweet fruit profile	Pineapple Salsa, Jamaican Jerk	Pineapple, Mango, Spices
Smooth	Global	Silky texture and flavor harmony	Smoothies, Mousse	Fruits, Cream, Sugar
Ripe	Tropical	Flavor of fully matured fruits	Ripe Bananas, Mango	Fully Ripe Fruits
Chalky	Europe	Flavors associated with minerals or chalk	Mineral Waters, Cheeses	Minerals, Cheeses
Aromatic	Mediterranean	Strong, fragrant flavors from herbs and spices	Greek Dishes, Infusions	Rosemary, Lavender, Anise
Umami Spices	South America	Spices with strong savory flavors	Chili, BBQ Rubs	Cumin, Paprika, Darkness
Fudgy	Global	Rich chocolate flavor, often dense	Brownies, Fudge	Chocolate, Sugar, Butter
Toquilla	Latin America	Flavors from traditional spirits	Margaritas, Tequila Drinks	Tequila, Lime, Agave
Funky	Fermentation Regions	Strong, unique flavors from fermentation processes	Kimchi, Fermented Beans	Fermented Vegetables, Fish Sauce
Charred	Global	Intense flavor from grilling or charring	Grilled Meats, Vegetables	Charcoal, Grilling Spices
Warm-Spicy	Mediterranean	Heat with warming qualities	Spiced Wine, Curries	Cinnamon, Nutmeg, Allspice
Vibrant	Global	Bright, lively flavors, often with a kick	Spicy Mango Salad, Ceviche	Fruits, Chilis, Vinegar
Essential Oil	Herb Regions	Concentrated plant flavors from essential oils	Herbal Infusions, Aromas	Lavender, Peppermint
Zingy	Latin America	Piquant, sharp flavors often with a kick	Fresh Salsas, Pickled Foods	Lime Zest, Fresh Chilis
Gelato	Italy	Creamy, dense ice cream with strong flavors	Gelato, Sorbetto	Fruits, Cocoa, Nuts
Zesty-Citrus	Mediterranean	Lively, tart flavor from citrus fruits	Citrus Dressings, Lemonade	Lemon, Lime, Oranges
Snappy	Global	Crunchy texture with flavorful snacks	Chips, Crackers	Potatoes, Grain, Seasoning
Earthy-Sweet	Europe	Root vegetable flavors associated with sweetness	Roasted Beets, Sweet Potatoes	Beets, Sweet Potatoes, Maple
Umami-Sweet	South America	Rich, savory flavor combined with sweetness	Teriyaki, BBQ Chicken	Soy Sauce, Brown Sugar, Honey
Bright-Spicy	Southeast Asia	Vibrant flavors with heat	Thai Dishes, Spicy	Chili, Lemongrass,

Flavor Profile			Associated Dishes & Ingredients	
Rich-Sweet	North America	Dense, sweet flavors ideal for desserts	Noodles Chocolate Cake, Pies	Cilantro Chocolate, Sugar, Fruits
Complex	Global	Flavors with multiple layers and notes	Gourmet Dishes	Fusion of many components
Nutty-Bitter	Middle East	Combination of bitterness and nuttiness	Tahini, Nutty Dip	Sesame, Nuts
Fresh	Global	Clean, fresh flavors present in many cuisines	Salads, Smoothies	Leafy Greens, Fresh Herbs
Sappy	North America	Resinous flavor from trees or plants	Maple Syrup, Birch Beer	Maple, Birch Sap
Vegan-Friendly	Global	Plant-based flavors and textures	Tofu Stir-fries, Plant-based Burgers	Tofu, Legumes, Grains
Coastal-Fresh	Coastal Regions	Fresh, briny flavors from seafood	Fish Tacos, Clam Chowder	Seafood, Sea Vegetables
Tropical	Tropical Regions	Sweet, tangy flavors from tropical fruits	Pina Colada, Fruit Salads	Pineapple, Coconut, Mango
Fermented-Salty	Asia	Bold flavors from fermented products	Kimchi, Fermented Fish	Salt, Fermented Vegetables
Syrupy	Global	Thick, sweet flavors often used in desserts	Pancakes, Desserts	Syrups, Honey, Sugars
Potent	Global	Strong, powerful flavors that dominate dishes	Spicy Curries, Garlic Dishes	Spices, Garlic, Vinegar
Roasted	Global	Flavor sweetened and enhanced through roasting	Roasted Chicken, Roasted Vegetables	Vegetables, Meats
Earthy-Savory	Central America	Deep, savory flavor often from roots	Tacos Al Pastor, Mole	Roots, Spices, Meats
Toastiness	Global	Lightly scorched flavors associated with toasting	Toasted Bread, Nuts	Grains, Nuts
Wet	Global	Moist flavors often found in sauces or salads	Dresses, Creamy Pastas	Dressings, Creams
Syrupy-Sweet	Global	Thick, sugary flavors in sweet dishes	Pancakes, Desserts	Syrup, Honey, Confectioners Sugar
Sugary	Global	Pure sweetness in food items	Candies, Sweeter Foods	Sugar, Syrups
Sharp	Europe	Strong, pungent flavor usually of cheeses or pickles	Aged Cheeses, Pickles	Gouda, Emmental
Classic	Global	Traditional flavors that signify regional cuisine	Regional Dishes, Comfort Foods	Regional Ingredients
Traditional	Various Regions	Authentic flavors that represent cultural heritage	Cultural Foods	Cultural Ingredients
Tantalizing	Global	Flavors that arouse the taste buds	Gourmet Dishes, Fusion Foods	Combination of sauces and spices
Colorful	Global	Vibrant flavors primarily from colorful ingredients	Salads, Dishes	Vegetables, Spices, Herbs
Zesty-Spicy	Latin America	Sharp and spicy flavor profile	Salsas, Some Marinades	Cilantro, Chilis
Cooling	Global	Refreshing flavors often derived from mint and cucumber	Yogurt Sauce, Salads	Mint, Yogurt
Filling	Global	Dense, satisfying flavors often found in comfort food	Casseroles, Stews	Grains, Proteins
Summery	Latin America	Light, fresh flavors reminiscent of summer	Ceviche, Salads	Fresh Seafood, Vegetables
Citrusy	Global	Bright, tangy flavors from citrus fruits	Lemon Bars, Vinaigrettes	Lemon, Lime, Orange
Decadent	Global	Rich flavors that offer luxury	Chocolate Fondue, Creamy Soups	Chocolate, Cream, Egg Yolks
Scentsational	Various	Aromatic flavors that are intense and memorable	Perfumed Dishes, Infusions	Herbs, Aromatic Spices
Creamy-Smooth	Global	Dairy-based flavors that offer richness	Ice Cream, Creamy Soups	Cream, Milk, Cheese
Bold	Global	Strong flavors that demand attention	Spicy Curries, Bold Sauces	Chili, Garlic, Soy
Balanced	Global	A harmony of flavors that complement each other	Balanced Dishes	A mix of complementary components
Subtle-Sweet	Global	Light sweetness that is not overpowering	Fruit Salads, Subtle Pastries	Fruits, Honey
Soft	Global	Gentle flavors that are easy on the palate	Soft Cheeses, Creamy Dishes	Soft Cheese, Cream

Earthy-Bitter	South America	Strong flavors often from wild plants or unsweetened greens	Wild Green Salads, Bitter Chocolates	Wild Greens, Bitter Herbs
Intense	Global	High-impact flavors that are memorable	Spicy Garlic Sauce, Intense Salsas	Spices, Pastes
Bold-Citrus	Latin America	Strong citrus flavors often with heat	Ceviche, Citrus Dressings	Lime, Orange, Chilis
Honeyed	Global	Soft, sweet flavors often represented by honey	Honey-glazed Meats, Bear Claws	Honey, Syrups
Cozy	Global	Comforting flavors that evoke warmth	Stews, Hot Beverages	Warm Spices, Root Vegetables
Ferment-Driven	Global	Deep flavors arising from fermentation processes	Fermented Dishes, Pickled Veggies	Fermentation Products, Spices
Warm-Spicy-Citrus	Caribbean	Comforting warmth combined with a zing from citrus	Warm Citrus Desserts, Curry	Citrus, Heat
Smooth-Creamy	Global	Soft, luxurious textures with mild flavors	Creamy Soups, Dips	Cream, Dairy
Light	Global	Delicate flavors that don't overpower	Salads, Light Soups	Fresh Vegetables, Light Dressings
Cheesy-Savory	Europe	A mix of rich cheeses and earthy notes	Cheese Platters, Fondue	Cheese, Fatty Meats
Generous	Global	Abundant flavors that create satisfaction	Large Platter Meals, Buffets	Rich Ingredients
Exotic	Global	Unique flavors that are not commonly found	Unique Dishes, Fusion	Rare Fruits, Spices
Tropical-Sweet	Tropical Regions	Sweet, lush flavors typical of tropical fruits	Tropical Smoothies, Sorbets	Papaya, Passionfruit, Banana
Crispy	Global	Flavors with appealing crunchy textures	Crispy Chicken, Fried Foods	Fried Items, Crunchy Vegetables