

Bölüm 7

ÇOCUKLARDA TAT GENETİĞİ VE BESLENME

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Ağıza alınan bir besinin oluşturduğu his için kullanılan tat, çocuklarda ve yetişkinlerde besin seçiminde en önemli faktörlerden biridir. (1)

İnsanların tükettiği gıdaların yararlı ya da zararlı olduğuna yardım eden tat duyusu, tükettiğimiz gıdaların içindeki proteinleri, iyonları yani birçok kimyasal birleşimi analiz etmeye çalışır.(2) Tat duyusu, insanın, şeker ihtiyacı için tatlı tat reseptörlerini çalıştırırken, ham meyveyi olgunundan ayırt etmek için ekşi algılayıcılarını, bir gıdanın zehirli olup olmadığını anlamak içinse acı tat reseptörlerini çalıştırabilir. Dil, bu anlamda çok farklı kimyasal bileşiklerden oluşan gıdalara binlerce kez kimyasal analiz yapan bir laboratuvara benzemektedir. Çok sayıda sinir lifine sahip olan dil, bu lifler sayesinde birçok yöne kolay hareket eden mekanik yönü de gelişmiş bir organdır.(3, 4)

Tat hissi, gıdanın ağıza alınması ile eş zamanlı hissedilirken aynı zamanda genellikle dokunma, koku, tahriş ve sıcaklık gibi hisleri de kişide uyandırabilir. Bu hisleri tek tek algılayıp isimlendirmek zordur. Tatsız bileşenler somatosensoryel olarak, koku gibi diğer sistemler tarafından algılanmaktadır. Tat sistemi memelilerde, dil papillalarının içindeki tat tomurcuklarında yer alan ‘Tat Reseptör Hücreleri’ (TRC) tarafından düzenlenir. Dildeki papillar, Papilla Foliata, Papilla Filiformis, Papilla Fungiformis, Papilla Sirkumvallata, olmak üzere dört tiptir.(5)

1. Fungiform (mantarsı) papillalar; Kordo timpani tarafından innerve olan bu papillalar dilin 2/3 ön kısmında yer alır.
2. Filiform (ipliksi) papillalar; Keratinize yapılar olup tüm dil sırtına yayılmıştır ve tat almada görev yapmazken dokunma duyusundan sorumludurlar.

Anahtar Kelimeler: Tat, Tat Genetiği, TAS2R38, TAS1R2

3. Sirkumvallat (çanakası) papillalar; Tüm papillaların en büyüğüdür ve V şeklinde terminal sulkusun önünde yer alır. Çok fazla tat alma cisimciğine sahiptir.

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