

# umami

**Umami** (/u??m??mi/ from Japanese: ?? Japanese pronunciation: ?mami), or savoriness, is one of the five basic tastes. It has been described as savory and is characteristic of broths and cooked meats.

People taste **umami** through taste receptors that typically respond to glutamates and nucleotides, which are widely present in meat broths and fermented products. Glutamates are commonly added to some foods in the form of monosodium glutamate (MSG), and nucleotides are commonly added in the form of disodium guanylate, inosine monophosphate (IMP) or guanosine monophosphate (GMP). Since **umami** has its own receptors rather than arising out of a combination of the traditionally recognized taste receptors, scientists now consider **umami** to be a distinct taste.

Foods that have a strong **umami** flavor include meats, shellfish, fish (including fish sauce and preserved fish such as maldive fish, Katsuobushi, sardines, and anchovies), tomatoes, mushrooms, hydrolyzed vegetable protein, meat extract, yeast extract, cheeses, and soy sauce. [wikipedia]

See Also

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**Gout**

**Uric Acid**