Leyla Weighs In: Exploring Our Taste Buds—From Olfactory Insights to Nutrition Connection

written by Leyla Muedin MS, RD, CDN | May 16, 2025



Did you know your sense of taste is intricately linked to your sense of smell? “Leyla Weighs In” with insights on how to optimize your sensory pleasures and the surprising effects of ultra-processed foods on mood.