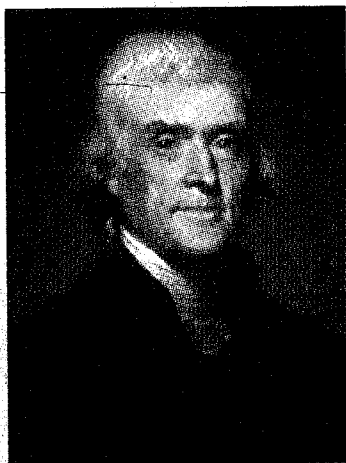


## The Jefferson paradox

TV critic Matt Roush previews renowned documentarian Ken Burns' three-hour look at the legacy and mystery of Thomas Jefferson. **Tomorrow.**



## Historian's journey

Ken Burns spent four years researching the life of our third president for the first of Burns' PBS biographies, **3D.**

White House Historical Association  
**Jefferson: PBS biography**  
airs tomorrow, Wednesday

**Q:** In snowboarding, what's another name for a jump ramp?

**A:** K   K  R

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# Hate veggies? Maybe your genes are to blame

By Tim Friend  
USA TODAY

SEATTLE — People who recoil at the taste of broccoli or grapefruit have an inherited sensitivity to bitterness that may force them to avoid the kinds of fruits and vegetables that are highest in cancer-preventing compounds, experts said Sunday.

But people who are so-called

"super-tasters" of bitterness also can take or leave foods like ice cream and butter and may be at lower risk for having clogged arteries.

While solid answers about such associations are not yet in, the subject of inherited sensitivity to bitterness and food preferences was one of intense focus among researchers here at a meeting of the American Association for the Advance-

ment of Science.

"We can now begin to predict people's food dislikes based on their taste," says Adam Drewnowski, University of Michigan. "One of the questions we're asking is do women with breast cancer avoid these foods?"

New studies show that among Caucasians, 35% of women are super-tasters of bitterness vs. 10% of men. About

50% are moderate tasters and the remainder are nontasters. Most blacks and most Asians are super-tasters. Super-tasters also are twice as sensitive to sweets and dislike saccharine.

Studies of middle-age and elderly female super-tasters show they tend to avoid high-fat milk products and sweets and tend to be trimmer and have higher levels of good cholesterol, says Lauri Ann Luc-

china, Yale University.

Studies of a link between breast cancer and super-tasters aren't finished but because they tend to avoid cancer-preventing fruits and vegetables "our hypothesis is yes," there's a link, Drewnowski says.

Offending fruits and vegetables include grapefruit, broccoli, brussels sprouts and cabbage, says Valerie Duffy, University of Connecticut.