

Sonic Seasoning makes Space food into Edible Music! Developed with nutrition in mind, space food must also be appetizing. While the industry has come a long way, astronauts have often lamented that the food in space doesn't quite taste the same as it does on Earth. As it turns out this has little to do with the quality of the food.

Rather, it has more to do with eating food in a [microgravity](#) environment.

Lo and Behold, Dining in space can alter astronauts' taste perception. This has created a growing interest in something called Sonic Seasoning, the idea that certain sounds or music can heighten the intensity of flavors and even enhance the texture of food.

Studies have shown that background noise can affect perceptions of flavor. For instance, eating something sweet while listening to high-pitched music makes it taste sweeter. The same food is perceived to taste less sweet while listening to lower-pitched music. Music, or soundscapes have now been created to enhance the saltiness, spiciness, sourness, and creaminess of foods which could improve the experience of eating food in space.

Because food tends to taste different in micro-gravity, soundscapes can enhance the experience. It's one of many things to consider when preparing astronauts for long (or short) space missions like going to Mars, for instance.

Sonic seasoning has a growing interest even on Earth with sensory marketing companies and restaurant owners. It's more than arrogance and background music, though. Sonic seasoning aims to pair specific sonic elements with food to enhance the actual tastes and textures of every bite for people in space. Perhaps in the future this will be for tourists as well as astronauts.

Restaurants that have tried this concept with guests have paired entire dishes with pre-selected songs. The chosen songs have musical elements that complement the textures and main flavor profile of the food being served. For instance, Pumpkin Creme Brulee was paired with Lester Young's, Sunny Side of the Street.

The [explanation](#) notes that because the Creme Brulee is a vanilla, cinnamon, and pumpkin "dish of contradictions - sweet and bitter, smooth and crunchy", Lester Young's smooth, low-pitched sax and higher-pitched piano pair nicely. Matching the taste and texture of food with sounds and music, can give astronauts a multi-sensory experience when dining in outer space.