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# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Does my diet affect my vaginal flavor?"

**Q** My guy loves to give me oral sex, and I love it too. But I'm always a little self-conscious about how I taste down there. He doesn't seem to have a problem with it, but I was wondering if what I eat could affect the flavor?

**A** It's widely believed that what you ingest can affect the smell and taste of your vaginal secretions. However, there's no surefire recipe to guarantee that you'll always taste scrumptious, because there's no scientific research on the subject -- only anecdotal evidence. Plus, it depends on how your individual body chemistry reacts with what you eat.

Since your boyfriend loves pleasuring you, I'll bet he already digs your signature aroma and flavor. But, if you want to play it safe, stick to a diet with lots of vegetables, fruit and whole grains, and try to avoid foods that affect your breath and body odor -- such as garlic, asparagus, spices (like curry) and excess amounts of dairy and animal products -- because they could have a similar effect on your secretions.

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