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Different foods affect your body's smells – 6th November 2025

Level 0

Food and drink change our body smells. We all have different smells. A professor of health said the smells from our body come from two places. One is the bacteria in our stomach. Bacteria break down food and release gases. These gases can give us bad breath. Food also changes the smell of our skin.

The food that makes the strongest body smells contain sulphur. Broccoli and cabbage contain sulphur. Another food is garlic. This makes our breath smell, and can make our armpits smell nicer. Alcohol, coffee and tea can lead to bad breath and a smelly body. If we want to smell nice, we should eat fruit and drink water.

Level 1

Food and drink can affect our body smells. Researchers say we have a unique pattern of smells. What we eat can change this. A health and wellness professor said the smells our body gives off come from two places. One is the bacteria in our stomach. When bacteria break down food, they release gases. These gases can give us bad breath. The second place is the skin. Food changes the smell of our skin when we sweat.

The food that makes the strongest body smells contain sulphur. This has a "bad-egg smell". Broccoli and cabbage contain sulphur. Another food is garlic. This makes our breath smell. Researchers say it can also make our armpits smell nicer. Drinks also affect smells. Alcohol can lead to bad breath. Coffee and tea produce sweat in our armpits and groin. If we want to smell nicer, we should eat fruit, parsley, and yoghurt, and drink water and green tea.

Level 2

What we eat can affect our bodily smells. Studies at worldwide universities have shown that what we eat and drink changes our body smells. Researchers say we have a unique pattern of smells, like our unique fingerprint. An assistant professor of health and wellness in New York said the odours our body gives off come from two places. One is the stomach, which is full of bacteria. When these bacteria break down food, gases are released when we breathe. These gases can give us bad breath. The second place is the skin. Food changes the smell of our skin when we sweat.

The foods that make the strongest body smells contain sulphur. This has a "bad-egg smell". Vegetables like broccoli and cabbage contain sulphur. Another food that affects us is garlic. This makes our breath smell. Researchers say it can also make our armpits smell nicer. Drinks also affect body odours. Alcohol can lead to strong bodily smells and bad breath. Caffeine in coffee and tea produces sweat in places like our armpits and groin. If we want to smell a little sweeter, we should eat fruit, parsley, and yoghurt, and drink water and green tea.

Level 3

What we eat and drink can affect how our body smells. Various studies at universities around the world have shown that what we put into our bodies changes our bodily smells. Researchers say that each of us has a unique pattern of bodily odours. This is similar to the uniqueness of a fingerprint. Lina Begdache, an assistant professor of health and wellness at the State University of New York, said the odours our body gives off come from two areas. One is the stomach, which is full of bacteria. When these bacteria break down food, gases and chemicals are released through our breath. Some of these gases can give us bad breath. The second area is the skin. Food can change the smell of bacteria on our skin when we sweat.

Researchers say the foods that give off the strongest smells contain sulphur. This chemical often creates a "bad-egg smell". Vegetables like broccoli, cabbage, and cauliflower contain a lot of sulphur. Another food that affects how smelly we are is garlic. This is well known for making our breath smell. However, researchers say it can make our armpit sweat smell nicer. Scientists also say drinks affect body odours. Alcohol can lead to stronger, unattractive bodily smells and bad breath. Caffeine in coffee and tea creates chemicals that produce sweat in areas like our armpits and groin. If we want to smell a little sweeter, we should eat oranges, apples, parsley, and yoghurt, and drink water and green tea.