Veggie study (groenteonderzoek bij peuters om groente accepatie te stimuleren)

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27011

Source
Nationaal Trial Register

Brief title
Veggie-study

Health condition

Strategies, children, vegetables, taste development.
Strategiëen, kinderen, groente, smaakontwikkeling

Sponsors and support

Primary sponsor: Wageningen University (WUR)
Source(s) of monetary or material Support: Wageningen University (WUR)

Intervention

Outcome measures

Primary outcome

Children’s intake of the target vegetable in its pure form (in grams) and children’s liking rate of the target vegetable (i.e. spinach) before and after the intervention.

Consumption of spinach in its pure form will be measured by weighing the bowl before and after the lunch at the day cares.

Secondary outcome

Intake of the vegetable product during the intervention. We will ask the parents to keep up a food diary about what and how much the child eats during dinner time the day of the experiment, during the whole period (6 weeks, once/ week). With these data we monitor the vegetable intake and liking scores per child. We will ask what other food categories were eaten as a control for dinner composition. Next to that, we will ask general information about the health status of the child.

Study description

Background summary

Children’s consumption of vegetables is below recommendations. To encourage children to eat more vegetables we need some innovative new strategies, easily applicable in real life situations/practice. By using techniques whereby vegetables are incorporated in other meal components the pure vegetable taste is somewhat diluted and therefore often more acceptable for children than in its pure form. However, it is currently unknown if masking, hiding or diluting the pure vegetable taste can contribute to taste development of vegetables in its pure form. The aim of this study is to investigate the effect of offering vegetables in different gradients of taste on children’s vegetable liking and intake. If the strategy works in children, we can help to promote vegetable intake in children and by doing this research we want to gain an understanding of the vegetable taste development in children. The higher vegetable consumption will be a great benefit for children’s future eating pattern and their health. The study is accompanied with an information program about taste and nutrition of vegetables.

Study objective

Primary objective: to investigate which strategy of offering vegetables in different gradients of tatste is most effective to increase children's vegetable intake. We expect that the vegetable offered in the diluted group and the vegetable offered in the hidden group are the most effective strategies to increase. Second objective: to investigate in which strategy the pure vegetable taste is most acepted and liked after the intervention.

Study design

This study will be carried out with families at home for a period of 6 weeks and the pre and post-tests will be performed at the day cares one week before and one week after the intervention (so total lenght of 8 weeks). Children will receive once per week at dinner time the target vegetable in different gradients of its pure taste depending on the condition. At the

daycares they will receive the spinach just before lunch.

Intervention

A randomized intervention study between subjects design with duration of 8 weeks. This study will be carried out with families at home for a period of 6 weeks and the pre and post-tests will be performed at the day cares one week before and one week after the intervention. Children will receive once per week at dinner time the target vegetable in different gradients of its pure taste depending on the condition. Children will be randomly assigned to one of the four conditions using a target vegetable that differed in taste gradient as test product. Children in the ‘control’ group (n = 30) will not receive the target vegetable but receive another vegetable (familiar). Children in the ‘pure’ group (n=30) will receive a bag with the target vegetable in its pure form. Children in the ‘mixed’ group (n=30) will receive a bag with the target vegetable already mixed with a flavor to dilute the pure strong taste of the vegetable. Children in the ‘hidden’ group will receive a bag with the target vegetable hidden in another food component, so the child is less aware of eating the target vegetable.

Contacts

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Eligibility criteria

Inclusion criteria

Toddlers 1.9-3.9 years old (non allergic for vegetables) with permission from their parents to participate

Exclusion criteria

- Parents who did not sign the informed consent
- Children with a food allergy for one of the substances used in the study such as spinach, french beans, milk, oil, cheese, wheat, eggs.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	Placebo

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	08-09-2014
Enrollment:	100
Type:	Anticipated

Ethics review

Positive opinion

Date:	22-08-2014
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4604
NTR-old	NTR4755
Other	: METC-nr: 14/07 (WUR)

Study results