

# "Mum, can I have some more vegetables today?"

## VAH-Study (Veggies At Home).

## Variëteit en keuze mogelijkheden in groente.

Gepubliceerd: 18-12-2012 Laatste bijgewerkt: 18-08-2022

We expect a positive effect of choice-offering in children resulting in increase in vegetable intake at home.

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON25802

### Bron

Nationaal Trial Register

### Verkorte titel

VAH-Study (veggies at home)

### Aandoening

Vegetables, children, intake, variety, choice  
Groente, kinderen, inname, variëteit, keuze

## Ondersteuning

**Primaire sponsor:** Wageningen universiteit (WUR)

**Overige ondersteuning:** European Union (HabEat project)

## Onderzoeksproduct en/of interventie

# Uitkomstmaten

## Primaire uitkomstmaten

Intake will be a main endpoint of the study. Intake will be measured by weighing the plate with the vegetables before and after the dinner (left overs).

## Toelichting onderzoek

### Achtergrond van het onderzoek

The results from the latest Dutch Survey Young Children 2005/2006 shows that most children in the Netherlands do not meet the recommended daily amount of vegetable intake (Ocké et al., 2008). On average two to three year-olds consumed 38 gram of vegetables per day, which is less than one serving spoon per day. While the recommendation of the daily vegetable intake for this age group is 50 to 100 gram (one to two serving spoons of vegetables per day). The need to eat the daily recommended vegetables for children is very urgent. To encourage children to eat more vegetables we need some innovative new strategies, easily applicable in real life situations/practice. A possible strategy can be a freedom of choice: to provide children with a choice during vegetable eating. In this study we want to understand how children develop food habits and what strategies can play a role in promoting vegetables. We aim in this study at a younger age (two-five years). The VAH-study (Veggies At Home) is a randomized intervention study at home of 6 weeks with two conditions varying the degree of choice concerning vegetable eating. In the no-choice conditioning, the child will be randomly assigned to one of six vegetables. In the choice condition, the child will have a choice out of two vegetables during the meal, both vegetables can be served on the child's plate. The same variety of vegetables will be used in both conditions. Twelve weekdays spread over 6 weeks (6x2) will be scheduled for the dinner sessions. Parents will receive their vegetable bags via the day care center per week. The bag will contain their vegetables for that week including tips and recipes (compare to the Dutch system 'Odin groentepakket'). The variety of vegetables will be selected using the following criteria: 1. Most common eaten vegetables by 2-5 year-old Dutch children; 2. Vegetables fitting into a typical Dutch meal consisting potatoes, meat and vegetables. Depending on the family consistence families will be served 200 gram vegetables/adult, 100 gram vegetables/child (<4 years) and 150 gram vegetables/child (>4 years). A between subject design is used and each subject will be assigned to one condition only. The results from each group will be compared to each other to examine differences, and thus, effect of the choice-offering.

### Doel van het onderzoek

We expect a positive effect of choice-offering in children resulting in increase in vegetable intake at home.

## Onderzoeksopzet

We expect a difference in vegetable intake of 15 g after 10 exposures.

Total length 12 exposures (twice/week for 6 weeks).

## Onderzoeksproduct en/of interventie

The VAH-study (Veggies At Home) is a randomized intervention study at home of 6 weeks with two conditions varying the degree of choice concerning vegetable eating.

In the no-choice conditioning, the child will be randomly assigned to one of six vegetables.

In the choice condition, the child will have a choice out of two vegetables during the meal, both vegetables can be served on the child's plate. The same variety of vegetables will be used in both conditions. Participants will receive during the study twice/week one or two vegetables depending on which group the child is participating. In total 12 times exposure. Six different kind of regularly eaten vegetables by 2-6 years old Dutch children will be used in both groups.

## Contactpersonen

### Publiek

Wageningen University<br>  
Division of Human Nutrition<br>  
Agrotechnion building 309, room 1031<br>  
Bomenweg 4  
Victoire Wild, de  
Wageningen 6703 HD  
The Netherlands  
+31 (0)317 489886

### Wetenschappelijk

Wageningen University<br>  
Division of Human Nutrition<br>  
Agrotechnion building 309, room 1031<br>  
Bomenweg 4  
Victoire Wild, de  
Wageningen 6703 HD  
The Netherlands  
+31 (0)317 489886

## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Healthy children 2-5 years old;
2. Signed informed consent by parents.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Children with food allergy for vegetables;
2. Children younger than 2 years and older than 5 years old;
3. Parents who did not sign the informed consent.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

### Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	14-01-2013
Aantal proefpersonen:	60
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies

Datum: 18-12-2012

Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL3599
NTR-old	NTR3757
Ander register	METC WUR : 12/30
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Resultaten

### Samenvatting resultaten

N/A