

# Veggie study (groenteonderzoek bij peuters om groente acceptatie te stimuleren)

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Primary objective: to investigate which strategy of offering vegetables in different gradients of taste is most effective to increase children's vegetable intake. We expect that the vegetable offered in the diluted group and the vegetable...

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

## Samenvatting

### ID

NL-OMON27011

### Bron

NTR

### Verkorte titel

Veggie-study

### Aandoening

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

## Ondersteuning

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

**Overige ondersteuning:** Wageningen University (WUR)

## Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

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

## **Toelichting onderzoek**

### **Achtergrond van het onderzoek**

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.

### **Doel van het onderzoek**

Primary objective: to investigate which strategy of offering vegetables in different gradients of taste 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 accepted and liked after the intervention.

### **Onderzoeksopzet**

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 length 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.

### **Onderzoeksproduct en/of interventie**

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.

## Contactpersonen

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### Wetenschappelijk

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## Deelname eisen

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

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

participate

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

- 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.

## **Onderzoeksopzet**

### **Opzet**

|                  |                         |
|------------------|-------------------------|
| Type:            | Interventie onderzoek   |
| Onderzoeksmodel: | Parallel                |
| Toewijzing:      | N.v.t. / één studie arm |
| Blinding:        | Open / niet geblindeerd |
| Controle:        | Placebo                 |

### **Deelname**

|                         |                      |
|-------------------------|----------------------|
| Nederland               |                      |
| Status:                 | Werving gestart      |
| (Verwachte) startdatum: | 08-09-2014           |
| Aantal proefpersonen:   | 100                  |
| Type:                   | Verwachte startdatum |

## **Ethische beoordeling**

|                 |                  |
|-----------------|------------------|
| Positief advies |                  |
| Datum:          | 22-08-2014       |
| 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        | NL4604                 |
| NTR-old        | NTR4755                |
| Ander register | : METC-nr: 14/07 (WUR) |

## Resultaten