

# Developing healthy eating habits

## Different factors increase the acceptance of vegetables and fruits

### Age of introduction



Delaying the introduction of fruits and vegetables may lead to **lower acceptance**



Vegetables and fruits should be introduced at the **start of the weaning period** (around 6 months)

### Offer wide range of fruit & vegetables



Fruit and vegetable intakes are typically lower than **recommended for health**



### Increases fruit and vegetables intakes

Offer fruits and veggies with different flavors, including bitter and sour ones, or pair disliked flavors with liked ones to increase consumption

### Repeated exposure



**7 - 10 exposures** of the same food (vegetable/fruit)



### Increases liking and

**intake** of that novel vegetable or fruit



Modelling



Parents & friends



**Influences** behavior change and **encourage** increased vegetable consumption

## DID YOU KNOW...

That your baby develops **taste buds** at the **3rd month** of pregnancy?



## Pregnancy & Lactation

Flavors in the diet can **pass into the amniotic fluid** and **mother's breast milk**



**Mother's diet** during pregnancy and lactation **shapes flavor preferences** during infancy



A **varied and healthy diet** might help in preventing a picky eater!

## What can you do?

Increase exposure to **different flavors** during this time to increase **familiarity**



Greater maternal vegetable intakes during pregnancy and lactation

Higher vegetable intake in infants, which provides a healthy foundation for growth and development in later life and is associated with a lower risk of obesity

