

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



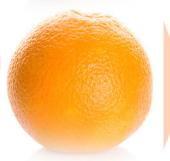
Increases fruit and vegetables intakes

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



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



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