Macronutrient intake during the pre-onset, acute, and post weight-recovery period in women with anorexia nervosa: the National Heart, Lung, and Blood Institute Growth and Health Study

S. G. Affenito
R. H. Striegel-Moore
F. A. Dohm
S. R. Daniels
G. B. Schreiber, et al.

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ABSTRACT TEXT: Exposure to the taste of vegetables and fruits early in life may be an enhancement to consumption. An objective of this research was to provide children the opportunity to taste unfamiliar foods, thereby prompting their willingness to try new foods and improving their fruit and vegetable consumption. Got 5? Nutrition for Kids, a nutrition education program consisting of 5 biweekly sessions, was implemented with 79-second graders. For 4 of the 5 sessions, children were taught a nutrition lesson and then tasted foods. Registered dietitians and the teachers selected the items for the first 3 tasting sessions (1-fruit; 2-vegetables; 3-international foods), while the children selected 5 recipes from the Dole Fun with Fruits & Vegetables Kids Cookbook to taste during the last session. Before tasting an item, the children were asked if they had tasted the food before. About 50% of the children had never tasted 22 of the 25 foods. After tasting the foods, the children were asked to rate each item using hedonic scales. If they chose not to taste a food they needed to provide a reason. Surprisingly, about 90% of the children tasted all the foods. Those items receiving the highest rating (I liked it and I would eat this food again) included: fruit smoothie, kiwi, grape tomatoes, tofu pizza, apple and cheese kabobs, fruit salas, simmering tropical fruit, and fruit 'n' juice breakfast shake. Willingness to taste fruits or vegetables, as determined by the parents, correlated positively to the hedonic scales for selected items. The nutrition education program was effective as documented by the parents' post evaluation and the children's food intake records.