

TruthDive

Balanced News & Analysis

[Ads by Google](#)[University](#)[Healthy Diet](#)[Healthy Eating](#)[Healthy Food](#)

Sign In

[Not Registered?](#)

Speak Out!

Say whats in your mind

SAY IT AT TRUTHDIVE

• Explore

- [Home](#)
- [Entertainment](#)
- [News](#)
- [Business](#)
- [Opinion](#)
- [Sports](#)
- [Politics](#)
- [Sci-Tech](#)

•

- [Lifestyle](#)
- [Health-Medicine](#)
- [Humor](#)
- [Exclusive](#)

Jun 03

Friday

[News](#), [Sci-Tech](#)

Kids eat 80 pc more vegetables when allowed to choose

June 3, 2011 – 1:59 pm By [News Desk](#) | [Permalink](#) | [Print This Article](#) |

[Post a Comment](#)

eat up to 80 percent more vegetables when they are allowed to choose.

Researchers have also found that the bitterness of calcium -which is noticeably present in vegetables such as spinchs, collard greens cabbage, onions, chard or broccoli- can be a factor negatively influencing children's consumption of vegetables

For their findings, the researchers analyzed the main factors determining vegetable consumption in children under 6 years by evaluating the effectiveness of a strategy called "Provision of choice".

In this strategy children were allowed to choose the vegetables they wanted to take in each meal.

Researchers worked with 150 children at four public schools in Granada, Spain. Children were allowed to choose the vegetables they wanted to eat for lunch.

The kids were found with increase consumption of vegetables by up to 80 percent.

They further noted that children who were allowed to choose ingested 20 grams more, representing an average of 40 grams per day between lunch and dinner.

Given that the ration of vegetables served was 150 grams, "it is a very important quantity", said study's authors.

The study was published in the international journal Brain Research Bulletin. (ANI)

You might like:

- [Iran supporting Syrian regime in its crackdown on pro-democracy protestors: UK](#)
- [Excessive usage of mobile, laptop, computer leads to a hunchback](#)
- [Ilyas Kashmiri was in process of creating 'Laskhar-e-Osama' for attacks across Pak](#)
- [Cheryl Cole turns to ex-hubby Ashley for comfort](#)

UMIT - Private University

MSc Program in HTA Health Technology Assessment
www.umat.at/htads

Study LLM Law Masters

Top London School, Full/Part-Time LLM in
International Business Law
www.lse.ac.uk/LLM

AdChoices 

Post Tags: [Washington](#)

Enjoy the Article? [Subscribe!](#)

What's Next?

- [Tweet this](#)
- [Share on Facebook](#)
- [Google Bookmark It](#)
- [Digg it](#)
- [Leave a Comment](#)

You must be [logged in](#) to post a comment.

-