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Kids eat more veg when allowed to choose

ANI, Jun 3, 2011, 02:36pm IST

A new study conducted at the University of Granada has found that children eat up to 80 per cent 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 spinachs, 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".

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Kids eat more veg when allowed to choose
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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 per cent.

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*.

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