



## Children allowed to pick their produce eat more veggies

By [Aimee Keenan-Greene](#), Providence Children's Health Examiner

A report from the [University of Granada](#) in the international journal *Brain Research Bulletin* concluded children eat up to 80 percent more vegetables when they get to pick.

Researchers studied 150 children under age 6 who, when allowed to choose their veggies, ingested 20 grams more of vegetables per meal - or average of 40 grams per day between lunch and dinner. Scientists add, the bitterness caused by both the glucosinolate and the calcium content of spinach, collard greens, cabbage, onions and broccoli, negatively influenced children's consumption of vegetables.

According to the US Department of Health and Human Services' Healthy People 2010 objectives, adequate fruit and vegetable consumption is a national public health priority for disease prevention and maintenance of good health.

Fruits and vegetables furnish valuable dietary nutrients and contribute vital elements to chronic disease prevention for heart disease, hypertension, certain cancers, vision problems of aging, and possibly type 2 diabetes.

A study in the new July/August 2011 supplement to the [Journal of Nutrition Education and Behavior](#) says in the last decade, California adults' fruit and vegetable consumption rose from 3.8 servings to 5.2 servings.

The number of California adults who reported eating greater or equal to 5 servings of fruit and vegetable on their 24-hour diet recall increased 57 percent over the past decade.

The increase in fruit and vegetable consumption was the greatest for the lowest and the highest income groups, nearly doubling the percentage that consumes > 5 fruit and vegetable per day, 1997-2007 in each group.

*Network for a Healthy California* is promoting fruit and vegetable consumption through education with a large-scale social marketing program, funded in part by the Supplemental Nutrition Assistance Program (SNAP) - formerly known as the Food Stamp Nutrition

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Education program.

#### Additional Resources:

[SNAP in Rhode Island](#)

[RI Farmer's Markets- Farm Fresh Rhode Island](#)

Find a local food pantry that accepts fresh produce, using Ample Harvest's web resource:

<http://www.ampleharvest.org/find-pantry.php>.

[One Seed Rhode Island](#)

- **What: Fresh Vegetable Collection for Local Food Pantries**
- **When: July 21st 2011–October 1st 2011.**
- **Where: - Bayside YMCA, 70 West St. Barrington, RI Roger Free Library, 525 Hope Street, Bristol RI Riverside Library, 100 Bullocks Point Avenue, Riverside RI**
- **Drop off: Monday-Thursday.**
- **Collected at 2pm on Tuesdays and Thursdays**

**RI Local Food Fest** to benefit Farm Fresh Rhode Island

Castle Hill Inn & Resort, Newport

Tuesday, August 2, 2011 5-8pm

Preview 4pm



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