

# Feeding advice to support young children to learn to eat and enjoy vegetables

## The Issue?

6%

Only 6% of Australian children aged 2-17 years of age eat the recommended amount of vegetables.



Poor acceptance of vegetables is a key reason for low intake.



The first years of a child's life are critical in developing a liking of vegetables.



There is opportunity to strengthen current feeding advice to encourage liking of vegetables in the first years of life.

## The Advice

Using a robust scientific approach, two advice statements have been developed:

1

### Repeated Exposure

For young children it can take time to learn to like a new food, including vegetables. Keep offering vegetables, even if rejected. It may take 10 or more times before a new vegetable is liked.

2

### Variety

Help children learn to like and eat vegetables by offering a variety of vegetables everyday as part of snacks and main meals.

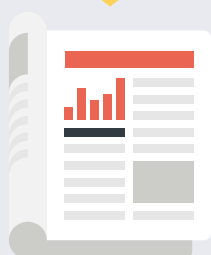


### Remember:

Only a small amount of vegetables each time is needed to build acceptance, equivalent to the size of a 10c piece. It is important that carers and parents remain neutral when vegetables are rejected.

## Key Actions for Stakeholders

### Advice statements



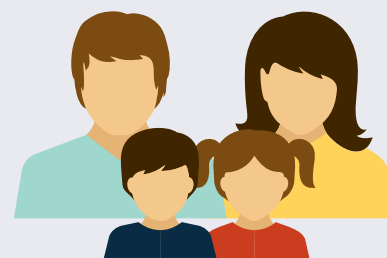
### Government

Advice statements can inform the development of future feeding guidelines and practical resources (e.g. educator guides for dietary guidelines).



### Stakeholders

Healthcare practitioners and researchers can use these advice statements when advising carers of children.



### Carers of children

Implement the advice provided by stakeholders to increase children's liking and intake of vegetables.