



## Healthy Starts: Pacing of children’s introduction to new plant-based foods

Research tells us that offering children new foods multiple times (sometimes called “repeated exposure”) is important for helping children accept those new foods. It can take up to 10 offers for children to accept the new foods. However, we do not know if the scheduling or pacing of these offers matters.

### We want to find out!

To be included, **YOUR CHILD** must:

- be between the ages of 8 - 15 months
- have been born at term (>37 weeks)
- not have disabilities that could affect their diet and eating

To be included **YOU** must:

- be the primary caregiver of the child
- be at least 18 years old

**Before your visit :** You will fill out some surveys about you, your household, and your child. These surveys will take about 15-20 minutes to complete. We will ask you about:

- Your and your family's characteristics
- Your child’s feeding history, including milk and solid foods
- How you feed your child and how your child eats

**During your visits:** You will be asked to visit the Children’s Eating Lab (“the Lab”) 4 times over 3 months to see how much your child will eat of a new food . On each visit day, we will ask you to avoid feeding your child for the 1 1/2 hour before your visit.

**Visit 1:** You will be asked a few questions about how your child is feeling, their sleep, and when they last ate. First, you and your child will play for a few minutes to help you feel more comfortable . Then you will be asked to feed your child two small tastes of the new food. We will record the feeding and later code the video and audio clips to understand how you and your child respond to the food. At the end of the this visit, we will measure both you and your child’s height and weight.

**Visit 2:** For the next 2 weeks, we will give you the food to feed to your child and then ask you to come back for the second visit. You will again be video-recorded feeding the food to your child.

**Visit 3:** Your 3<sup>rd</sup> visit will be 4 weeks later and you will again feed the food to your child. We will measure your child’s weight and length this time. You will also be asked questions about your experience offering the new food at home and some general questions about your feeding practices, which will take about 20 minutes and will be recorded.

**Visit 4:** Your last visit will be 6 weeks later and again, you will feed the food to your child and we will measure your child’s weight and length one more time. You will also be asked questions about how your child is eating. This interview will take about 10 minutes and will be recorded.

**What you will do at home:** You will offer the new food to your child at home 10 times over a period of 6 weeks. You will be given: 1) a supply of the food to take home; 2) instructions for how to prepare the food; and 3) the schedule for which days to offer the food to your child. After each time you offer the food to your child at home, you will be asked to complete a brief survey about how your child is feeling that day, how you prepared and offered the food, and how your child responded. Between your 3<sup>rd</sup> and 4<sup>th</sup> visit, we will ask you to respond to a brief survey once per week about what your child is eating. It is only 6 questions long and should take only a few minutes to complete.

**Disclosure:** The videos of you and your child will only be shared for educational purposes if you give your permission for us to do this. You do not need to give your permission to share these videos to take part in this study. If you do not wish to be recorded, you will not be eligible to participate in this study.

**Who is paying for this study?** This research is being paid for by the Vitamix Foundation.

**Will I be paid for being in the study?** You will receive \$50.00 for each visit to the Children's Eating Lab in this study. This will add up to a total of \$200.00 if you complete all of the visits.

**What should I do if I have questions?** If you have additional questions, please reach out to the Dr. Susan L Johnson at [susan.johnson@cuanschutz.edu](mailto:susan.johnson@cuanschutz.edu) or 303-724-2922.