

# Referenties

- Addessi, E., Galloway, A. T., Visalberghic, E., & Birch, L. L. (2005). Specific social influences on the acceptance of novel foods in 2–5-year-old children. *Appetite*, *45*, 264–271.
- Agostoni, C., Decsi, T., Fewtrell, M., Goulet, O., Kolacek, S., Koletzko, B., et al. (2008). Complementary feeding. A commentary by the ESPGHAN committee on nutrition. *Journal of Pediatric Gastroenterology and Nutrition*, *46*, 99–110.
- Agras, W., Lawrence, D., Hammer, M., et al. (2004). Risk factors for childhood overweight: a prospective study from birth to 9.5 years. *Journal of Pediatrics*, *145*, 247–252.
- Ainsworth, M. D. (1979). Infant–mother attachment. *The American Psychologist*, *34*, 932–937.
- Alexander, A., Benjamin, L. M., Hoerrner, K. & Roe, D. (1998). We'll be back in a moment: A content analysis of advertisements in children's television in the 1950s. *Journal of Advertising*, *27*, 1–9.
- American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders*. 5th ed. Arlington, VA: American Psychiatric Association.
- Anders, T. F., Halpern, L. F., & Hua, J. (1992). Sleeping through the night: A developmental perspective. *Pediatrics*, *90*, 554–560.
- Anderson, G. H., Saravis, S., Schacher, R., Zlotkin, S., & Leiter, L. A. (1989). Aspartame: Effect on lunch-time food intake, appetite and hedonic response in children. *Appetite*, *13*, 93–103.
- Anzman, S. L., Rollins, B. Y., & Birch, L. L. (2010). Parental influence on children's early eating environments and obesity risk: implications for prevention. *International Journal of Obesity*, *34*, 1116–1124.
- Anzman-Frasca, S., Savage, J. S., Marini, M. E., Fisher, J. O., & Birch, L. L. (2012). Repeated exposure and associative conditioning promote preschool children's liking of vegetables. *Appetite*, *58*, 543–553.
- Anzman-Frasca, S., Stifter, C. A. Paul, I. M., & Birch, L. L. (2013). Infant temperament and maternal parenting self-efficacy predict child weight outcomes. *Infant Behavior and Development*, *36*, 494–497.
- Arora, A., Scott, J. A., Bhole, S., Do, L., Schwarz, E., & Blinkhorn, A. S. (2011). Early childhood feeding practices and dental caries in preschool children: a multi-centre birth cohort study. *Bmc Public Health*, *11*, 28–34.
- Bandura, A. (1977). *Social Learning Theory*. Englewood Cliffs, NJ: Prentice Hall.
- Bandura, A., Ross, D., & Ross, S. A. (1961). Transmission of aggression through the imitation of aggressive models. *Journal of Abnormal and Social Psychology* *63*, 575–582.
- Barlett, C. P., Vowels, C. L., & Saucier, D. A. (2008). Meta-analyses of the effects of media images on men's body image concerns. *Journal of Social and Clinical Psychology*, *27*, 279–310.
- Baranowski, T., Cullen, K. W., & Baranowski, J. (1999). Psychosocial correlates of dietary intake: advancing dietary intervention. *Annual Review of Nutrition*, *19*, 17–40.
- Baughcum, A. E., Chamberlin, L. A., Deeks, C. M., Powers, S. W., & Whitaker, R. C. (2000). Maternal perceptions of overweight preschool children. *Pediatrics*, *106*, 1380–1386. A. E.
- Bekkering, T., Aertgeerts, B., Geirnaert, M., Van Bussel, J., Vanderplasschen, W., Van Royen, P., & Hannes, K. (2013). Adapting best practice guidelines for the prevention, screening and treatment of substance misuse in adolescents to a local Belgian context. Belgian Science Policy (Brussels).
- Bellisle, F. (2008). Child nutrition and growth: butterfly effects? *British Journal of Nutrition*, *99*, Suppl. 1, S40–S45.
- Benton, D. (2004). Role of parents in the determination of the food preferences of children and the development of obesity. *International Journal of Obesity*, *28*, 858–869.
- Bergmeier, H. Skouteris, H., Horwood, S., Hooley, M., & Richardson, B. (2014). Associations between child temperament, maternal feeding practices and child body mass index during the preschool years: a systematic review of the literature. *Obesity Reviews*, *15*, 9–18.

- Berlyne, D. E. (1963). Complexity and incongruity variables as determinants of exploratory choice and evaluative ratings. *Canadian Journal of Psychology*, 17, 274–290.
- Berlyne, D. E. (1970). Novelty, complexity and hedonic value. *Perception and Psychophysics*, 8, 279–286.
- Birch, L. L. (1980). Effects of peer model's food choices and eating behaviors on preschooler's food preferences. *Child Development*, 51, 489–496.
- Birch, L. L. (1982). Generalization of a modified food preference. *Child Development*, 52, 755–758.
- Birch, L. L. (1999). Development of food preferences. *Annual Review of Nutrition*, 19, 41–62.
- Birch, L. L., & Anzman-Frasca, S. (2011). Promoting children's healthy eating in obesogenic environments: Lessons learned from the rat. *Physiology & Behavior*, 104, 641–645.
- Birch, L. L., Billman, J., & Richards, S. S. (1984). Time of day influences food acceptability. *Appetite*, 5, 109–116.
- Birch, L. L., Birch, D., Marlin, D. W., & Kramer, L. (1982). Effects of instrumental consumption on children's food preference. *Appetite: Journal for Intake Research*, 3, 125–134.
- Birch, L. L., & Fisher, J. O. (1997). Food intake regulation in children. Fat and sugar substitutes and intake. *Annals New York Academy of Sciences*, 819, 194–220.
- Birch, L. L., & Fisher, J. O. (2000). Mothers' child-feeding practices influence daughters' eating and weight. *The American Journal of Clinical Nutrition*, 71, 1054–1064.
- Birch, L. L., Fisher, J. O., Grimm-Thomas, K., Markey, C. N., Sawyer, R., & Johnson, S. L. (2001). Confirmatory factor analysis of the child feeding questionnaire: a measure of parental attitudes, beliefs and practices about child feeding and obesity proneness. *Appetite*, 36, 201–210.
- Birch, L. L., Gunder, L., Grimm-Thomas, K., & Laing, D. G. (1998). Infant's consumption of a new food enhances acceptance of similar foods. *Appetite*, 30, 283–295.
- Birch, L. L., Marlin, D. W., & Rotter, J. (1984). Eating as the means activity in a contingency. Effects on young children's food preference. *Child Development*, 55, 1–439.
- Birch, L. L., Zimmerman, S., & Hind, H. (1980). The influence of social-affective context on preschool children's food preferences. *Child Development*, 51, 856–861.
- Blissett, J., & Fogel, A. (2013). Intrinsic and extrinsic influences on children's acceptance of new foods. *Physiology & Behavior*, 121, 89–95.
- Bonuck, K. A., Huang, V., & Fletcher, J. (2010). Inappropriate bottle use. An early risk for overweight? Literature review and pilot data for a bottle-weaning trial. *Maternal and Child Nutrition*, 6, 38–52.
- Botta, R. A. (2003). For your health? The relationship between magazine reading and adolescents' body image and eating disturbances. *Sex Roles*, 48, 389–399.
- Bowlby, J. (1969). *Attachment and loss. 1: Attachment*. New York: Basic Books.
- Boyland, E. J., & Halford, J. C. G. (2013). Television advertising and branding. Effects on eating behaviour and food preferences in children. *Appetite*, 62, 236–241.
- Boyland, E. J., Harrold, J. A., Kirkham, T. C., & Halford, J. C. G. (2012). Persuasive techniques used in television advertisements to market foods to UK children. *Appetite*, 58, 658–664.
- Braet, C., O'Malley, G., Weghuber, D., Vania, A., Erhardt, E., Nowicka, P., Mazur, A., Frelut, M. L., & Ardelt-Gattinger, E. (2014). The assessment of eating behaviour in children who are obese: A psychological approach. A position paper from the European childhood obesity group. *Obesity Facts*, 7, 153–164.
- Brophy, J., Alleman, J., & O'Mahony C. (2003). Primary-grade students' knowledge and thinking about food production and the origins of common foods. *Theory & Research in Social Education*, 31, 10–50.
- Brown, S. D. (2010). *The rejection of known and previously accepted foods in early childhood*. Doctoral Dissertation, University of Birmingham.
- Brown, R., & Ogen, J. (2004). Children's eating attitudes and behaviour: a study of the modelling and control theories of parental influence. *Health Education Research*, 19, 261–271.
- Brownell, K. D., Greenwood, M. R. C., Stellar, E., & Shrager, E. E. (1986). The effects of repeated cycles of weight loss and regain in rats. *Physiology & Behavior*, 38, 459–446.
- Bruce A. S., Martin, L. E., & Savage, C. R. (2011). Neural correlates of pediatric obesity. *Preventive Medicine* 52, S29–S35.

- Bruch, H. (1964). Psychological aspects in overeating and obesity. *Psychosomatics*, 5, 269-274.
- Bruch, H. (1975). Obesity and anorexia nervosa. Psychosocial aspects. *Australian and New Zealand Journal of Psychiatry*, 9, 151-169.
- Buhrmester, D., & Furman, W. (1990). Perceptions of sibling relationships during middle childhood and adolescence. *Child Development*, 61, 1387-1398.
- Cabanac, M. (1995). Palatability vs. money: Experimental study of a conflict of motivations. *Appetite*, 25, 43-49.
- Cannie, H., & Voorhoof, D. (2010). Reclame in audiovisuele media gericht op kinderen. Nieuwe regels, ander toezicht? In S. Van Bauwel, E. Van Damme & H. Verstraeten (eds.), *Diverse media-werelden. Hedendaagse reflecties gebaseerd op het onderzoek van Frieda Saeys* (pp. 77-106). Gent: Academia Press.
- Capaldi, D., & Privitera, G. J. (2007). Decreasing dislike for sour and bitter in children and adults. *Appetite*, 50, 139-145.
- Caroli, M., Mele, R. M., Tomaselli, M. A., Cammisa, M., Longo, F., & Attolini, E. (2012). Complementary feeding patterns in Europe with a special focus on Italy. *Nutrition, Metabolism & Cardiovascular Diseases*, 22, 813-818.
- Caroli, M., Mele, R. M., Tomaselli, M. A., Cammisa, M., Longo, F., & Attolini, E. (2013). Letter to the editor. Response to Mrs. Rapley's comments. *Nutrition, Metabolism & Cardiovascular Diseases*, 23, e22.
- Carruth, B. R., & Skinner, J. D. (2002). Feeding behaviors and other motor development in healthy children (2-24 Months). *Journal of the American College of Nutrition*, 21, 88-96.
- Casey, B. J., Giedd, J. N., & Thomas, K. M. (2000). Structural and functional brain development and its relation to cognitive development. *Biological Psychology*, 54, 241-257.
- Caton, S. J., Ahern, S. M., Remy, E., Nicklaus, S., Blundell, P., & Hetherington, M. M. (2013). Repetition counts: repeated exposure increases intake of a novel vegetable in UK pre-school children compared to flavour-flavour and flavour-nutrient learning. *British Journal Of Nutrition*, 109, 2089-2097.
- Caton, S. J., Blundell, P., Ahern, S. M., Nekitsing, C., Olsen, A., Møller, P., Hausner, H., Remy, E., Nicklaus, S., Chabanet, C., Issanchou, S., & Hetherington, M. M. (2014). Learning to eat vegetables in early life: The role of timing, age and individual eating traits. *Plos One*, 9, e97609.
- Cashdan, E. (1994). A sensitive period for learning about food. *Human Nature*, 5, 279-291.
- Cashdan, E. (1998). Adaptiveness of food learning and food aversions in children. *Social Science Information*, 37, 613-632.
- Cavadini, C., Siega-Riz, A. M., & Popkin, B. M. (2000). US adolescent food intake trends from 1965 to 1996. *Archives of Disease in Childhood*, 83, 18-24.
- Chigira, A., Kazuhiko, O., Mukai, Y., & Kaneko, Y. (1994). Lip closing pressure in disabled children: a comparison with normal children. *Dysphagia*, 9, 193-198.
- Cicchetti, D., & Rogosh, F. A. (2002). A developmental psychopathology perspective on adolescence. *Journal of Consulting and Clinical Psychology*, 70, 6-20.
- Clark, H. M., Robin, D. A., McCullagh, G., & Schmidt, R. A. (2001). Motor control in children and adults during a non-speech oral task. *Journal of Speech Language and Hearing Research*, 44, 1015-1025.
- Contento, I. R., Williams, S. S., Michela, J. L., & Franklin, A. B. (2006). Understanding the food choice process of adolescents in the context of family and friends. *Journal of Adolescent Health*, 38, 575-582.
- Cooke, L. J., Chambers, L. C., Añez, E. V., Croker, H. A., Boniface, D., Yeomans, M. R., & Wardle, J. (2011a). Eating for pleasure or profit: The effect of incentives on children's enjoyment of vegetables. *Psychological Science*, 22, 190-196.
- Cooke, L. J., Chambers, L. C., Añez, E. V., & Wardle, J. (2011b). Facilitating or undermining? The effect of reward on food acceptance. A narrative review. *Appetite*, 57, 493-497.
- Coulthard, H., & Blissett, J. (2009). Fruit and vegetable consumption in children and their mothers. Moderating effects of child sensory sensitivity. *Appetite*, 52, 410-415.
- Croll, J. K., Neumark-Sztainer, D., & Story, M. (2001). Healthy eating: What does it mean to adolescents? *Journal of Nutrition Education*, 33, 193-198.

- Crosnoe, R., & Johnson, M. K. (2011). Research on adolescence in the twenty-first century. *Annual Review of Sociology*, 37, 439–460.
- Cupples, W. A. (2005). Physiological regulation of food intake. *American Journal of Physiology: Regulatory, Integrative & Comparative Physiology*, 288, R1438–R1443.
- Davis, C., & Fox, J. (2008). Sensitivity to reward and body mass index (BMI). Evidence for a non-linear relationship. *Appetite*, 50, 43–49.
- Davis, C., Strachan, S., & Berkson, M. (2004). Sensitivity to reward. Implications for overeating and overweight. *Appetite*, 42, 131–138.
- de Graaf, K. (2008). Goede smaak moet je jong aanleren. *Nederlands Tijdschrift voor Voeding en Diëtik*, 63, 17–19.
- de Leeuw, R. N., Snoek, H. M., van Leeuwe, J. F., van Strien, T., & Engels, R. C. (2007). Similarities and reciprocal influences in eating behaviour within sibling pairs: A longitudinal study. *Eating Behaviors*, 8, 464–473.
- De Wild, V. W. T., de Graaf, C., & Jager, G. (2013). Effectiveness of flavour nutrient learning and mere exposure as mechanisms to increase toddler's intake and preference for green vegetables. *Appetite*, 64, 89–96.
- Deci, E. L., Koestner, R., & Ryan, R. M. (1999). A meta-analytic review of experiments examining the effects of extrinsic rewards on intrinsic motivation. *Psychological Bulletin*, 125, 627–668.
- Delaney, A. L., & Arvendson, J. C. (2008). Development of swallowing and feeding: Prenatal through first year of life. *Developmental Disabilities Research Reviews*, 14, 105 – 117.
- Diliberti, N., Bordi, P. L., Conklin, M. T., Roe, L. S., & Rolls, B. J. (2004). Increased portion size leads to increased energy intake in a restaurant meal. *Obesity Research*, 12, 562–568.
- Dinehart, M. E., Hayes, J. E., Bartoshuk, L. M., Lanier, S. L., & Duffy, V. B. (2006). Bitter taste markers explain variability in vegetable sweetness, bitterness, and intake. *Physiology & Behavior*, 87, 304–313.
- Dittmar, H. (2009). How do “Body Perfect” ideals in the media have a negative impact on body image and behaviors? Factors and processes related to self and identity. *Journal of Social and Clinical Psychology*, 28, 1–8.
- Dittmar, H., Halliwell, E., & Ives, S. (2006). Does Barbie make girls want to be thin? The effect of experimental exposure to images of dolls on the body image of 5- to 8-year-old girls. *Developmental Psychology*, 42, 283–292.
- Dittmar, H., & Howard, S. (2004). Thin-ideal internalization and social comparison tendency as moderators of media models' impact on women's body-focused anxiety. *Journal of Social and Clinical Psychology*, 23, 768–791.
- Dixon, H. G., Scully, M. L., Wakefield, M. A., White, V. M., & Crawford, D. A. (2007). The effects of television advertisements for junk food versus nutritious food on children's food attitudes and preferences. *Social Science & Medicine*, 65, 1311–1323.
- Dolmetsch, C. (2014, 26 juni). New York big-soda ban rejected by state's highest court. *Bloomberg*. Verkregen via <http://www.bloomberg.com>.
- Donadini, G., Fumi, M. D., & Porretta, S. (2012). Influence of preparation method on the hedonic response of preschoolers to raw, boiled or oven-baked vegetables. *Food Science and Technology*, 49, 282–292.
- Dovey, T. M., Staples, P. A., Gibson, E. L., & Halford, J. C. G. (2008). Food neophobia and 'picky/fussy' eating in children: A review. *Appetite*, 50, 181–193.
- Eetexpert.be (2010). *Herkenning en aanpak van eet- en gewichtsproblemen: Draaiboek voor het CGG*. Brussel: Vlaamse Gemeenschap, Ministerie van Welzijn, Volksgezondheid en Gezin. (verkrijgbaar via [www.eetexpert.be](http://www.eetexpert.be)).
- Eetexpert.be (2012). *Vlaamse consensustekst in verband met evenwichtige voeding en beweging, ten behoeve van zorgverstrekkers*. Brussel: Ministerie van Welzijn, Volksgezondheid en Gezin. (verkrijgbaar via [www.eetexpert.be](http://www.eetexpert.be)).
- Eertmans, A., Baeyens, F., & Van den Bergh, O. (2001). Food likes and their relative importance in human development: review and preliminary suggestions for health promotion. *Health Education Research*, 16, 443–456.

- Eertmans, A., Victoir, A., Notelaers, G., Vansant, G., & Van den Bergh, O. (2006). The Food Choice Questionnaire: Factorial invariant over Western urban populations? *Food Quality and Preference*, 17, 344–352.
- EFSA. (2009). Panel on Dietetic Products - Nutrition and Allergies (NDA). Scientific Opinion on the appropriate age for introduction of complementary feeding of infants. *EFSA Journal*, 7, 1423–1461.
- Epstein, L. H., Fletcher, K. D., O'Neill, J., Roemmich, J. N., Raynor, H., & Bouton, M. E. (2013). Food characteristics, long-term habituation and energy intake. Laboratory and field studies. *Appetite*, 60, 40–50.
- Ernst, M., Pine, D. S., & Hardin, M. (2006). Triadic model of the neurobiology of motivated behavior in adolescence. *Psychological Medicine*, 36, 299–312.
- Fagerli, R. A., & Wandel, M. (1999). Gender differences in opinions and practices with regard to a "healthy diet". *Appetite*, 32, 171-190.
- Faith, M. S., Scanlon, K. S., Birch, L. L., Francis, L. A., & Sherry, B. (2004). Parent– child feeding strategies and their relationships to child eating and weight status. *Obesity Research*, 12, 1711–1722.
- Farrow, C. V., & Coulthard, H. (2012). Relationships between sensory sensitivity, anxiety and selective eating in children. *Appetite*, 58, 842–846.
- Farrow, C. V., Galloway, A. T., & Fraser, K. (2009). Sibling eating behaviours and differential child feeding practices reported by parents. *Appetite*, 52, 307–312
- Farrow, C., Haycraft, E., & Meyer, C. (2011). Similarities between eating attitudes among friendship groups in childhood: The moderating role of child anxiety. *Journal of Pediatric Psychology*, 36, 1144–1152.
- Fisher, J. O. (2007). Effects of age on children's intake of large and self-selected food portions. *Obesity (Silver Spring)*, 15, 403–412.
- Fisher, J. O., & Birch, L. L. (1999). Restricting access to palatable foods affects children's behavioral response, food selection, and intake. *The American Journal of Clinical Nutrition*, 69, 1264–1272.
- Fisher, J. O., Birch, L. L., Zhang, J., Grusak, M. A., & Hughes, S. O. (2013). External influences on children's self-served portions at meals. *International Journal of Obesity*, 37, 954–960.
- Fisher, J. O., Rolls, B. J., & Birch, L. L. (2003). Children's bite size and intake of an entrée are greater with large portions than with age-appropriate or self-selected portions. *The American Journal of Clinical Nutrition*, 77, 1164–70.
- Foster, T., Perinpanayagam, H., Pfaffenbach, A., & Certo, M. (2006). Recurrence of early childhood caries after comprehensive treatment with general anesthesia and follow-up. *Journal of Dentistry for Children*, 73, 25–30.
- Fox, M. (2005). Family systems variables as predictors of eating styles and Body Mass Index. *Doctoral dissertation, Virginia Polytechnic Institute and State University*.
- Francis, L. A., & Birch, L. L. (2006). Does eating during television viewing affect preschool children's intake? *Journal of the American Dietetic Association*, 106, 598-600.
- Francis, L. A., Hofer, S. M., & Birch, L. L. (2001). Predictors of maternal child-feeding practice: maternal and child characteristics. *Appetite*, 37, 231-243.
- French, S., Lin, B., & Guthrie J. (2003). National trends in soft drink consumption among children and adolescents age 6 to 17 years: prevalence, amounts, and sources, 1977/1978 to 1994/1998. *Journal of the American Dietetic Association*, 103, 1326–1331.
- Gable, S., & Lutz, S. (2000). Household, parent and child contributions to childhood obesity. *Family Relationships*, 49, 293-300.
- Gahukar, R. (2011). Entomophagy and human food security. *International Journal of Tropical Insect Science*, 31, 129-144.
- Galef, B. G. (1991). A contrarian view of the wisdom of the body as it relates to dietary self-selection. *Psychological Review*, 98, 218–223.
- Galloway, A. T., Fiorito, L. M., Francis, L. A., & Birch, L. L. (2006). 'Finish your soup': Counterproductive effects of pressuring children to eat on intake and affect. *Appetite*, 46, 318–323.
- Garcia, J., & Koelling, R. A. (1966). Relation of cue to consequence in avoidance learning. *Psychonomic Science*, 4, 123–124.

- Geier, A. B., Rozin, P., & Doros, G. (2006). Unit bias. A new heuristic that helps explain the effect of portion size on food intake. *Psychological Science*, *17*, 521-525.
- Gerrish, C. J., & Mennella, J. A. (2001). Flavor variety enhances food acceptance in formula-fed infants. *American Journal of Clinical Nutrition*, *73*, 1080-1085.
- Gillman M. W., Rifas-Shiman, S. I., Frazier, A. L., Rockett, H. R., Camargo, C. A., Field, A. E., Berkey, C. S., & Colditz, G. A. (2000). Family dinner and diet quality among older children and adolescents. *Archives of Family Medicine*, *9*, 235-240.
- Gisel, E. G. (1988). Chewing cycles in 2- to 8-year-old normal children: a developmental profile. *The American journal of occupational therapy*, *42*, 40-46.
- Gisel, E. G. (1991). Effect of food texture on the development of chewing of children between six months and two years of age. *Developmental Medicine & Child Neurology*, *33*, 69-79.
- Grabe, S., Ward, L. M., & Hyde, J. S. (2008). The role of the media in body image concerns among women: A meta-analysis of experimental and correlational studies. *Psychological Bulletin*, *134*, 460-476.
- Graziano, P. A., Calkins, S. D., & Keane, S. P. (2010). Toddler self-regulation skills predict risk for pediatric obesity. *International Journal of Obesity*, *34*, 633-641.
- Groesz, L. M., Levine, M. P., & Murnen, S. K. (2002). The effect of experimental presentation of thin media images on body satisfaction: A meta-analytic review. *International Journal of Eating Disorders*, *31*, 1-16.
- Hardy, L. L., Grunseit, A., Khambalia, A., Bell, C., Wolfenden, L., & Milat, A. J. (2012). Co-occurrence of obesogenic risk factors among adolescents. *Journal of Adolescent Health*, *51* 265-271.
- Hargreaves, D. A., & Tiggemann, M. (2004). Idealized media images and adolescent body image: "comparing" boys and girls. *Body Image*, *1*, 351-361
- Harper, L. V., & Sanders, K. M. (1975). The effect of adults' eating on young children's acceptance of unfamiliar foods. *Journal of Experimental Child Psychology*, *20*, 206-214.
- Harris, G. (2008). Development of taste and food preferences in children. *Current Opinion in Clinical Nutrition and Metabolic Care*, *11*, 315-319.
- Hart, K. H., Bishop, J. A., & Truby, H. (2002). An investigation into school children's knowledge and awareness of food and nutrition. *Journal Of Human Nutrition And Dietetics*, *15*, 129-140.
- Harter, S. (1982). The Perceived Competence Scale for Children. *Child Development*, *53*, 87-97.
- Harter, S., Bresnick, S., Bouchey, H. A., & Whitesell, N. R. (1997). The development of multiple role-related selves during adolescence. *Development and Psychopathology*, *9*, 835-853.
- Harter, S., & Whitesell, N. R. (2003). Beyond the debate: Why some adolescents report stable self-worth over time and situation, whereas others report changes in self-worth. *Journal of Personality*, *71*, 1027-1058.
- Hastings, G., Stead, M., McDermott, L., Forsyth, A, MacKintosh, A. M., Rayner, M., Godfrey, C., Caraher, M. & Angus, K. (2003). *Review of research on the effects of food promotion to children*. University of Strathclyde.
- Hausner, H., Olsen, A., & Moller, P. (2012). Mere exposure and flavour-flavor learning increase 2-3 year-old children's acceptance of a novel vegetable. *Appetite*, *58*, 1152-1159.
- Haycraft, E., & Blissett, J. (2012). Predictors of paternal and maternal controlling feeding practices with 2- to 5-year-old children. *Journal of Nutrition Education & Behavior*, *44*, 390-397.
- Haycraft, E., Farrow, C., Meyer, C., Powell, F., & Blissett, J. (2011). Relationships between temperament and eating behaviours in young children. *Appetite*, *56*, 689-692.
- Hegar, B., & Vandenplas, Y. (2013). Gastroesophageal reflux: natural evolution, diagnostic approach and treatment. *The Turkish Journal of Pediatrics*, *55*, 1-7.
- Hegar, B., Dewanti, N. R., Kadim, M., Alatas, S., Firmansyah, A., & Vandenplas, Y. (2009). Natural evolution of regurgitation in healthy infants. *Acta Paediatrica*, *98*, 1189-1193.
- Helfert, S., & Warschburger, P. (2013). The face of appearance-related social pressure: gender, age and body mass variations in peer and parental pressure during adolescence. *Child and Adolescent Psychiatry and Mental Health*, *7*, 16-26.
- Henderson, J. M. T., France, K. G., Owens, J. L. & Blampied, N. M. (2010). Sleeping through the night: The consolidation of self-regulated sleep across the first year of life. *Pediatrics*, *126*, E1081-E1087.



- Hendy, H. M., & Raudenbush, B. (2000). Effectiveness of teacher modeling to encourage food acceptance in preschool children. *Appetite*, *34*, 61-76.
- Herman, C. P., & Mack, D. (1975). Restrained and unrestrained eating. *Journal of Personality*, *43*, 647-660.
- Herman, C. P., & Polivy, J. (1980). Restrained eating. In A. J. Stunkard (Ed.), *Obesity* (pp. 208-225). Philadelphia, PA: Saunders.
- Hermans, R. C. J., Larsen, J. K., Herman, C. P., & Engels, R. C. M. E. (2012). How much should I eat? Situational norms affect young women's food intake during meal time. *British Journal of Nutrition*, *107*, 588-594.
- Hibell, B., Guttormsson, U., Ahlström, S., Balakireva, O., Bjarnason, T., Kokkevi, A., & Kraus, L. (2012). *The 2011 ESPAD Report. Substance use among Students in 36 European Countries*. Stockholm, Sweden.
- Hoge Gezondheidsraad (2009). *Voedingsaanbevelingen voor België. Herziene versie 2009*. Brussel, Ministerie van Sociale Zaken, Volksgezondheid en Leefmilieu, 91 p. Te raadplegen op [www.health.fgov.be](http://www.health.fgov.be).
- Hogenkamp, P. S., Mars, M., Stafleu, A., & de Graaf, C. (2010). Intake during repeated exposure to low- and high-energy-dense yogurts by different means of consumption. *The American Journal of Clinical Nutrition*, *91*, 841-847.
- Hogenkamp, P. S., & Schiöth, H. B. (2013). Effect of oral processing behaviour on food intake and satiety. *Trends in Food Science & Technology*, *34*, 67-75.
- Hooley, M., Skouteris, H., Boganin, C., Satur, J., & Kilpatrick, N. (2012). Parental influence and the development of dental caries in children aged 0-6 years: a systematic review of the literature. *Journal of Dentistry*, *40*, 873-885.
- Houldcroft, L., Haycraft, E., & Farrow, C. (2014). Peer and friend Influences on children's eating. *Social Development*, *23*, 19-40.
- Houston-Price, C., Butler, L., Shiba, P. (2009). Visual exposure impacts on toddlers' willingness to taste fruits and vegetables. *Appetite*, *53*, 450-453.
- Houtman, I., Schlatmann, H., & van der Poel, G. (2008). *Fysiologie voor de sportpraktijk*. Maarssen: Elsevier gezondheidszorg.
- Howard, A. J., Mallan, K. M., Byrne, R., Magarey A., & Daniels, L. A. (2012). Toddlers' food preferences. The impact of novel food exposure, maternal preferences and food neophobia. *Appetite*, *59*, 818-825.
- Hughes, S. O., Power, T. G., Fisher, J. O., Mueller, S., & Nicklas, T. A. (2005). Revisiting a neglected construct. Parenting styles in a child-feeding context. *Appetite*, *44*, 83-92.
- Husby, I., Heitmann, B. L., & O'Doherty Jensen, K. (2008). Meals and snacks from the child's perspective: the contribution of qualitative methods to the development of dietary interventions. *Public Health Nutrition*, *12*, 739-747.
- Illingworth, R. S., & Lister, J. (1964). The critical or sensitive period, with special reference to certain feeding problems in infants and children. *Journal of Pediatrics*, *65*, 839-848.
- Irving, L. M., & Berel, S. (2001). Comparison of media literacy programs to strengthen college women's resistance to media images. *Psychology of Women Quarterly*, *6*, 119-131.
- Irving, L. M., Dupen, J., & Berel, S. (1998). A media literacy program for high school females. *Eating Disorders: The Journal of Treatment and Prevention*, *25*, 103-111.
- Jansen, E., Mulkes, S., & Jansen, A. (2007). Do not eat the red food!: prohibition of snacks leads to their relative higher consumption in children. *Appetite*, *49*, 572-577.
- Jansen, A., & Tenney, N. (2001). Seeing mum drinking a 'light' product: is social learning a stronger determinant of taste preference acquisition than caloric conditioning? *European Journal of Clinical Nutrition*, *55*, 418-422.
- Johnson, L., Van Jaarsveld, C. H. M., & Wardle, J. (2011). Individual and family environment correlates differ for consumption of core and non-core foods in children. *British Journal of Nutrition*, *105*, 950-959.
- Johnson, S. L., & Birch, L. L. (1994). Parents' and children's adiposity and eating style. *Pediatrics*, *94*, 653-661.

- Johnson, S. L., McPhee, L., & Birch, L. L. (1991). Conditioned preferences: young children prefer flavours associated with high dietary fat. *Physiology & Behavior*, *50*, 1245–1251.
- Kalat, J. W., & Rozin, P. (1973). 'Learned safety' as a mechanism in longdelay taste-aversion learning in rats. *Journal of Comparative and Physiological Psychology*, *83*, 198–207.
- Kater, K. J., Rohwer, J., & Londre, K. (2002). Evaluation of an upper elementary school program to prevent body image, eating, and weight concerns. *Journal of School Health*, *72*, 199–204.
- Kawashita, Y., Kitamura, M., & Saito, T. (2011). Early Childhood Caries. *International Journal of Dentistry*, 2011.
- Keller, K. L., Kuilema, L. G., Lee, N., Yoon, J., Mascaro, B., Combes, A., Deutsch, B., Sorte, K., & Halford, J. C. G. (2012). The impact of food branding on children's eating behavior and obesity. *Physiology & Behavior*, *106*, 379–386.
- Kelly, B., Baur, L. A., Bauman, A. E., & King, L. (2010). Examining opportunities for promotion of healthy eating at children's sports clubs. *Australian and New Zealand Journal of Public Health*, *34*, 583–588.
- Kennedy, J. G., & Kent, R. D. (1985). Anatomy and physiology of deglutition and related functions. *Seminars in Speech and Language*, *6*, 257–273.
- Kenny, P. J. (2011). Reward mechanisms in obesity. New insights and future directions. *Neuron*, *69*, 664–679.
- Kern, D. L., McPhee, L., Fisher, J., Johnson, S., & Birch, L. L. (1993). The postingestive consequences of fat condition preferences for flavors associated with high dietary fat. *Physiology & Behavior*, *54*, 71–76.
- Kind en Gezin & VIGeZ (2014). Voedingstips voor peuters en kleuters. Te raadplegen via [www.kindegezin.be](http://www.kindegezin.be).
- Knaapila, A., Tuorila, H., Silventoinen, K., Keskitalo, K., Kallela, M., Wessman, M., et al. (2007). Food neophobia shows heritable variation in humans. *Physiology and Behavior*, *91*, 573–578.
- Kohlberg, L. (1976). Moral stages and moralization. The cognitive developmental approach. In T. Lickona (Ed.), *Moral development and moral behavior: Theory, research and social issues* (pp. 170–205). New York: Holt, Rinehart & Winston.
- Kohnstramm, R. (2009). *Kleine ontwikkelingspsychologie I*. Houten: Bohn Stafleu van Loghum.
- Koning, I. M., van den Eijnden, R. J. J. M., Verdurmen, J. E. E., Engels, R. C. M. E., & Vollebergh, W. A. M. (2012). Developmental alcohol-specific parenting profiles in adolescence and their relationships with adolescents' alcohol use. *Journal of Youth and Adolescence*, *41*, 1502–1511.
- Kral, T. V. E., Kabay, A. C., Roe, L. S., & Rolls, B. J. (2010). Effects of doubling the portion size of fruit and vegetable side dishes on children's intake at a meal. *Obesity*, *18*, 521–527.
- Krølner, R., Rasmussen, M., Brug, J., Klepp, K., Wind, M., & Due, P. (2011). Determinants of fruit and vegetable consumption among children and adolescents: a review of the literature. Part II: qualitative studies. *International Journal of Behavioral Nutrition and Physical Activity*, *8*, 112–149.
- Ladd, G. W. (1989). Toward a further understanding of peer relationships and their contributions to child development. In T. J. Berndt, & G. W. Ladd (Eds.), *Peer relationships in child development* (pp. 1–11). New York: John Wiley & Sons.
- Ladd, G. W., & Kochenderfer, B. J. (1998). Linkages between friendship and adjustment during early school transitions. In W. M. Bukowski, A. F. Newcomb, & W. W. Hartup (Eds.), *The company they keep. Friendship in childhood and adolescence* (pp. 322–345). Cambridge: Cambridge University Press.
- Lakkakula, A., Geaghan, J. P., Wong, W., Zanicov, M., Pierce, S. H., & Tuuri, G. (2011). A cafeteria-based tasting program increased liking of fruits and vegetables by lower, middle and upper elementary school-age children. *Appetite*, *57*, 299–302.
- Landis, A. M., Parker, K. P., & Dunbar, S. B. (2009). Sleep, hunger, satiety, food cravings, and caloric intake in adolescents. *Journal of Nursing Scholarship*, *41*, 115–123.
- Lapierre, M. A., Vaala, S. E., & Linebarger, D. L. (2011). Influence of licensed spokescharacters and health cues on children's ratings of cereal taste. *Archives Of Pediatrics & Adolescent Medicine*, *165*, 229–234.
- Larson, N. I., Neumark-Sztainer, D., Story, M., & Burgess-Champoux, T. (2010). Whole-grain intake correlates among adolescents and young adults: Findings from project EAT. *Journal of the American Dietetic Association*, *110*, 230–237.



- Lawless, H. T., & Heymann, H. (2010). Texture evaluation. In H. T. Lawless & H. Heymann, *Sensory Evaluation of Food: Principles and Practices*, Springer New York, New York, NY.
- Lee, H., & Keller, K. L. (2012). Children who are pressured to eat at home consume fewer high-fat foods in laboratory test meals. *Journal of the Academy of Nutrition & Dietetics*, *112*, 271–275.
- Lee Y., Mitchell, D. C., Smiciklas-Wright, H., & Birch L. L. (2001). Diet quality, nutrient intake, weight status and feeding environments of girls meeting or exceeding recommendations for total dietary fat of the American Academy of Pediatrics. *Pediatrics*, *107*, 1414-1420.
- Lerner, R. M., Rothbaum, F., Boulos, S., & Castellino, D. R. (2002). Developmental systems perspective on parenting. In M. H. Bornstein (Ed.), *Handbook of parenting: Vol. 2, Biology and ecology of parenting*. 2nd ed. (pp. 315-344). Mahwah, NJ: Lawrence Erlbaum Associates.
- Levine, M. P., & Harrison, K. (2004). The role of mass media in the perpetuation and prevention of negative body image and disordered eating. In J. K. Thompson (Ed.), *Handbook of eating disorders and obesity* (pp. 695-717). New York: Wiley.
- Lévy, C. M., MacRae, A., & Köster, E. P. (2006). Perceived stimulus complexity and food preference development. *Acta Psychologica*, *123*, 394–413.
- Li, R., Fein, S. B., & Grummer-Strawn, L. M. (2010). Do Infants fed from bottles lack self-regulation of milk intake compared with directly breastfed infants? *Pediatrics*, *125*, e1386–e1393.
- Ludy, M., & Mattes, R. D. (2012). Comparison of sensory, physiological, personality, and cultural attributes in regular spicy food users and non-users. *Appetite*, *58*, 19-27.
- Lundy, B., Field, T., Carraway, K., Hart, S., Malphurs, J., Rosenstein, M., Pelaez-Nogueras, M., Coletta, F., Ott, D., & Hernandez-Reif, M. (1998) Food texture preferences in infants versus toddlers. *Early Child Development and Care*, *146*, 69-85.
- Maccoby, E., & Martin, J. (1983). Socialization in the context of the family: Parent–child interaction. In P. H. Mussen (Ed.), *Handbook of child psychology* (pp. 1–101). New York: Wiley.
- Maier, A. S., Chabanet, C., Schaal, B., Leathwood, P. D., & Issanchou, S. N. (2008). Breastfeeding and experience with variety early in weaning increase infants' acceptance of new foods for up to two months. *Clinical Nutrition*, *27*, 849-857.
- Mason, S. J., Harris, G., & Blissett, J. (2005). Tube feeding in infancy. Implications for the development of normal eating and drinking skills. *Dysphagia*, *20*, 46–61.
- Mars, M., Hogenkamp, P. S., Gosses, A. M., Stafleu, A., & de Graaf, C. (2009). Effect of viscosity on learned satiation. *Physiology & Behavior*, *98*, 60-66.
- Matton, A., Goossens, L., Braet, C., & Van Durme, K. (2013). Continuity in primary school children's eating problems and the influence of parental feeding strategies. *Journal of Youth and Adolescence*, *42*, 52-66.
- Maynard, L. M., Galuska, D. A., Blanck, H. M., & Serdula, M. K. (2003). Maternal perceptions of weight status of children. *Pediatrics*, *111*, 1226-1231.
- McCabe, M. P., Ricciardelli, L. A., & Finemore, J. (2002). The role of puberty, media and popularity with peers on strategies to increase weight, decrease weight and increase muscle tone among adolescent boys and girls. *Journal of Psychosomatic Research*, *52*, 145–153.
- McFarlane, T., & Pliner, P. (1997). Increased willingness to taste novel foods: Effects of nutrition and taste information. *Appetite*, *28*, 227–238.
- McGuire, S., Dunn, J., & Plomin, R. (1995). Maternal differential treatment of siblings and children's behavioral problems – A longitudinal study. *Development and Psychopathology*, *7*, 515-528.
- McMeekin, S., Jansen, E., Mallan, K., Nicholson, J., Magarey, A., & Daniels, L. (2013). Associations between infant temperament and early feeding practices. A cross-sectional study of Australian mother-infant dyads from the NOURISH randomised controlled trial. *Appetite*, *60*, 239-245.
- McVey, G. L., & Davis, R. (2002). A program to promote positive body image: A 1-year follow-up evaluation. *Journal of Early Adolescence*, *22*, 97–109.
- Meiselman, H. L., de Graaf, C., & Leshner, L. L. (2000). The effects of variety and monotony on food acceptance and intake at a midday meal. *Physiology & Behavior*, *70*, 119-125.
- Mennella, J.A., Griffin, C. E., & Beauchamp, G. K. (2004). Flavor programming during infancy. *Pediatrics*, *113*, 840 – 845.
- Mennella, J. A., Coren, P., Jagnow, C. P., & Beauchamp, G. K. (2001). Prenatal and postnatal flavor learning by human infants. *Pediatrics*, *107*, 88-94.

- Mennella, J. A., Nicklaus, S., Jagolino, A. L., & Yourshaw, L. M. (2008). Variety is the spice of life: strategies for promoting fruit and vegetable acceptance during infancy. *Physiology and Behavior*, 94, 29–38.
- Micha, R., Rogers, P. J., & Nelson, M. (2010). The glycaemic potency of breakfast and cognitive function in school children. *European Journal of Clinical Nutrition*, 64, 948 – 957.
- Michela, J. L., & Contento, I. R. (1984). Spontaneous classification of foods by elementary school-aged children. *Health Education & Behavior*, 11, 57-76.
- Mitchell, G. L., Farrow, C., Haycraft, E., & Meyer, C. (2013). Parental influences on children's eating behaviour and characteristics of successful parent-focussed interventions. *Appetite* 60, 85–94.
- Milton, K. (1993). Diet and primate evolution. *Scientific American*, 269, 70–77.
- Moens, E., Braet, C., & Soetens, B. (2007). Observation of family functioning at mealtime: A comparison between families of children with and without overweight. *Journal of Pediatric Psychology*, 32, 52–63.
- Moens, E., & Vandewalle, J. (2011). Over selectieve eters: een strijd aan tafel. *Psychopraktijk*, 3, 16-19.
- Morris, S. E. (1982). *Pre-speech assessment scale*. Clifton, NJ: J.A. Preston Corporation.
- Morris, S. E., & Klein, M. D. (2000). *Pre-feeding skills*, 2nd ed. San Antonio, TX: Therapy Skill Builders, A Harcourt Health Sciences Company.
- Moynihan, P. J., & Kelly, S. A. M. (2014). Effect on caries of restricting sugars intake: Systematic review to inform WHO guidelines. *Journal of Dental Research*, 93, 8-18.
- Moyson, N., & Roofthoof, E. (2002). *Van eetlast naar eetlust. Eetproblemen van babyleeftijd tot volwassenheid*. Leuven: Acco.
- Mrdjenovic, G., & Levitsky, D. A. (2005). Children eat what they are served: the imprecise regulation of energy intake. *Appetite*, 44, 273–282.
- Murashima, M., Hoerr, S. L., Hughes, S. O., Kattelman, K. K., & Phillips, B. W. (2012). Maternal parenting behaviors during childhood relate to weight status and fruit and vegetable intake of college students. *Journal of Nutrition Education and Behavior*, 44, 556-563.
- Mustonen, S., & Tuorila, H. (2010). Sensory education decreases food neophobia score and encourages trying unfamiliar foods in 8–12-year-old children. *Food Quality and Preference*, 21, 353–360.
- Nash, S. G., McQueen, A., & Bray, J. H. (2005). Pathways to adolescent alcohol use: family environment, peer influence, and parental expectations. *Journal of Adolescent Health*, 37, 19–28.
- Nederkoorn, C., Braet, C., van Eijs, Y., Tanghe, A., & Jansen, A. (2006). Why obese children cannot resist food: The role of impulsivity. *Eating Behaviors*, 7, 315-322.
- Nelson, L. J., Hart, C. H., Evans, C. A., Coplan, R. J., Olsen Roper, S., & Robinson, C. C. (2009). Behavioral and relational correlates of low self-perceived competence in young children. *Early Childhood Research Quarterly*, 24, 350–361.
- Neumark-Sztainer, D., Wall, M., Perry, C., & Story, M. (2003). Correlates of fruit and vegetable intake among adolescents. Findings from Project EAT. *Preventive Medicine*, 37, 198–208.
- Newman, J., & Taylor, A. (1992). Effect of a means-end contingency on young children's food preferences. *Journal of Experimental Child Psychology*, 64, 200–216.
- Nguyen, S., & Murphy, G. (2003). An apple is more than just a fruit: cross-classification in children's concepts. *Child Development*, 74, 1783-1806.
- Nicklas, T. A., Johnson, C. C., Myers, L., Webber, L., & Berenson, G. S. (1995): Eating patterns, nutrient intakes and alcohol consumption patterns of young adults: The Bogalusa Heart Study. *Medicine, Exercise, Nutrition, & Health*, 4, 316–324.
- Nicklaus, S., Boggio, V., Chabanet, C., & Issanchou, S. (2004). A prospective study of food preferences in childhood. *Food Quality and Preference*, 15, 805–818.
- Nicklaus, S., Boggio, V., Chabanet, C., & Issanchou, S. (2005). A prospective study of food variety seeking in childhood, adolescence and early adult life. *Appetite* 44, 289–297.
- Nicklaus, S., Boggio, V., & Issanchou, S. (2005). Food choices at lunch during the third year of life: High selection of animal and starchy foods but avoidance of vegetables. *Acta Paediatrica*, 94, 943-951.
- North, K., & Emmett, P. (2000). Multivariate analysis of diet among three-year-old children and associations with socio-demographic characteristics. The Avon Longitudinal Study of Pregnancy

- and Childhood (ALSPAC) Study Team. *European Journal of Clinical Nutrition*, 54, 73–80.
- Northstone, K., Emmett, P., Nethersole, F. & the ALSPAC Study Team (2001). The effect of age of introduction to lumpy solids on foods eaten and reported feeding difficulties at 6 and 15 months. *Journal of Human Nutrition and Dietetics*, 14, 43-54.
- Notte-De Ruyter, A. (2008). Voedingsgedrag wordt al tijdens de eerste levensfase beïnvloed. *Tijdschrift voor Voeding en Diëtik*, 34, 16-17.
- Nu, C. T., MacLeod, P., & Barthelemy, J. (1996). Effects of age and gender on adolescents' food habits and preferences. *Food Quality and Preference*, 7, 251-262.
- Ogden, J., Reynolds, R., & Smith, A. (2006). Expanding the concept of parental control: A role for overt and covert control in children's snacking behaviour? *Appetite*, 47, 100–106.
- Onderzoeks- en Informatiecentrum van de VerbruikersOrganisaties (OIVO)(2009). De crisis is voorbij: jongeren krijgen meer zakgeld dan vroeger. Geraadpleegd via [www.crioc.be](http://www.crioc.be).
- Page, R. M., & Brewster, A. (2008). Depiction of food as having drug-like properties in televised food advertisements directed at children: Portrayals as pleasure enhancing and addictive. *Journal of Pediatric Health Care*, 23, 150-157.
- Patrick, H., & Nicklas, T. A. (2005). A review of family and social determinants of children's eating patterns and diet quality. *Journal of the American College of Nutrition*, 24, 83-92.
- Pearson, N., Williams, L., Crawford, D., & Ball, K. (2012). Maternal and best friends' influences on meal-skipping behaviours. *British Journal of Nutrition*, 108, 932-938.
- Pelchat, M. L., & Pliner, P. (1995). "Try it. You'll like it." Effects of information on willingness to try novel foods. *Appetite*, 24, 153-166.
- Peretz, B., Ram, D., Azo, E., & Efrat, Y. (2003). Preschool caries as an indicator of future caries: a longitudinal study. *Pediatric Dentistry*, 25, 114–118.
- Pettigrew, S., Roberts, M., Chapman, K., Quester, P., & Miller, C. (2012). The use of negative themes in television food advertising. *Appetite*, 58, 496–503.
- Piaget, J. (1932). *Le jugement moral chez l'enfant*. Paris : Presses Universitaires de France.
- Piaget, J. (1937). *La construction du réel chez l'enfant*. Neuchâtel: Delachaux & Niestlé.
- Piaget, J. (1946). *Play, dreams and imitation in childhood*. New York, Norton.
- Piaget, J. (1971). The theory of stages in cognitive development. In D. R. Green, M. P. Ford, & G. B. Flamer (Eds.), *Measurement and Piaget*. New York: McGraw-Hill.
- Pliner, P., & Hobden, K. (1992). Development of a scale to measure the trait of food neophobia in humans. *Appetite*, 19, 105-120.
- Pliner, P., & Pelchat, M. L. (1986). Similarities in food preferences between children and their siblings and parents. *Appetite*, 7, 333-342.
- Pliner, P., & Stallberg-White C. (2000). Pass the ketchup please; familiar flavours increase children's willingness to taste novel foods. *Appetite*, 34, 95–103.
- Posavac, H., Posavac, S., & Posavac, E. (1998). Exposure to media images of female attractiveness and concern with body weight among young women. *Sex Roles*, 38, 187–201.
- Prell, H., Palmblad, E., Lissner, L., & Berg, C. M. (2011). Health discourse in Swedish television food advertising during children's peak viewing times. *Appetite*, 56, 607–616.
- Pulkki-Raback, L., Elovainio, M., Kivimaki, M., & Raitakari, O. (2005). Temperament in childhood predicts body mass in adulthood: the cardiovascular risk in young finns study. *Health Psychology*, 24, 307–315.
- Putnam, J., & Allshouse, J. (1999). Food consumption, prices and expenditure 1970–1997. In E. Frazao (ed). *America's eating habits: changes and consequences*. Food and Rural Economics division, Economic Research Service, US Department of Agriculture: Washington, DC, Agriculture Information Bulletin No 750.
- Ramadas, J., & Nair, U. (1996). The system idea as a tool in understanding conceptions about the digestive system. *International Journal of Science Education*, 18, 355-368.
- Rampersaud, G. C., Pereira, M. A., Girard, B. L., Adams, J., & Metz, J. D. (2005). Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*, 105, 743-760.
- Ranjit, N., Evans, M. H., Byrd-Williams, C., Evans, A. E., & Hoelscher, D. M. (2010). Dietary and activity correlates of sugar-sweetened beverage consumption among adolescents. *Pediatrics*, 126, e754-e761.

- Rapley, G. (2011). Baby-led weaning: Transitioning to solid foods at the baby's own pace. *Community Practitioner*, 84, 20-23.
- Rasmussen, M., Krølner, R., Klepp, K. I., Lytle, L., Brug, J., Bere, E., & Due, P. (2006). Determinants of fruit and vegetable consumption among children and adolescents: a review of the literature. Part I: quantitative studies. *International Journal of Behavioral Nutrition and Physical Activity*, 3, 22-40.
- Reilly, J. J., & Wells, J. C. (2005). Duration of exclusive breast-feeding. Introduction of complementary feeding may be necessary before 6 months of age. *British Journal of Nutrition*, 94, 869-872.
- Remick, A. K., Polivy, J., & Pliner, P. (2009). Internal and external moderators of the effect of variety on food intake. *Psychological Bulletin*, 135, 434-451.
- Renzaho, A. M. N., McCabe, M., & Swinburn, B. (2012). Intergenerational differences in food, physical activity, and body size perceptions among African migrants. *Qualitative Health Research*, 22, 740-54.
- Ricciardelli, L. A., McCabe, M. P., & Banfield, S. (2000). Body image and body change methods in adolescent boys: Role of parents, friends, and the media. *Journal of Psychosomatic Research*, 49, 189-197.
- Rigal, N., Chabanet, C., Issanchou, S., & Monnery-Patris, S. (2012). Links between maternal feeding practices and children's eating difficulties. Validation of French tools. *Appetite*, 58, 629-637.
- Robbins, J., & Klee, T. (1987). Clinical assessment of oropharyngeal motor development in young children. *The Journal of Speech and Hearing Disorders*, 52, 271-277.
- Roberto, C. A., Baik, J., Harris, J. L. & Brownell, K. D. (2010). Influence of licensed characters on children's taste and snack preferences. *Pediatrics*, 126, 88-93.
- Roberts, S. B., Heyman, M. B. (2000). How to feed babies and toddlers in the 21<sup>st</sup> century. *Zero to Three*, August/September, 24-28.
- Robinson, T. N., Borzekowski, D. L. G., Matheson, D. M., & Kraemer, H. C. (2007). Effects of fast food branding on young children's taste preferences. *Archives Of Pediatrics & Adolescent Medicine*, 161, 792-797.
- Roe, L. S., Meengs, J. S., Birch, L. L., & Rolls, B. J. (2013). Serving a variety of vegetables and fruit as a snack increased intake in preschool children. *The American Journal of Clinical Nutrition*, 98, 693-699.
- Rolland-Cachera, M. F., Deheeger, M., Maillot, M., & Bellisle, F. (2006). Early adiposity rebound: causes and consequences for obesity in children and adults. *International Journal of Obesity*, 30, S11-S17.
- Rolls, B. J. (2003). The supersizing of America. Portion size and the obesity epidemic. *Nutrition Today*, 38, 42-53.
- Rolls, B. J., Engell, D., & Birch, L. L. (2000). Serving portion size influences 5-year-old but not 3-year-old children's food intakes. *Journal of the American Dietetic Association*, 100, 232-234.
- Rolls, E. T. (2011). Taste, olfactory and food texture reward processing in the brain and obesity. *International Journal of Obesity*, 35, 550-561.
- Romero, N. D., Epstein, L. H., & Salvy, S. J. (2009). Peer modelling influences girls' snack intake. *Journal of the American Dietetic Association*, 109, 133-136.
- Rowan, H., & Harris, C. (2012). Baby-led weaning and the family diet. A pilot study. *Appetite* 58, 1046-1049.
- Rozin, P. (1990). Development in the food domain. *Developmental Psychology*, 26, 555-562.
- Rozin, P., & Fallon, A. E. (1987). A perspective on disgust. *Psychological Review*, 94, 23-41.
- Rozin, P., Fischler, C., Imada, S., Sarubin, A., & Wrzesniewski, A. (1999). Attitudes to Food and the Role of Food in Life in the U.S.A., Japan, Flemish Belgium and France: Possible Implications for the Diet-Health Debate. *Appetite*, 33, 163-180.
- Rozin, P., Kabnick, K., Pete, E., Fischler, C., & Shields, C. (2003). The ecology of eating: smaller portion sizes in France than in the United States help explain the French paradox. *Psychological Science*, 14, 450-454.
- Rozin, P., & Vollmecke, T. (1986). Food likes and dislikes. *Annual Review of Nutrition*, 6, 433-456.
- Salvy, S. J., Coelho, J. S., Kieffer, E., & Epstein, L. H. (2007). Effects of social contexts on overweight and normal-weight children's food intake. *Physiology & Behavior*, 92, 840-846.

- Salvy, S. J., Howard, M., Read, M., & Mele, E. (2009). The presence of friends increases food intake in youth. *The American Journal of Clinical Nutrition*, *90*, 282–287.
- Salvy, S. J., Vartanian, L. R., Coelho, J. S., Jarrin, D., & Pliner, P. P. (2008). The role of familiarity on modelling of eating and food consumption in children. *Appetite*, *50*, 514–518.
- Sanson, A., Hemphill, S. A., Smart, D. (2004). Connections between temperament and social development: a review. *Social Development*, *13*, 142–170.
- Satter, E. (1999). The feeding relationship. In D. B. Kessler & P. Dawson (eds). *Failure to thrive and pediatric undernutrition: A transdisciplinary approach*. Baltimore, MD: Paul H. Brookes Publishing Co.
- Sato, A. F., Jelalian, E., Hart, C. N., Lloyd-Richardson, E. E., Mehlenbeck, R. S., Neill, M., & Wing, R. R. (2011). Associations between parent behavior and adolescent weight control. *Journal of Pediatric Psychology*, *36*, 451–460.
- Savage, J. S., Fisher, J. O., & Birch, L. L. (2007). Parental influence on eating behavior: Conception to adolescence. *Journal of Law, Medicine & Ethics*, *35*, 22–34.
- Savage, J. S., Haisfield, L., Fisher, J. O., Marini, M., & Birch, L. L. (2012). Do children eat less at meals when allowed to serve themselves? *The American Journal of Clinical Nutrition*, *96*, 36–43.
- Schachter, S., Goldman, R., & Gordon, A. (1968). Effect of fear, food deprivation, and obesity on eating. *Journal of Personality and Social Psychology*, *10*, 91–97.
- Schachter, S., & Rodin, J. (1974). *Obese humans and rats*. Washington D.C: Erlbaum/ Haltsted.
- Schwartz, C., Chabanet, C., Boggio, V., Lange, C., Issanchou, S., & Nicklaus, S. (2010). To which tastes are infants exposed during the first year of life? *Archives de Pédiatrie*, *17*, 1026–1034.
- Schwartz, C., Issanchou, S., & Nicklaus, S. (2009). Developmental changes in the acceptance of the five basic tastes in the first year of life. *British Journal of Nutrition*, *102*, 1375–1385
- Schwartz, C., Scholtens, P. A. M. J., Lalanne, A., Weenen, H., & Nicklaus, S. (2011). Development of healthy eating habits early in life. Review of recent evidence and selected guidelines. *Appetite*, *57*, 796–807.
- Share, M., & Stewart-Knox, B. (2012). Determinants of food choice in Irish adolescents. *Food Quality and Preference*, *25*, 57–62.
- Sharkey, J. R., Dean, W. R., & Nalty, C. (2012). Convenience stores and the marketing of foods and beverages through product assortment. *American Journal of Preventive Medicine*, *43*, S109–S115.
- Sheppard, J. J. (2008). Using motor learning approaches for treating swallowing and feeding disorders: A review. *Language, Speech, and Hearing Services in Schools*, *39*, 227–236.
- Smith, G., Jerome, C., Cushin, B., Eterno, R., & Simansky, K. (1981). Abdominal vagotomy blocks the satiety effect of cholecystokinin in the rat. *Science*, *213*, 1036–1037.
- Snoek, H. M., Engels, R. C. M. E., van Strien, T., & Otten, R. (2013). Emotional, external and restrained eating behaviour and BMI trajectories in adolescence. *Appetite*, *67*, 81–87.
- Snoek, H. M., Van Strien, T., Janssens, J. M. A. M., & Engels, R. C. M. E. (2007). Emotional, external, restrained eating and overweight in Dutch adolescents. *Scandinavian Journal of Psychology*, *48*, 23–32.
- Spill, M. K., Birch, L. L., Roe, L. S., & Rolls, B. J. (2010). Eating vegetables first: the use of portion size to increase vegetable intake in preschool children. *American Journal of Clinical Nutrition*, *91*, 1237–1243.
- Spill, M. K., Birch, L. L., Roe, L. S., & Rolls, B. J. (2011). Serving large portions of vegetable soup at the start of a meal affected children's energy and vegetable intake. *Appetite*, *57*, 213–219.
- Stead, M., McDermott, L., MacKintosh, A. M., & Adamson, A. (2011). Why healthy eating is bad for young people's health: Identity, belonging and food. *Social Science & Medicine*, *72*, 1131–1139.
- Steinberg, L. (2004). Cognitive and affective development in adolescence. *Trends in Cognitive Sciences*, *9*, 69–74.
- Steiner, J. E. (1979) Human facial expressions in response to taste and smell stimulation. *Advances in Child Development and Behavior*, *13*, 257–295.
- Stephoe, A., & Wardle, J. (1999). Motivational factors as mediators of socioeconomic variations in dietary intake patterns. *Psychology & Health*, *14*, 391–402.
- Steunpunt Welzijn, Volksgezondheid en Gezin (2011). Rapport 26: Het POP-project: Preventie van overgewicht bij jonge kinderen. Evaluatie en ontwikkeling van een interventie rond voeding en beweging via de kinderdagverblijven.



- Steunpunt Welzijn, Volksgezondheid en Gezin (2012). Rapport 28: Sociaal-demografisch profiel, gezondheid en voedingspatroon tijdens het eerste levensjaar van de Vlaamse geboortecohorte JOnG! Stockhorst, U. (2005). Classical conditioning of endocrine effects. *Current Opinion in Psychiatry*, 18, 181-187.
- Stolovitz, P., & Gisel, E. G. (1991). Circumoral movements in response to three different food textures in children 6 months to 2 years of age. *Dysphagia*, 6, 17-25.
- Story, M., Neumark-Sztainer, D., & French, S. (2002). Individual and environmental influences on adolescent eating behaviors. *Supplement to the Journal of the American Dietetic Association*, S40-S51.
- Sullivan, S. A., & Birch, L. L. (1990). Pass the sugar, pass the salt: experience dictates preference. *Developmental Psychobiology*, 26, 546-551.
- Swanson, M., Branscum, A., & Nakayima, P. J. (2009). Promoting consumption of fruit in elementary school cafeterias. The effects of slicing apples and oranges. *Appetite*, 53, 264-267.
- Szczesniak, A. S. (1972). Consumer awareness of and attitudes to food texture. II. Children and teenagers. *Journal of Texture Studies*, 3, 206-217.
- Te Morenga, L., Mallard, S., & Mann, J. (2013). Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. *BMJ*, 346, e7492.
- Teixeira, F. (2000). What happens to the food we eat? Children's conceptions of the structure and function of the digestive system. *International Journal of Science Education*, 22, 507-520.
- Thomas, K., Ricciardelli, L., & Williams, R. (2000). Gender traits and self-concept as indicators of problem eating and body dissatisfaction among children. *Sex Roles*, 43, 441-458.
- Todd, G. (2012). Anisotropy and spatial tactile acuity on human lips. *Clinical Neurophysiology*, 123, 1593-1598.
- Touchette, E., Petit, D., Paquet, J., Boivin, M., Japel, C., Tremblay, R. E., & Montplaisir, J. Y. (2005). Factors associated with fragmented sleep at night across early childhood. *Archives Of Pediatrics & Adolescent Medicine*, 159, 242-249.
- Trabulsi, J. C., & Mennella, J. A. (2012). Diet, sensitive periods in flavour learning, and growth. *International Review of Psychiatry*, 24, 219-230.
- Tuorila, H., Meiselman, H. L., Bell, R., Cardello, A. V., & Johnson, W. (1994). Role of sensory and cognitive information in the enhancement of certainty and liking for novel and familiar foods. *Appetite*, 23, 231-246.
- Van den Berg, L., Pieterse, K., Malik, J. A., Luman, M., Willems van Dijk, K., Oosterlaan, J., & Delemarre-van de Waal, H. A. (2011). Association between impulsivity, reward responsiveness and body mass index in children. *International Journal of Obesity*, 35, 1301-1307.
- Van den Engel-Hoek, L. (2006). *Eet- en drinkproblemen bij jonge kinderen*. Assen : Van Gorcum.
- Van Strien, T., & Bazelier, F. G. (2007). Perceived parental control of food intake is related to external, restrained and emotional eating in 7-12-year-old boys and girls. *Appetite*, 49, 618-625.
- Van Strien, T., Cebolla, A., Etchemendy, E., Gutierrez-Maldonado, J., Ferrer-Garcia, M., Botella, C., & Banos, R. (2013). Emotional eating and food intake after sadness and joy. *Appetite*, 66, 20-25.
- Van Strien, T., van der Zwaluw, C. S., & Engels, R. C. M. E. (2010). Emotional eating in adolescents: A gene (SLC6A4/5-HTT) – Depressive feelings interaction analysis. *Journal of Psychiatric Research*, 44, 1035-1042.
- Vandeputte, A., & Braet, C. (2010). Jongeren en voeding: Een delicaat thema. *Bijblijven*, 26, 13-21.
- Vanderlinden, J., Slagmolen, C., Kamphuis, H. J., Wigboldus, D., Pieters, G., & Probst, M. (2009). Be kind to your eating disorder patients: The impact of positive and negative feedback on the explicit and implicit self-esteem of female patients with eating disorders. *Eating and Weight Disorders*, 14, e237-e242.
- Vandeweghe, L., Verrbeken, S., Moens, E., Vervoort, L., & Braet C. (in voorbereiding). Strategies to improve the willingness to taste: the moderating role of reward sensitivity. Department of Developmental, Personality and Social Psychology, Ghent University, Ghent, Belgium.
- Vansteenkiste, M., & Verstuyf, J. (2008). Hoe een gezonde levensstijl stimuleren? Hulpverleners als motivatiepsychologen. *Brochure Cardiovasculaire Preventie*, 24-35.
- Verbeken, S., Braet, C., Lammertyn, J., Goossens, L., Moens, E. (2012). How is reward sensitivity related to bodyweight in children? *Appetite*, 58, 478-483.



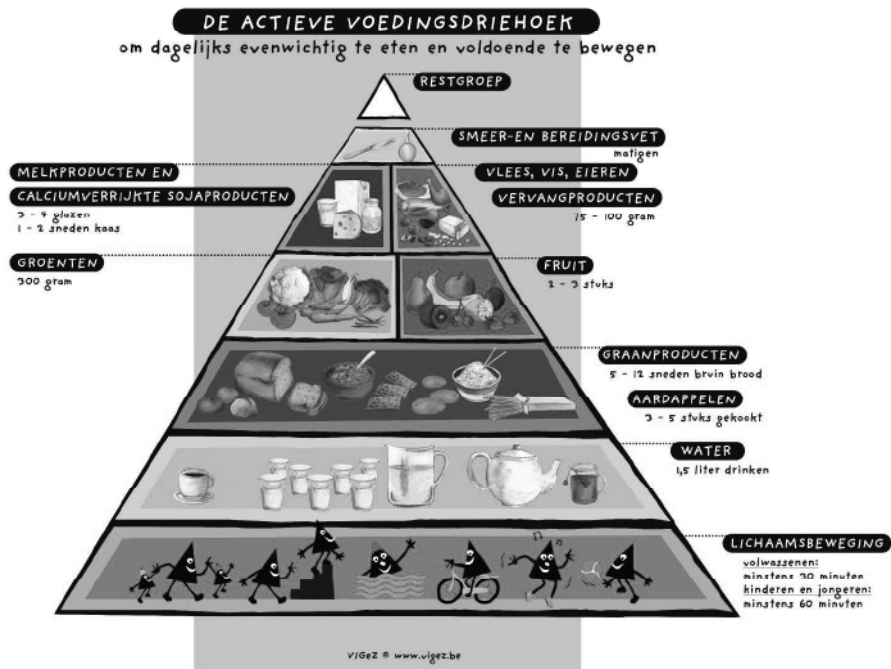
- Vereecken, C., Rovner, A., & Maes, L. (2010). Associations of parenting styles, parental feeding practices and child characteristics with young children's fruit and vegetable consumption. *Appetite*, 55, 589–596.
- Verhofstadt-Denève, L., Van Geert, P., Vyt, A. (Eds) (1995). *Handboek ontwikkelingspsychologie*. Bohn Stafleu Van Loghum.
- Vlaams Instituut voor Gezondheidspromotie en Ziektepreventie (VIGeZ) (2008). Kieskeurig: Dranken en tussendoortjes op school (zie [www.vigez.be](http://www.vigez.be)).
- Vlaams Instituut voor Gezondheidspromotie en Ziektepreventie (VIGeZ) (2012). *De actieve voedingsdriehoek: een praktische voedings- en beweeggids*. Acco, Leuven.
- Vlaams Instituut voor Gezondheidspromotie en Ziektepreventie (VIGeZ) (2014). Website 'gezond opvoeden' ([www.gezondopvoeden.be](http://www.gezondopvoeden.be)).
- Voedingscentrum Nederland (2004). De schijf van vijf (zie [www.voedingscentrum.nl](http://www.voedingscentrum.nl)).
- Vollrath, M. E., Tonstad, S., Rothbart, M., & Hampson, E. E. (2011). Infant temperament is associated with potentially obesogenic diet at 18 months. *International Journal of Pediatric Obesity*, 6, e408–e414.
- Walton, M., Pearce, J., & Day, P. (2009). Examining the interaction between food outlets and outdoor food advertisements with primary school food environments. *Health & Place*, 15, 841–848.
- Wang, Y. C., Bleich, S. N., & Gortmaker, S. L. (2008). Increasing caloric contribution from sugar-sweetened beverages and 100% fruit juices among US children and adolescents, 1988–2004. *Pediatrics*, 121, e1604–e1614.
- Available at: [www.pediatrics.org/cgi/content/full/121/6/e1604](http://www.pediatrics.org/cgi/content/full/121/6/e1604)
- Wansink B. (1996). Can package size accelerate usage volume? *Journal of Marketing*, 60, 1-14.
- Wardle, J., Carnell, S., & Cooke, L. (2005). Parental control over feeding and children's fruit and vegetable intake. How are they related? *Journal of the American Dietetic Association*, 105, 227–232.
- Wardle, J., Cooke, L. J., Gibson, E. L., Sapochnik, M., Sheiham, A., & Lawson, M. (2003). Increasing children's acceptance of vegetables. A randomised trial of parent-led exposure. *Appetite*, 40, 155–162.
- Wardle, J., Guthrie, C. A., Anderson, S., & Rapoport, L. (2001). Development of the Children's Eating Behaviour Questionnaire. *Journal of Child Psychology and Psychiatry*, 42, 963–970.
- Wardle, J., Herrera, M. L., Cooke, L., & Gibson, E. (2003). Modifying children's food preferences: The effects of exposure and reward on acceptance of an unfamiliar vegetable. *European Journal of Clinical Nutrition*, 57, 341–348.
- Wardle, J., Sanderson, S., Gibson, E. L., & Rapoport, L. (2001). Factor-analytic structure of food preferences in four-year-old children in the UK. *Appetite*, 37, 217–223.
- Wedherra, D., & Capaldi, E. D. (2012). Categorization of foods as “snack” and “meal” by college students. *Appetite*, 58, 882–888.
- Westerlund, L., Ray, C., & Roos, E. (2009). Associations between sleeping habits and food consumption patterns among 10–11-year-old children in Finland. *British Journal of Nutrition*, 102, 1531–1537.
- Wicks, J. L., Warren, R., Fosu, I., & Wicks, R. H. (2009). Dual-modality disclaimers, emotional appeals, and production techniques in food advertising airing during programs rated for children. *Journal of Advertising*, 38, 93–105.
- Williams, S. M., & Goulding, A. (2008). Patterns of growth associated with the timing of adiposity rebound. *Obesity*, 17, 335–341.
- Wiseman, C., Gray, J., Moismann, J., & Ahrens, A. (1992). Cultural expectations of thinness in women: An update. *International Journal of Eating Disorders*, 11, 85–89.
- Woodruff, S. J., & Kirby, A. R. (2013). The associations among family meal frequency, food preparation frequency, self-efficacy for cooking, and food preparation techniques in children and adolescents. *Journal of Nutrition Education and Behavior*, 45, 296–303.
- World Health Organisation (2002). *Infant and young child nutrition. Global strategy on infant and young child feeding*. Genève: WHO.
- World Health Organisation (2003). Complementary feeding: Report of the global consultation. Summary of guiding principles for complementary feeding of the breastfed child (p. 24).

- Wright, C., & Birks, E. (2001). Risk factors for failure to thrive: A population-based survey. *Child Care, Health and Development*, 26, 5-16.
- Xie, B., Gilliland, F. D., Li, Y. F., & Rockett, H. R. (2003). Effects of ethnicity, family income, and education on dietary intake among adolescents. *Preventive Medicine*, 36, 30-40, 2003.
- Yeomans, M. R. (2010). Understanding individual differences in acquired flavor liking in humans. *Chemosensory Perception*, 3, 34-41.
- Zafeiriou, D. I. (2004). Primitive reflexes and postural reactions in the neurodevelopmental examination. *Pediatric Neurology*, 3, 1-8.
- Zandstra, E. H., & El-Dereby, W. (2011). Effects of energy conditioning on food preferences and choice. *Appetite*, 57, 45-49.
- Zeinstra, G. G., Koelen, M. A., Kok, F. J., & de Graaf, C. (2009). Children's hard-wired aversion to pure vegetable tastes. A 'failed' flavour-nutrient learning study. *Appetite*, 52, 528-530.
- Zeinstra, G. G., Renes, R. J., Koelen, M. A., Kok, F. J., & de Graaf, C. (2010). Offering choice and its effect on Dutch children's liking and consumption of vegetables: a randomized controlled trial, *The American Journal of Clinical Nutrition*, 91, 349-56.

# Bijlagen

## Bijlage 1.

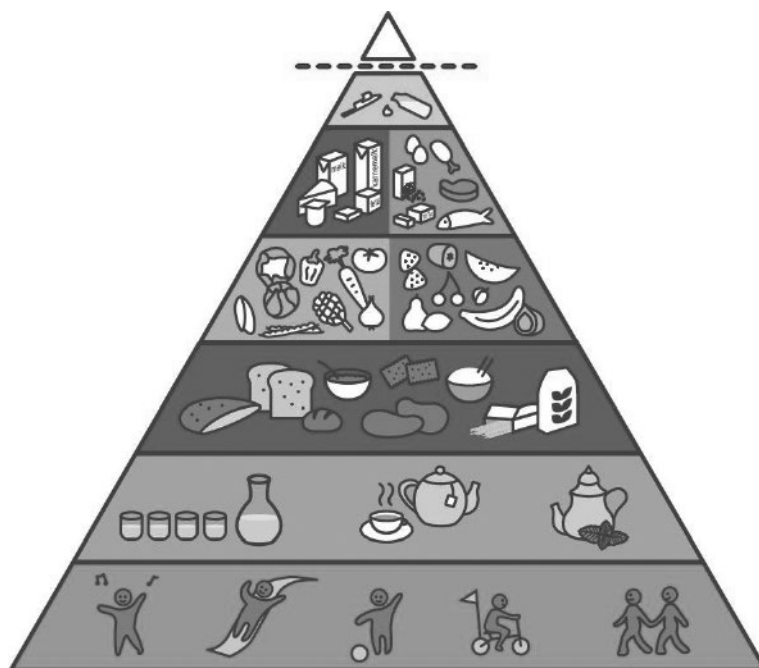
### Voedingsdriehoek voor volwassenen en kinderen vanaf 6 jaar



Bron: Vlaams Instituut voor Gezondheidspromotie en Ziektepreventie vzw (www.vigez.be)

## Bijlage 2.

### Voedingsdriehoek voor kinderen tot 6 jaar



Bron: [www.kindengezin.be](http://www.kindengezin.be)

# Bijlage 3. Overzichtstabel aanbevelingen bij de actieve voedingsdriehoek per leeftijdsgroep\*

(aanbevelingen zijn per dag, tenzij anders aangegeven)

	Peuter (1,5-3 jaar)	Kleuter (3-6 jaar)	6-11 jaar	12-18 jaar	19-65 jaar	65+
<b>Lichaamsbeweging</b>	zoveel mogelijk stimuleren om te bewegen, bij voorkeur meer dan 3 uur per dag	3 uur bewegen per dag (licht, matig of intensief)	minstens 60 minuten matig tot intensief	minstens 60 minuten matig tot intensief	minstens 30 minuten matig intensief OF 10.000 stappen OF minstens 3 keer 20 minuten intensief per week	minstens 30 minuten matig intensief OF 8000 stappen OF minstens 3 keer 20 minuten intensief per week
	Peuter (1,5-3 jaar)*	Kleuter (3-6 jaar)*	6-11 jaar	12-18 jaar	19-59 jaar	60+
<b>Water</b>	0,5 liter	0,5 - 1 liter	1,5 liter	1,5 liter	1,5 liter	1,5 liter
<b>Aardappelen en graanproducten</b> Brood (bruin) 1 sneede = 30-35 g Aardappelen_(gekookt, 50-70 g)	1-3 sneden  1-2 stuks (50-100 g)	3-5 sneden  1-4 stuks (50-200 g)	5-9 sneden  3-4 stuks (210-280 g)	7-12 sneden  3,5-5 stuks (245-350 g)	7-12 sneden  3-5 stuks (210-350 g)	5-9 sneden  3-4 stuks (210-280 g)
<b>Groenten</b>	1-2 groentelepels (50-100 g)	2-3 groentelepels (100-150 g)	250-300 g	300 g	300 g	300 g
<b>Fruit, vers</b>	1-2 stuks (100-200 g)	1-2 stuks (100-200 g)	2 stuks (250g)	3 stuks (375 g)	2 stuks (250g)	2-3 stuks (250-375 g)
<b>Melkproducten en calciumverrijkte sojaproducten</b> Melk, halfvol  Kaas, mager	Groeimelk / Volle melk  350 - 500 ml  10 g of ½ sneetje	Volle melk tot 4 jaar, daarna halfvolle melk 350-500 ml  10-20 g of ½-1 sneetje	450 ml = 3 glazen van 150 ml  20 g of 1 sneetje	600 ml = 4 glazen van 150 ml  20-40 gram of 1-2 sneetjes	450 ml = 3 glazen van 150 ml  20 g of 1 sneetje	600 ml = 4 glazen van 150 ml  20-40 g of 1-2 sneetjes
<b>Vlees, vis, eieren en vervalproducten</b> , bereid gewogen Vlees(waren), gevogelte, vis (rauw gewogen) Vleesvervanger (tofu, tempé, mycoproteïne, seitan)  OF ei OF peulvruchten (droog gewogen) OF peulvruchten (gaar gewogen)  OF mycoproteïne OF aanvullende notenpasta of -moes	25-50 g (rauw gewogen)  1 per week 1 eetlepel (15g) 3 eetlepels (50g)  50 g (gaar) 2 x 15 gram	50-75 g (rauw gewogen)  1 per week 2 eetlepels (30g) 6 eetlepels (100g) 100 g (gaar) 2 x 15 gram	75 tot 100 g bereid gewogen	100 g bereid gewogen	100 g bereid gewogen	100 g bereid gewogen
<b>Smeer- en bereidingsvet</b> Smeervet Bereidingsvet	5 g per sneetje Max. 15 g	5 g per sneetje Max. 15 g	5 g per sneetje Max. 15 g	5 g per sneetje Max. 15 g	5 g per sneetje Max. 15 g	5 g per sneetje Max. 15 g
<b>Restgroep:</b> - Voedingsmiddelen  - Sedentair gedrag: zitten en beeldschermactiviteiten	Niet nodig Max. 10 en%  Beperken, beeldschermtijd bij kinderen jonger dan 2 jaar wordt sterk afgeraden	Niet nodig Max. 10 en%  Beperken en regelmatig onderbreken	Niet nodig Max. 10 en%  Beperken en regelmatig onderbreken. Maximaal twee uur per dag beeldschermactiviteiten in de vrije tijd.	Niet nodig Max. 10 en%  Beperken en regelmatig onderbreken. Maximaal twee uur per dag beeldschermactiviteiten in de vrije tijd.	Niet nodig Max. 10 en%  Beperken en regelmatig onderbreken	Niet nodig Max. 10 en%  Beperken en regelmatig onderbreken

\* Aanbevelingen peuters en kleuters: Kind & Gezin

Bron: De actieve voedingsdriehoek, VIGeZ: [www.vigez.be/voeding\\_en\\_beweging/](http://www.vigez.be/voeding_en_beweging/)

©VIGeZ 2014, alle rechten voorbehouden