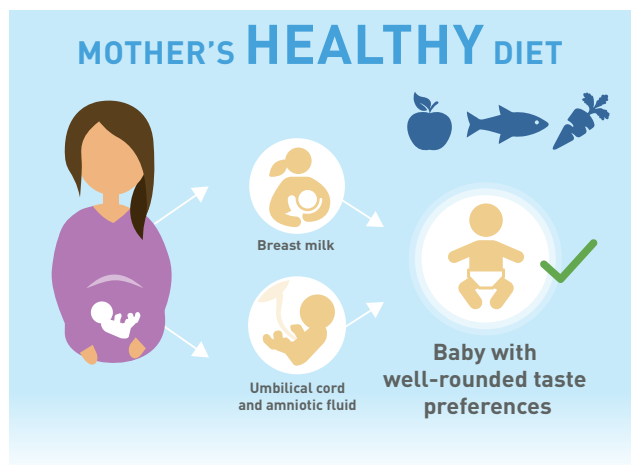


Influencing flavour perception and preference in infants for long-term health

Patterns formed in the earliest months of existence can shape the taste preferences of a lifetime.

It is generally accepted that the consumption of sugar-sweetened products increases the risk of NCD (non-communicable diseases).

Early sensory experiences influence these patterns. Consumption of a healthy diet by a mother increases the likelihood that her child will prefer the same healthy foods.



Relationship between infant nutrition and health in later life



Predisposition to prefer sweet over bitter-tasting foods



Speed of food preference formation and complementary feeding



A preference for healthy foods can be encouraged by early exposure to their flavours, although the influence of advertisements for sweet foods needs to be strongly counteracted in the home.

