

Nutrition knowledge and food intake of seven year old children in an atherosclerosis prevention project with onset in infancy: the impact of child-targeted nutrition counseling given to the parents.

Study from Finland (2001)

Objective: To compare nutrition knowledge and food intake in seven year old intervention and control children in atherosclerosis risk factor intervention trial post six-and-a-half years of parental nutrition counseling.

Participants: Families in the Special Turku Coronary Risk Factor Intervention Project

Methods: Control and Intervention group comparisons. Counseling was given to the intervention group one to three times per year from the time their children were seven month old.

Results: Counseling influenced food choice scores of the children but failed to influence children's salt intake or scores in a nutrition knowledge picture test.

Source: Rasanen M, Niinikoski H, Keskinen S, Tuominen J, Simell O, Viikari J, Ronnema T. Nutrition knowledge and food intake of seven year old children in an atherosclerosis prevention project with onset in infancy: the impact of child-targeted nutrition counseling given to the parents. *Eur J Clin Nutr* 2001; Apr 55(4):260-267.

