

## Deliverable 5.3.

### Report: Role of taste on preferences and food intake after repeated exposure

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#### BACKGROUND

This study protocol (as submitted to the medical ethical review committee Oost-Nederland (METC Oost-Nederland) describes an experimental protocol to investigate the influence of repeated exposure to a sweet and sweet-sour drink on sweet taste preferences in children aged 4-7 years old and whether potential changes in preferences are stable over time (after two months follow-up). Estimated starting date of the study is September 2022, with a duration of three months.

Only a small and heterogeneous body of research has currently considered the impact of varying exposure to sweet taste on subsequent generalized sweet taste preferences. Previous findings reveal that the taste of the diet can alter preferences for foods according to their taste properties. Higher exposure to sweet products during childhood could increase the liking for sweet taste and result in a subsequent increased intake of sugar-rich foods since preference is the most important predictor of children's intake. However, the relationship between the consumption of sweet products and sweet preferences is still controversial. Therefore, more evidence is needed to address the impact of dietary exposure to sweet-tasting foods or beverages on the subsequent generalized acceptance, preference or intake of these foods in children's diet.

#### KEY FINDINGS

Not yet available. The study will be performed in the final quarter of 2022.

#### CONCLUSIONS AND RECOMMENDATIONS

Not yet available. The study will be performed in the final quarter of 2022.