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Physiological factors contributing to children's resistance to fruit and vegetable consumption: Allergic reactions

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This comprehensive review aims to explore the underlying causes of low fruit and vegetable intake in children, specifically focusing on allergies as physiological factors. Adequate fruit and vegetable consumption is critical for promoting children's overall health and well-being, as these nutrient-rich foods provide essential vitamins, minerals and dietary fibre necessary for growth, development and disease prevention. However, allergies, including Oral Allergy Syndrome (OAS), Pollen-Food Syndrome (PFS), Lipid Transfer Protein allergy (LTP) and Latex-fruit syndrome, can pose significant physiological barriers that impact children's willingness and ability to consume a diverse range of fruits and vegetables. Allergies occur when allergic individuals to certain pollens or compounds in fruit and vegetable experience reactions related to them due to cross-reactivity. These reactions can lead to itchiness, swelling and discomfort in the mouth, throat and lips, making it unpleasant or even unsafe for children to consume specific fruits and vegetables. Similarly, food allergies make the child avoid certain fruits and vegetables due to the potential for severe allergic reactions. This cautious approach limits the variety of fruits and vegetables in children's diets, potentially resulting in a reduced intake of these nutritious foods. Identifying the impact of allergies on children's dietary choices is necessary for developing effective strategies and interventions to promote fruit and vegetable consumption. Healthcare professionals, parents and caregivers should be aware of any allergies or food intolerances in children and provide appropriate guidance, such as identifying alternative safe fruits and vegetables, exploring different preparation methods and closely monitoring allergic reactions. By addressing these physiological barriers, we can support children in developing healthy eating habits and ensure they receive the essential nutrients from a diverse range of fruits and vegetables, contributing to their overall health and well-being.

Keywords: Fruit and vegetable, Children, Physiology, Allergy, Eating habits, Aversion.

Biography

Zahra Hejazi is the first-year master's student of "Physiological and Psychological food choice determinants (P2FOOD)" at Institute Agro Dijon, Universite Bourgogne Franche-Comte. She holds bachelor in nutrition science and dietetics. Currently, she is working on perception and neuroscience during her internship at Karolinska Institute, Sweden.

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