

**TAL 797 – Seminário**

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**FOOD NEOPHOBIA TOWARDS NON-CONVENTIONAL  
EDIBLE PLANTS**

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Food neophobia refers to the aversion or resistance to consuming new or unfamiliar foods. In the context of unconventional food plants (PANC), this translates into a reluctance to include them in the diet due to lack of familiarity or fear of adverse effects. PANC are safe and nutritious plant species, but they are not widely used in everyday food. This resistance can be influenced by cultural, social and psychological factors, such as deep-rooted traditions and lack of knowledge about its benefits. To overcome food neophobia towards PANC, it is crucial to promote education about the variety of edible plants available, highlighting their nutritional and culinary values and health benefits. Encouraging gradual experimentation and providing preparation guidance can help people feel more comfortable including PANC in their meals. However, when adopting new foods into the diet, it is essential to ensure that they are consumed safely and that any adverse reactions are monitored. Ensuring reliable information from scientific sources and investing in government/regulatory support are alternatives for the expansion of PANCs, contributing to healthiness, sustainability and regional development.

**References:**

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