

## A Meta-Analysis of Food Labeling Effects on Consumer Diet Behaviors and Industry Practices

Despite a growing body of studies looking at food environments, “the influence of food and beverage labelling (food labelling) on consumer behaviours, industry responses and health outcomes is not well established.” This meta-analysis reviewed 60 studies in 11 countries to provide information on the effects of food labelling on consumer behaviours such as their energy and fat intake. Three outcomes of interests were looked at: (i) consumer behaviours, including dietary consumption of labelled foods/beverages and sales/purchases data as proxy measures for consumption; (ii) industry responses; and (iii) diet-related health measures, including adiposity.

The results of this meta-analysis show that food labelling simultaneously reduced individual total energy and fat intake, while increasing consumption of vegetables. However, food labelling did not significantly alter the intake of other dietary targets such as sodium, total carbohydrate, protein, saturated fat, fruits, or whole grains. In addition to individual-level changes, labelling also encouraged the industry to decrease the content of sodium and artificial trans-fat from their products.

Reference: Shangguan et al. A Meta-Analysis of Food Labeling Effects on Consumer Diet Behaviors and Industry Practices. *American Journal of Preventive Medicine*. 2019;56(2):300–314. DOI:[10.1016/j.amepre.2018.09.024](https://doi.org/10.1016/j.amepre.2018.09.024)