



## Impact of food labelling systems on food choices and eating behaviours: a systematic review and meta-analysis of randomized studies

Globally, we are witnessing rising trends in the prevalence of overweight and obesity both among adults and children. To respond to this growing crisis, food labels have been identified as a key public health tool to address challenges related to unhealthy diets and associated non-communicable diseases. While a number of studies have been conducted to analyse consumers' understanding of different types of labels, little has been done to examine the impact on consumers' behaviours and on changing food choices. The overall aim of this systematic review and meta-analysis was therefore to assess "the effectiveness of food labelling in the selection of healthier products and in reducing calorie intake/choice."

The results of this systematic review and meta-analysis showed that food labelling could increase the amount of people selecting a healthier food product by about 17.95% as well as decrease calorie intake/choice by about 3.59%. Food labels may also prompt the industry to produce healthier food through nutrient reformulation. Overall, this study seems to show that "food labelling schemes would have a statistically significant effect in steering consumers' choice towards healthier products." Furthermore, it highlighted interpretive labels as potentially being more effective than other types of schemes.

Reference: Cecchini, M. & Warin, L. Impact of food labelling systems on food choices and eating behaviours: a systematic review and meta-analysis of randomized studies. *Obesity Reviews*. 2016;17(3):201–10. <https://doi.org/10.1111/obr.12364>

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