




# BMJ Open Impact of the Nutri-Score front-of-pack nutrition label on purchasing intentions of individuals with chronic diseases: results of a randomised trial

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## ABSTRACT

**Objective** To our knowledge, the effect of front-of-pack nutrition labels such as the Nutri-Score on food purchases has never been assessed among individuals suffering from nutrition-related chronic diseases specifically, while dietary modifications are generally part of their care. This study aimed to investigate the effect of the Nutri-Score on the nutritional quality of purchasing intentions among adults suffering from a cardiometabolic disease, compared with no label and the Reference Intakes (RIs), a label already implemented by some food manufacturers in France.

**Setting** Secondary prevention—mainland France.

**Participants** 2431 eligible participants were randomly assigned and 1180 participants (65.5% women, mean age 65.0±7.1 years) completed the shopping task and were included in the analyses.

**Intervention** A three-arm randomised controlled trial using an experimental online supermarket was conducted in 2017. Participants with cardiometabolic diseases were invited to simulate food purchases with the Nutri-Score, the RIs or no label.

**Primary and secondary outcome measures** The primary outcome was the nutritional quality of the shopping cart, estimated using the French-modified Food Standard Agency Nutrient Profiling System (FSAm-NPS), and secondary outcomes included the nutrient content of purchases.

**Results** The mean (SD) FSAm-NPS score was significantly lower in the Nutri-Score arm (1.29 (3.61) points), reflecting a higher overall nutritional quality of purchasing intentions, compared with the RIs (1.86 (3.23) points) and no label (1.92 (2.90) points) arms ( $p=0.01$ ). Moreover, the Nutri-Score led to significantly lower content in calories and saturated fatty acids compared with the two other arms. These differences resulted from participants avoiding some packaged products (sweets, dairy and starches) and purchasing larger amounts of fresh fruit and meat.

**Conclusions** The Nutri-Score exhibited a significant higher nutritional quality of purchasing intentions, encouraging healthier food choices among individuals suffering from cardiometabolic chronic diseases.

**Trial registration number** NCT02769455.

## STRENGTHS AND LIMITATIONS OF THIS STUDY

- Inclusion of a rarely explored population in a randomised controlled trial pertaining to the effectiveness of front-of-package labelling on food choices.
- This controlled experimental environment allowed assessing the effect of the Nutri-Score in standardised conditions and optimising internal validity of the study.
- Limitation pertaining to a high rate of participants who did not complete the shopping task.
- The trial investigated purchasing intentions rather than actual food purchases.

## INTRODUCTION

Non-communicable diseases (NCDs), such as obesity, type 2 diabetes, cardiovascular diseases and cancer have become a major burden for the current health systems.<sup>1</sup> For these diseases, dietary factors have been recognised to be one of the major leading risk factors in developed countries, resulting in 11 million deaths worldwide in 2017, and represent modifiable determinants through primary prevention.<sup>2</sup> In France, cardiovascular diseases remain the second leading cause of deaths by NCDs, accounting for 30% approximately of mortality.<sup>3</sup> Regarding obesity, the prevalence was estimated at 17% within the French adult population in 2015,<sup>4</sup> and the prevalence of type 2 diabetes was around 5% in 2016.<sup>5</sup>

Hence, in the context of secondary or tertiary prevention, many treatment guidelines highlight the importance to modify dietary habits to improve the nutritional status of individuals and thus control these nutrition-related NCDs.<sup>1</sup> For example, controlling for saturated fatty acids (SFA), sugars and salt intakes and increasing fruits

# Read Nutri Chronic

**Carolyn Jarvis**



## Read Nutri Chronic:

*The Fibromyalgia and Chronic Fatigue Resource Book and Life Planner Workbook* Dawn Hughes, 2001-01-01 A must resource for the millions of people affected by Fibromyalgia and Chronic Fatigue Syndromes FMS and CFS unlike well known and understood diseases like cancer spring boards a journey for education understanding and compassion The book powerfully captures this journey and is the first to provide patients family and friends with the imperative resources to find support through their walk In addition The Life Planner is a workbook that maps out a step by step guide for adapting and coping with the lifestyle changes fibromyalgia and chronic fatigue patients must face The book is divided into four sections The Syndromes Provides an extensive look at the cause diagnosis symptoms and treatments From current research to clinical trials The Resources A comprehensive listing of FMS CFS books medical journals association newsletters periodicals and video s recommended by FMS CFS Associations The Support Worldwide listings of FMS CFS Associations as well as associations for sub categories of these syndromes Including Advocacy pain management alternative therapies and disability issues The Life Planner From diagnoses to acceptance The Life Planner details how to manage life emotionally and physically A compassionate look at What to expect how to work through feelings goal planning worksheets and charts exercise nutritional choices how to educate family and friends and work options Written by a fibromyalgia and chronic fatigue patient the book outlines not only the journey for the patient but gets to the heart of awakening family and friends to the devastating effects these illnesses cause and provides the tools needed for years to come

**New and Forthcoming Books** National Academy Press (U.S.), 1993 **Pediatric and Adult Nutrition in Chronic Diseases, Developmental Disabilities, and Hereditary Metabolic Disorders** Shirley Ekvall, Valli K. Ekvall, 2017 Packed with information that is useful on a daily basis This book will be useful for all who care for children with disabilities or chronic disease Journal of Parenteral and Enteral Nutrition This fully revised and updated edition of PEDIATRIC AND ADULT NUTRITION IN CHRONIC DISEASES DEVELOPMENTAL DISABILITIES AND HEREDITARY METABOLIC DISORDERS offers a comprehensive reference to the nutritional interventions for diseases across the lifespan Comprising more than 60 topic based chapters from leading figures in nutrition and medicine this book is the most up to date work on diet as a symptom of and therapy for chronic hereditary and developmental disorders

Pediatric and Adult Nutrition in Chronic Diseases, Developmental Disabilities, and Hereditary Metabolic Disorders Shirley W. Ekvall, Valli K. Ekvall, 2017-03-09 Packed with information that is useful on a daily basis This book will be useful for all who care for children with disabilities or chronic disease Journal of Parenteral and Enteral Nutrition Food and nutrition studies are more relevant to the practice of medicine than ever before As scientific understanding of these links has expanded over the last decade the need for an authoritative reference has never been greater This fully revised and updated edition of PEDIATRIC AND ADULT NUTRITION IN CHRONIC DISEASES DEVELOPMENTAL DISABILITIES AND HEREDITARY METABOLIC DISORDERS offers a comprehensive reference to the

nutritional interventions for diseases across the lifespan Comprising more than 60 topic based chapters from leading figures in nutrition and medicine this book is the most up to date work on diet as a symptom of and therapy for chronic hereditary and developmental disorders Enriched with tables and charts that distill the latest recommendations for nutrient intake physical activity this third edition is a convenient and essential resource for busy clinicians and students in nutrition dietetics and medical specialties

**Indigenous knowledge and chronic disease prevention among the first people of north america** Nicolette Teufel-Shone,Juliet McMullin,Julie Baldwin,Jamie Wilson,Melinda S. Smith,2023-06-27 **Manual of Men's Health** Susanne A. Quallich,Michelle Lajiness,Michelle Jean Lajiness,Kenneth Mitchell,2018-10-11 The only practical resource to focus solely on health issues specific to men Written by and for APRNs and PAs in the primary care setting this is the first clinical reference to focus solely on managing health concerns that are specific to men Filling a significant gap in knowledge about this patient group the user friendly reference delivers evidence based guidelines for the day to day management of male patients Designed for ease of use and quick access to information the resource is divided into three sections general men s health overview of special issues in men s health and urology and preventive cardiology In addition to addressing the full gamut of urological and cardiac issues the book discusses the basics of male physical assessment including sports assessment male adolescent risk issues musculoskeletal manifestations of stress in men and health screening issues Also covered are the aging male and physical activity the health needs of male veterans complementary and alternative health methods chronic pain high risk MSM sexual health issues and starting a men s health clinic Key Features The only practical men s health resource written specifically for APRNs and PAs by APRNs and PAs Organized to facilitate quick access to information Delivers evidence based guidelines for men s healthcare Written and edited by noted APRN and PA men s health practitioners and faculty Addresses health issues in urology cardiology treatment for men and other health issues specific to men

**Nutrition Label Reading For Beginners** Nicky Huys,2025-07-30 Nutrition Label Reading For Beginners is your essential guide to understanding food labels and making informed dietary choices This book is designed for anyone looking to improve their nutrition knowledge whether you re just starting out or seeking to enhance your health journey Inside you ll learn how to decode the often confusing nutrition facts panel understand serving sizes and identify key ingredients that impact your health With practical tips easy to follow explanations and helpful visuals this book empowers you to make smarter food choices when shopping or dining out Discover how to interpret labels to meet your dietary needs and goals understand common terms and navigate the world of food marketing Say goodbye to guesswork and hello to a healthier lifestyle with this informative and engaging guide Start your journey to better nutrition today

**Sierra Leone National Nutrition Survey** Sierra Leone,1978 *Reading the Body* Wataru Ohashi,Tom Monte,1991-11-01 People are always asking me how can I be happy Or how can I find the thing I really want to do in life I tell them you are standing on your answer The secrets of your life are written on your body Ohashi Ohashi helps you learn these secrets by showing you

how to read your body to determine both your physical and spiritual condition as revealed in the physical self Because as Ohashi notes the body is the physical manifestation of the soul your posture your features and the texture of your skin can tell you who you are This is not just a book about health and shiatsu it is a guide to living well The goal is to find unity of body mind and spirit emphasizing that everyone has strengths and weaknesses and that accommodating one s weaknesses is as important as utilizing one s strengths Filled with diagrams drawings and sample diagnoses this is not only a practical guidebook by reading the body one can tell what shiatsu techniques apply to the various energy meridians of the body but also a fascinating meditation on how to live

**Williams' Basic Nutrition & Diet Therapy**<sup>14</sup> Staci Nix, 2013-01-01 Part of the popular LPN Threads Series Williams Basic Nutrition Diet Therapy is the market leader for a reason you get coverage of hot topics emerging trends and cutting edge research plus all the essentials for providing the best nutrition care Written in a clear conversational style the book begins with the fundamental concepts of nutrition and then applies those concepts to diverse demographic groups in different stages of life You also learn how selected disease processes work and how to help communities and individuals achieve health and healthy living A free CD contains Nutritrac a computer program that helps you analyze case studies and create customized client profiles An engaging design includes colorful openers illustrations boxes tables and text layout Clinical Applications and For Further Focus boxes highlight hot topics and analyze concepts and trends in depth Case studies in clinical care chapters focus attention on related patient care problems Key Concepts and Key Terms condense critical information into easy to find boxes Diet therapy guidelines include recommendations restrictions and sample diets for a number of major clinical conditions Cultural Considerations boxes discuss how a patient s culture can affect nutritional concepts in practice Challenge questions use true false multiple choice and matching formats to test your understanding of chapter content Critical thinking questions challenge you to analyze apply and combine concepts Chapter summaries put content into perspective in terms of the big picture in nutrition Internet based research and learning is emphasized and expanded throughout the text citing key websites Useful appendixes include information on cholesterol content fiber content cultural and religious dietary patterns and more A companion website contains case studies applying chapter content to real life examples 350 study questions for instant self assessment the most recent growth charts from the CDC the ADA s Nutrition Care Process and links to online information sources Mosby s NUTRITRAC Nutrition Analysis and Weight Management CD offers the perfect clinical practice tool letting you create customized personal profiles and analyze food intake and energy output by using a database of more than 3 000 foods and more than 150 sporting recreational and occupational activities Unique Content threads share features with other LPN LVN titles from Elsevier for a consistent learning experience More than 50 new illustrations include more age and culturally diverse images as well as more illustrations of disease states New assessment tools in the text include the Mini Mental State Examination PAR Q Physical Activity Readiness Questionnaire body composition measurement tools and tools for energy requirement calculations Drug

Nutrient Interaction boxes highlight potential adverse effects of specific medications Updated statistics on diseases and conditions illustrate emerging trends and hot topics such as obesity and supplement use Updated Choose Your Foods Exchange Lists for Diabetes in the appendix includes new content for culturally diverse populations A new figure illustrates the complex processes of digestion and metabolism Water Balance chapter includes the DRIs for fluids and provides the water content of selected foods Nutrition in Infancy Childhood and Adolescence chapter adds information on the growing problem of overweight and obese children Weight Management chapter covers food misinformation and fads addressing the dangers and the groups vulnerable to such misinformation Gastrointestinal and Accessory Organ Problems chapter includes recent research on the pathogenesis of celiac disease along with the principles and selected foods of the gluten free diet for treatment Coronary Heart Disease and Hypertension chapter is updated to follow the now standard Therapeutic Lifestyle Change TLC diet to treat hypertension Surgery and Nutritional Support chapter includes considerations and diets used in treatment for the post bariatric surgery patient

*Swartz's Textbook of Physical Diagnosis - E-BOOK* Mark H.

Swartz,2024-12-20 Offering a compassionate humanistic approach in this critical area Swartz Textbook of Physical Diagnosis Ninth Edition helps you master each aspect of the art and science of interviewing and physical examination This highly regarded text clearly teaches how your interpersonal awareness is just as crucial during the patient interview and physical exam as your level of skill and why clinical competence in this area is essential for physicians osteopathic physicians nurse practitioners physician assistants nurses and all other members of the healthcare profession From cover to cover you ll learn fundamental skills and concepts that result in more accurate diagnoses more effective patient management and better patient outcomes Offers fully revised content throughout including clear easy to understand explanations of interviewing and examination techniques clinical presentations pathophysiology complementary and alternative medicine and physical diagnosis standards and tests Includes three new chapters The Transgender Patient Artificial Intelligence in Clinical Encounters Opportunities and Challenges and Telehealth Adapting Clinical Assessment Explores how cultural differences can influence communication diet family relationships and health practices and beliefs which may affect your approach to a patient s treatment Features hundreds of high quality color images an easy to use design and detailed descriptions of practical techniques throughout Contains new end of chapter review questions in most chapters Highlights clinical ethics and professionalism Includes more than 6 hours of in depth instruction with 40 updated videos featuring step by step aspects of the physical examination for adults toddlers and newborns important interviewing scenarios and audio of heart and lung sounds Features online appendices covering English to Spanish Translations Useful in the Medicine Setting Commonly Misused Substances Signs and Symptoms of Deficiency States and more Evolve Instructor site with an image collection and videos is available to instructors through their Elsevier sales rep or via request at <https://evolve.elsevier.com>

**Chambers's**

**Journal** ,1927      **United Republic of Cameroon National Nutrition Survey** ,1978      Sierra Leone ,1978

**Understanding Nutrition 5e** Ellie Whitney, Sharon Rady Rolfes, MS, RDN, Tim Crowe, Adam Walsh, 2022-10-01 Whitney's Understanding Nutrition is a comprehensive and balanced undergraduate text for introductory nutrition courses. Along with clear scientific principles, the reader-friendly text teaches students about how science affects healthy diet choices. The market-leading ANZ edition of Understanding Nutrition has a solid reputation for making it easier for students to understand nutrition science and application via metric units and regional issues. Images and foods. Instructor resources include instructor's guide, PowerPoints, and Test Bank. Premium online teaching and learning tools are available on the MindTap platform. Learn more about the online tools at [cengage.com/mindtap](http://cengage.com/mindtap).

**Laboratory Manual for Physical Examination & Health Assessment** Carolyn Jarvis, 2015-02-13 Get hands-on practice with physical examination and assessment skills. Corresponding to the chapters in Carolyn Jarvis Physical Examination Health Assessment 7th Edition, this lab manual offers a variety of activities, exercises, and checklists to prepare you for the skills laboratory and clinical setting. And with the new NCLEX exam style review questions, you'll be ready to apply your knowledge and to succeed on the NCLEX exam. A variety of learning activities test your understanding with multiple choice, short answer, fill in the blank, matching, and review questions. Clinical objectives for each chapter help you study more efficiently and effectively. Regional write-up sheets familiarize you with physical examination forms and offer practice in recording narrative accounts of patient history and examination findings. Anatomy labeling exercises offer additional practice with identifying key anatomy and physiology. Narrative summary forms reflect the charting format used for narrative accounts of health history and for physical examination findings. A comprehensive glossary provides fast, easy access to key terminology and definitions. Reading assignments help you review corresponding chapters in the textbook and include page references. Audio-visual assignments tie videos of specific examination procedures to practical applications in the lab. NEW NCLEX exam style review questions help to prepare you for the NCLEX exam. NEW evidence-based guidelines reflect a focus on conducting the most effective qualitative exams. NEW content on the Electronic Health Record charting and narrative recording includes examples of how to document assessment findings.

**Long-Term Conditions** Sue Randall, Helen Ford, 2011-11-28 Long Term Conditions is a comprehensive textbook for all nursing and healthcare students and practitioners that explores the key issues surrounding caring for patients with chronic diseases or long-term conditions. Divided into three sections, this book explores living with a long-term condition, empowerment, and care management. Rather than being disease-focused, it looks at key issues and concepts which unify many different long-term conditions, including psychological and social issues that make up a considerable part of living with a long-term condition. Within each of the chapters, issues of policy, culture, and ethics are intertwined, and case studies are used throughout linking the concepts to specific diseases. Key features: A comprehensive textbook on the principles and practice of caring for people with long-term conditions. User-friendly in style with learning outcomes, further reading, useful websites, and case studies throughout linking to specific conditions. Moves away from a disease-focused medical model and takes a needs

led approach Uniquely explores the overarching issues of living with one or more long term conditions Focuses on the importance of multi disciplinary team work and collaborative teamwork in the management of long term conditions

**Clinical Nutrition For Dummies** Michael J. Rovito, 2014-02-28 Get up to date on clinical nutrition for school work or your own health From the proper function of the major organs and the role that proper nutrition plays in their functioning to a breakdown of carbs proteins fats vitamins and minerals Clinical Nutrition For Dummies provides you with the easy to read guide you need to immerse yourself in the subject Written in the fun style that the For Dummies series has become known for the book is perfect for students in the wide variety of fields that require an in depth understanding of clinical nutrition or for those who want to improve their own lives through better nutrition Dive right into the book for an exploration of the chemical and functional components of food how to properly assess your nutritional intake the changing face of nutrition throughout the human lifespan and so much more This handy resource offers a wealth of information and specifically addresses the growing obesity and diabetes epidemics that promise to make the study of clinical nutrition more important than ever Includes a complete breakdown of the relationship between nutrition and chronic diseases Explores the nutritional requirements at various life stages from pediatric through geriatric Features information on the importance of proper nutrition during pregnancy Shares tips for modifying dietary intake and health behavior theory along with properly communicating health information Clinical Nutrition For Dummies is your complete fun guide to the topic of nutrition dive in today to get started on the pathway to mastering this increasingly important subject **Handbook of Dialysis Therapy**

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**Therapy: First South Asia Edition - E-Book** Allen R. Nissenson, Richard E. Fine, 2017-02-14 Providing practical immediately useful guidelines that can be applied directly to patient care Handbook of Dialysis Therapy is a must have resource for all dialysis caregivers This new edition has been updated with the latest cutting edge technology dialysis techniques and complications related to various diseases for both pediatric and adult patients In depth yet concise it explains complex dialysis concepts through abundant diagrams photos line drawings and tables while its readable hands on approach allows for quick review of key information Presents the practice proven experience of top experts in the field of dialysis treatment Offers dialysis guidance for both adult and pediatric patients in one convenient source Features a readable hands on approach allowing you to quickly review the complicated concepts of dialysis Includes helpful annotated bibliography lists in each section for further in depth research on any subject Explains complex dialysis concepts through abundant diagrams photos line drawings and tables

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### **Table of Contents Read Nutri Chronic**

1. Understanding the eBook Read Nutri Chronic
  - The Rise of Digital Reading Read Nutri Chronic
  - Advantages of eBooks Over Traditional Books
2. Identifying Read Nutri Chronic
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Read Nutri Chronic
  - User-Friendly Interface
4. Exploring eBook Recommendations from Read Nutri Chronic
  - Personalized Recommendations

- Read Nutri Chronic User Reviews and Ratings
- Read Nutri Chronic and Bestseller Lists
- 5. Accessing Read Nutri Chronic Free and Paid eBooks
  - Read Nutri Chronic Public Domain eBooks
  - Read Nutri Chronic eBook Subscription Services
  - Read Nutri Chronic Budget-Friendly Options
- 6. Navigating Read Nutri Chronic eBook Formats
  - ePub, PDF, MOBI, and More
  - Read Nutri Chronic Compatibility with Devices
  - Read Nutri Chronic Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Read Nutri Chronic
  - Highlighting and Note-Taking Read Nutri Chronic
  - Interactive Elements Read Nutri Chronic
- 8. Staying Engaged with Read Nutri Chronic
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Read Nutri Chronic
- 9. Balancing eBooks and Physical Books Read Nutri Chronic
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Read Nutri Chronic
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Read Nutri Chronic
  - Setting Reading Goals Read Nutri Chronic
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Read Nutri Chronic
  - Fact-Checking eBook Content of Read Nutri Chronic

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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