

The effects of providing nutrition labelling on the menu of school cafeteria in the management of overnutrition

Kyla Alexa N. Ecalla

University of Santo Tomas, Philippines

Abstract

The prevalence of overweight and obesity among adolescents has been increasing for the past years. Sedentary lifestyle, poor access to nutritious meals and lack of nutrition knowledge are some of the factors that may influence the development of overweight and obesity. This paper aimed to determine the effects of nutrition labelling in a school cafeteria menu on the nutrition knowledge, food intake, and body health perception of overweight and obese students. Hence, a four-week experimental study was conducted among forty-four overweight/obese individuals. Enrolled participants were randomly assigned to control and experimental group. Intervention includes provision of nutrition labeling of the meals offered in the cafeteria and supplemental nutrition education.

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Biography:

Kyla Alexa N. Ecalla is currently in her senior year at the University of Santo Tomas studying nutrition and dietetics. This paper was created by her for the management of overweight and obesity, specifically using the nutrition labelling as a means of intervention as well as supplemental nutrition education.