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## Youngstown state university students comprehension of old and new label designs

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Food labels provide nutrition information for consumers to make informed food purchases. In May 2016, the FDA redesigned the food label to assist Americans in making healthier choices (2017). Seventy-five students at Youngstown State University were randomly surveyed regarding serving sizes, calories, saturated fat and specific nutrients on the old and new food label designs. More students were able to correctly identify added sugars on the new food label compared to the old food label ( $t(74)=-7.302, p<.001$ ). Using a frequency test, results indicated that 80% of students struggled to identify the amount of saturated fat content on both the old and new labels. Students scored higher overall on the new food label (77.52%) design compared to the old food label design (70.03%). This was also significant ( $t(74)= -5.465, p<.001$ ).

### Biography

Jonathan Francis is a student at Youngstown University, USA

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