

STARLIGHT



We invite you to take part in a 5 week study on nutrition labelling

To join visit: www.diet.auckland.ac.nz/content/starlight



Do you have a smartphone?

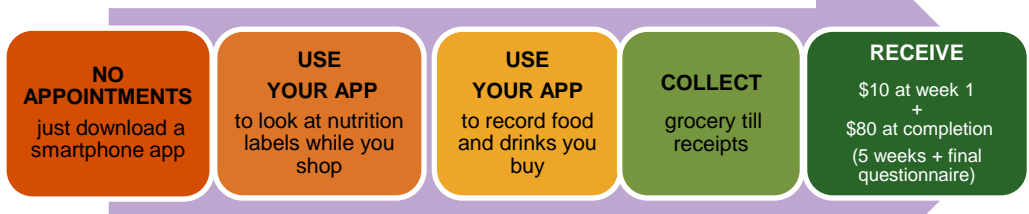
Do you want to know more about the food you buy?

Many people find it hard to understand nutrition information on packaged food labels. The aim of this study is to compare different nutrition labels and see which of them make healthy food choices easier.

To take part you need to:

- be 18 years or older
- have a smartphone with at least occasional internet connection (e.g. free Wi-Fi zones)
- do at least half of your household shopping
- shop at a supermarket at least once a week

What will the study involve?



If you have any questions, please contact us:

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