



## **TITLE: Relevance of Food Labels among Selected Students at the University of Cape Coast, Ghana**

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### **ABSTRACT (upto 300 words)**

Food labels are important public health tool that provides consumers with nutritional information to make informed and healthier food choices. This study aimed at determining the level of knowledge and understanding of nutritional information on food labels and its impact on food choices among students at the University of Cape Coast, Ghana. A cross-sectional study employing random sampling was used to recruit 200 study participants. A pre-tested structured questionnaires were used to obtain data on socio demographic characteristics, frequency of food label use and nutritional knowledge of the students. Pertaining to the frequency of food label use, 27.5% of students always use food labels, while 11% never use food labels. While most of the students were aware that packaged foods have labels, most of them do not refer to information on the labels when making purchases. Expiry date was considered the most important information on food labels, while the students may refer to labels mostly for health reasons. The students considered time wasting to be the major reason they might not refer to Food labels. However majority of the students know what constitutes a balanced diet and how it can be achieved. There was no effect of gender, and level of study on the use of food

labels, while no association was observed between nutritional knowledge of the students and the use of food labels.

### **BIOGRAPHY (upto 200 words)**

Jacinta Abudu, a young upcoming researcher, has completed her undergraduate studies in Nutrition and Dietetics at the age of 24 years from the University of Cape Coast and written and passed the dietetic licensure exam. She has about 3 years' experience in the nutrition and dietetics field as well as the medical research field. She will begin her PhD studies in August 2024. She is a registered Dietitian Nutritionist in a big fertility center in Accra, Ghana. She has her own research consult that aids students and a number of researchers in undertaking both quantitative and qualitative research in nutrition. She has great research interest in global nutrition and food safety. She has published some works in notable journals of which the European Journal of Nutrition and food safety, India is one.

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