

WANT TO INFORM TOMORROW'S NUTRITION POLICY THROUGH FOOD LABELLING RESEARCH?



Explore the Future of Public Health Through Food Labelling Research

Select a research focus that investigates how people understand and utilise food labels during real and simulated shopping, applies nutrient profiling to local products, and transforms strong evidence into clearer choices, better regulation, and improved health outcomes.

Possible research areas could include:

- Investigate how consumers interpret front-of-pack (FOP) and back-of-pack (BOP) information.
- Evaluate label formats (icons, text, colour) in online and in store decision tasks.
- Apply nutrient profiling and conduct product audits across South African markets.
- Examine equity and understanding across languages, literacy levels and digital contexts.
- Develop guidelines and education tools to improve label communication.

Why Choose Food Labelling Research?

- Tackle real world policy questions at the interface of public health and industry.
- Build skills in experimental design, product audits, nutrient profiling and data visualisation.
- Generate evidence that can inform national and international regulations.
- Diversify your portfolio beyond dietetics: policy, education, public health and systems improvement.
- Work with supportive supervisors on projects with direct community impact.

Join us in advancing food labelling research and public health communication.

To learn more about our master's degrees, visit: <https://dietetics.mandela.ac.za/>