

Research Rundown

Article:

A Nutrition Education Intervention Using NOVA Is More Effective Than MyPlate Alone: A Proof-of-Concept Randomized Controlled Trial

What did this study examine?

The objective of this study was to assess the impact of a nutrition education intervention (MyPlate + NOVA vs. MyPlate only vs. Control (no nutrition education)) on nutrition knowledge.



How was nutrition knowledge assessed?

Nutrition knowledge was assessed by correct classification of foods according to MyPlate food groups, MyPlate 'limit' status, and level of processing (NOVA categories).

MyPlate Food Groups

Fruit
Vegetable
Grain
Protein
Dairy

MyPlate 'Limit' Status

Fat
Sugar
Sodium

NOVA Categories

(1) unprocessed or minimally processed foods
(2) processed culinary ingredients
(3) processed foods
(4) ultra-processed food and drink products

Key Findings:

Participants who received the **MyPlate + NOVA** nutrition education...

Performed **BETTER** in classifying foods according to MyPlate Food Groups vs.

Control (no nutrition education)

Performed **BETTER** in classifying foods according to MyPlate 'Limit' Status vs.

Control (no nutrition education)

Performed **BETTER** in classifying foods according to NOVA Categories vs.

Control (no nutrition education) and MyPlate only

Put it into practice!

- Teach your foodservice staff about MyPlate and the NOVA Food Classification System to increase nutrition knowledge
- Consider assessing your menus using the NOVA Food Classification System to determine the level of processing of the foods you serve

Reference:

Nazmi, A., Tseng, M., Robinson, D., Neill, D., & Walker, J. (2019). A Nutrition Education Intervention Using NOVA Is More Effective Than MyPlate Alone: A Proof-of-Concept Randomized Controlled Trial. *Nutrients*, 11(12), 2965. <https://doi.org/10.3390/nu11122965>



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