

Title of Intervention: Recipe modification and display of nutrition information at restaurants

Intervention Strategies: Environments and Policies

Purpose of the Intervention: To enhance the selection of healthy menu items and reduce fat intake

Population: Restaurant patrons; community-based

Setting: A silver service (training) restaurant; community-based

Partners: None mentioned

Intervention Description:

- Environments and Policies: One main dish was selected as the 'target' dish for recipe modification. Consumers were presented with printed menus differing only in descriptive information accompanying the target dish. One menu only included the name of the dish, another menu simply indicated the dish was low-fat, and the final menu provided a detailed description about the how the dish was altered to provide less fat.

Theory: Theory of Planned Behavior and Transtheoretical Model

Resources Required:

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Dietary analysis software
- Space: Not mentioned
- Budget: Meals were provided free of charge to consumers
- Intervention: Updated menus
- Evaluation: Questionnaires

Evaluation:

- Design: Randomized control trial
- Methods and Measures:
 - Questionnaire before the meal assessed customers' expectations of the meal
 - Questionnaire after the meal assessed how well the meal met customers' expectations
 - Final questionnaire assessed customers' attitudes and beliefs towards eating 'healthy options' in a catering environment

Outcomes:

- Short Term Impact: Nutritional information presented on the menu did not impact customers' meal expectations, actual acceptance or perceived matching of expectations of the low-fat option. It was found that customers' attitudes, beliefs, readiness and intention to choose a healthy option when dining out was significantly related to the selection and enjoyment of different dishes
- Long Term Impact: Provision of an acceptable lower fat, lower energy main course dish in a restaurant setting lowered customers' fat and energy intake for the meal.

Maintenance: Not mentioned

Lessons Learned: There was a trend that customers informed of the lower fat status were less likely to select the lower fat dish. Care may need to be taken to present such menu information without deterring customers away from lower fat selections.

Citation(s):

Stubenitsky, K., J. Aaron, et al. (2000). "The influence of recipe modification and nutritional information on restaurant food acceptance and macronutrient intakes." *Public Health Nutr* 3(2): 201-9.