

# FAST-FOOD RESTAURANT CALORIE LABELING (2018)

**Require fast-food chain restaurants with 20 or more locations nationally to list calories for standard menu items on in-store and drive-thru menu boards along with succinct statements concerning suggested daily caloric intake (implemented in 2018).**

## WHAT POPULATION BENEFITS?

All youth and adults ages 2 years and older.

## WHAT ARE THE ESTIMATED BENEFITS?

*Relative to not implementing the strategy*

Decrease daily energy intake and, in turn, promote healthy weight.



✓ **Decrease in daily energy intake**



✓ **Promote healthy weight**

➔ *More details available on the CHOICES National Action Kit at [choicesproject.org/actionkit](https://choicesproject.org/actionkit)*

## WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
<b>Manage rollout of restaurant calorie menu labeling and communicate policy change to restaurant chains</b>	<ul style="list-style-type: none"> <li>Time of Food and Drug Administration to manage rollout</li> </ul>	Food and Drug Administration
<b>Review rule requirements</b>	<ul style="list-style-type: none"> <li>Time of legal analyst to review rule requirements</li> </ul>	Restaurant chain
<b>Analyze nutrient content for each standard menu item</b>	<ul style="list-style-type: none"> <li>Cost of analyzing menu items by entering recipes in a nutrition database</li> </ul>	Restaurant chain
<b>Replace menus and menu boards to comply with policy</b>	<ul style="list-style-type: none"> <li>Cost of designing new menus (if applicable)</li> <li>Cost of menu and menu board replacement</li> </ul>	Restaurant chain
<b>Monitor compliance with menu labeling policy</b>	<ul style="list-style-type: none"> <li>Time of public health department inspectors to monitor compliance</li> </ul>	Local public health department

## FOR ADDITIONAL INFORMATION

Dupuis R, Block JP, Barrett JL, Long MW, Petimar J, Ward ZJ, Kenney EL, Musicus AA, Cannuscio CC, Williams DR, Bleich SN, Gortmaker SL. Cost-Effectiveness of Calorie Labeling at Large Fast-Food Chains Across the U.S. *Am J Prev Med.* 2024 Jan 66(1):128-137. doi:10.1016/j.amepre.2023.08.012.

*Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist*

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✓ **Explore and compare this strategy with other strategies on the CHOICES National Action Kit at [choicesproject.org/actionkit](https://choicesproject.org/actionkit)**

## SUGGESTED CITATION

CHOICES Strategy Profile: Fast-Food Restaurant Calorie Labeling (2018). CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; September 2023.