



dutch dairy association

Full research in scientific journal PharmaNutrition:

<https://www.sciencedirect.com/science/article/pii/S2213434424000069>

Highlights:

- We investigated the validation and efficacy of Nutri-Score versus author affiliation and study outcome and found a large publication bias
- The large majority of studies that support Nutri-Score are carried out by the developers of Nutri-Score
- The majority of studies that are carried out independently from the developers of Nutri-Score showed unfavourable results
- There is no real-life evidence of any beneficial effects of Nutri-Score on the multi-nutrient algorithm FSA-NPS
- There is insufficient scientific evidence to support the use of Nutri-Score as an effective public health tool
- More research is needed to substantiate or disprove the effectiveness of Nutri-Score

Graphical abstract:

Publication bias and Nutri-Score. A complete literature review of the substantiation of the effectiveness of the front-of-pack logo Nutri-Score.

Number of scientific papers that describe favourable or unfavourable outcomes of Nutri-Score related to whether authors are or are not affiliated with Nutri-Score developers:

Studies Nutri-Score	Authors affiliated		Authors not affiliated	
	Favourable	Not favourable	Favourable	Not favourable
Algorithm in line with food-based dietary guidelines	5	0	2	4
Sufficient dispersion within product groups	3	0	0	3
Score is related to theoretical health effect	13	0	6	0
Logo is understood and liked	3	0	1	7
Ability to choose best out of 3	19	0	7	2
Effect in online supermarket	2	3	0	1
Effect in real-life supermarket	1	0	2	3
Effects on FSA-NPS	6	1	0	0
Other reviews (efficacy, validation etc.)	0	0	1	10



Papers by authors that are or are not affiliated with Nutri-Score developers:

Authors affiliated	
Favourable	Not favourable
52	4

Authors not affiliated	
Favourable	Not favourable
19	30

Conclusion: There is insufficient scientific evidence to support the use of Nutri-Score as an effective public health tool. Overall, the available evidence is limited and biased.

Stephan Peters,
Hans Verhagen, 2024.