



Table of Contents

IN PRESS

**AGRICECON
2014**

**AGRICECON
2013**

**AGRICECON
2012**

**AGRICECON
2011**

**AGRICECON
2010**

**AGRICECON
2009**

**AGRICECON
2008**

**AGRICECON
2007**

AGRICECON

2006
AGRICECON
2005
AGRICECON
2004
AGRICECON
2003
AGRICECON
2002
AGRICECON
Home

Editorial
Board

For Authors

- **Authors Declaration**
- **Instruction to Authors**
- **Guide for Authors**
- **Copyright Statement**
- **Submission**

For
Reviewers

Guides for
Reviewers

· **Reviewers**
Login

Subscription

Agric. Econ. — Czech

**DE MAGISTRIS T.,
GRACIA A.,
BARREIRO-HURLÉ J.**

**Effects of the
nutritional labels use
on healthy eating
habits in Spain**

Agric. Econ. — Czech, 56 (2010): 540-551

This study aims at testing a theoretical model explaining why people follow healthy eating habits and in particular to identify how the nutritional labels use

influences this behavioural pattern. The results indicate that the individuals who utilise more often the nutritional labels follow healthier eating habits, such as avoiding snacking between meals, a lower intake of salt and avoiding the fat intake. According the factors explaining the label use, the health knowledge, the bad health status and being aware of the diet-health relation are found significant. Age and household size are the socio-demographic variables which also affect the nutritional label use and eating habits. Findings provide more evidence on the consumers' underlying motivations to pay attention to nutritional labelling, which allows evaluating the impact of the implementation of the Regulation EC 1924/2006 of the European Parliament and the Council of 20 December 2006 on nutritional and health claims made on foods (Regulation EC 1924/2006). In addition, empirical results could help the local policy makers to establish appropriate market strategies to increase healthy eating habits by promoting the nutritional label use by consumers.

Keywords:

nutritional labels, healthy eating habits,
structural equation modelling, Spain

[[fulltext](#)]

© 2011 [Czech Academy of Agricultural
Sciences](#)

XHTML11 VALID

CSS VALID