

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
	typical values per 100g**	per half can 120g** %RI*
Energy	498kJ/118kcal	595kJ/141kcal 7%
Fat	0.7g	0.8g 1%
of which saturates	0.1g	0.2g 1%
Carbohydrate	16.6g	19.9g 8%
of which sugars	0.7g	0.8g <1%
Fibre	7.4g	8.8g
Protein	7.7g	9.2g 18%
Salt	0.01g	0.01g <1%

Half a can contains**

Energy 595kJ/141kcal 7%

Fat 0.8g 1%

Saturates 0.2g 1%

Sugars 0.8g <1%

Salt 0.01g <1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

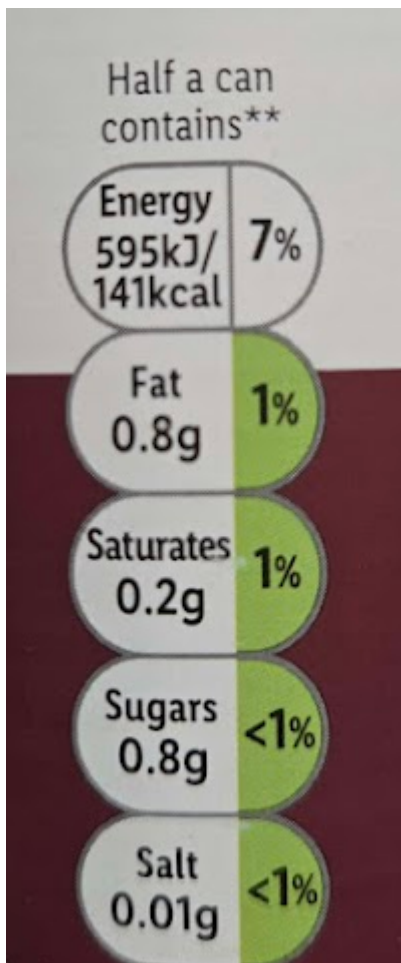
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☒	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes, I realised that it doesnt take a lot of salt for what is considered an amount that would make it red/unhealthy

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

high-protein

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☒ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

Yes, it was high in fat also

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

yes, the high-protein product I thought would be healthy but had a high amount of fat

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes, coke zero was healthier than i expected

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, some fruit snacks I scanned had a lot of sugar, when I thought they wouldn't be as they are fruit

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☒	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

I found it difficult to scan products on a round can

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

It just took a while the first time to get the results

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☐ Yes
- ☐ No
- ☒ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other:

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other:

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

It would be good if it could tell me if a sweetener was too high, or if it could let me know if other ingredients in the table's high or low, like protein.

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☒ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



	Typical values per 100g**	per half can 120g**	%RI*
Energy	498kJ/118kcal	595kJ/141kcal	7%
Fat	0.7g	0.8g	1%
of which saturates	0.1g	0.2g	1%
Carbohydrate	16.6g	19.9g	8%
of which sugars	0.7g	0.8g	<1%
Fibre	7.4g	8.8g	
Protein	7.7g	9.2g	18%
Salt	0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☐	☐	☒	Easy

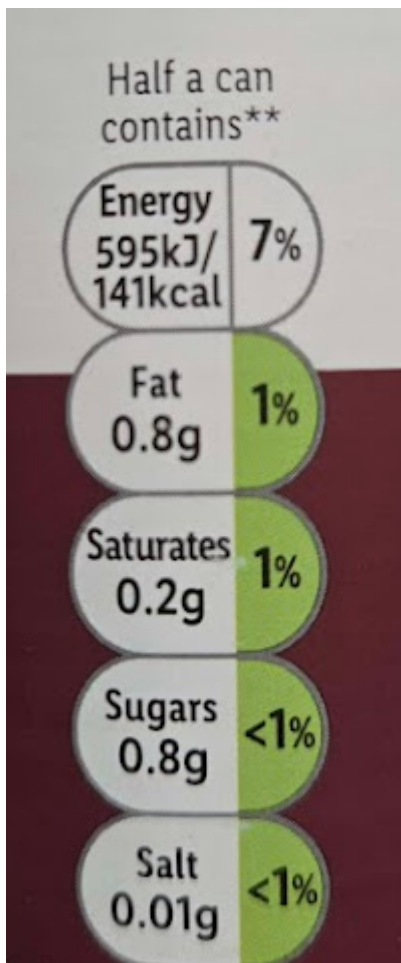
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☐	☐	☒	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

yes

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☐	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☐	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☐ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☐	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

.....

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☐	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☐	Quick

Did you experience any difficulties while scanning products?

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☐ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

	1	2	3	4	5	
Not confident	☐	☐	☐	☐	☐	Very confident

Influence

Did the app influence any of your purchasing decisions?

- ☐ Yes
- ☐ No
- ☐ Other:

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☐ Yes
- ☐ No
- ☐ Other:

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☐ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☐ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☐ I understand that the data will be stored securely and used for academic research purposes only.
- ☐ I confirm that I am aged 18 and above.
- ☐ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☒ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
	typical values per 100g**	per half can 120g** %RI*
Energy	498kJ/118kcal	595kJ/141kcal 7%
Fat	0.7g	0.8g 1%
of which saturates	0.1g	0.2g 1%
Carbohydrate	16.6g	19.9g 8%
of which sugars	0.7g	0.8g <1%
Fibre	7.4g	8.8g
Protein	7.7g	9.2g 18%
Salt	0.01g	0.01g <1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy	595kJ/141kcal	7%
Fat	0.8g	1%
Saturates	0.2g	1%
Sugars	0.8g	<1%
Salt	0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

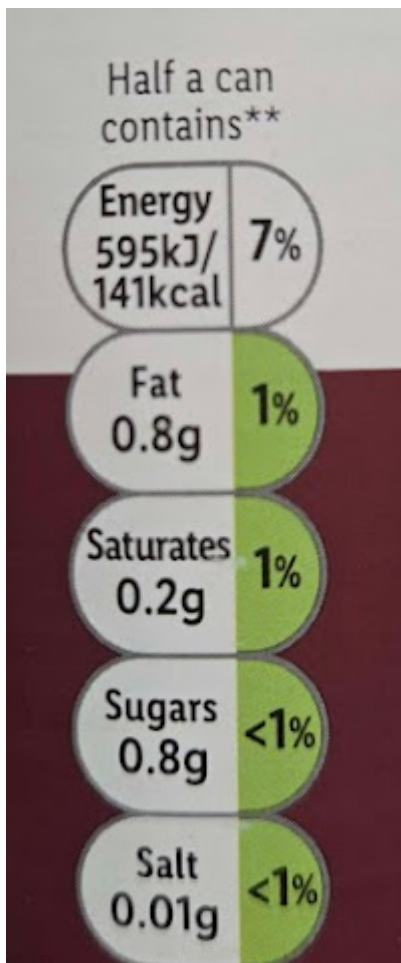
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☒	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



yes, a lot of imported corner food snacks tend to have different colouring/label things deceptively.

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

yes

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

Warburtons Protein Power Bread

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☒ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

salt

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

yes

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

no

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

yes. while I knew it was unhealthy with high salt amount, the stacks original flavour crisps were also way more fatty than I thought. (the label also is just numbers which are hard to understand)

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
	☐	☐	☐	☐	☒	
Difficult						Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☒	☐	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

yes, when trying to scan object like a pringles can, I had to squish the can slightly to make it easier to scan

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|----------------------------------|-----------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☒ | ☐ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

not really but when clicking the picture button I sometimes struggled to know if I clicked the button which would make me click it more than once.

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other:

After using the app, are you more likely to check nutritional information before purchasing a product?

☒ Yes

☐ No

☐ Other:

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☒	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

more button feedback to show that the picture has been taken and maybe more nutritional options to show
.....

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



The image shows a nutrition information table and front of packaging labels for a LIDL product. The table is divided into two columns: 'Typical values per 100g**' and 'per half can 120g** %RI*'. The table lists various nutrients and their values. To the right of the table, there are circular icons for Energy, Fat, Saturates, Sugars, and Salt, each with its value and percentage of the reference intake.

	Typical values per 100g**	per half can 120g**	%RI*
Energy	498kJ/ 118kcal	595kJ/ 141kcal	7%
Fat	0.7g	0.8g	1%
of which saturates	0.1g	0.2g	1%
Carbohydrate	16.6g	19.9g	8%
of which sugars	0.7g	0.8g	<1%
Fibre	7.4g	8.8g	
Protein	7.7g	9.2g	18%
Salt	0.01g	0.01g	<1%

**Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy	595kJ/ 141kcal	7%
Fat	0.8g	1%
Saturates	0.2g	1%
Sugars	0.8g	<1%
Salt	0.01g	<1%

- ☐ Yes
- ☒ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

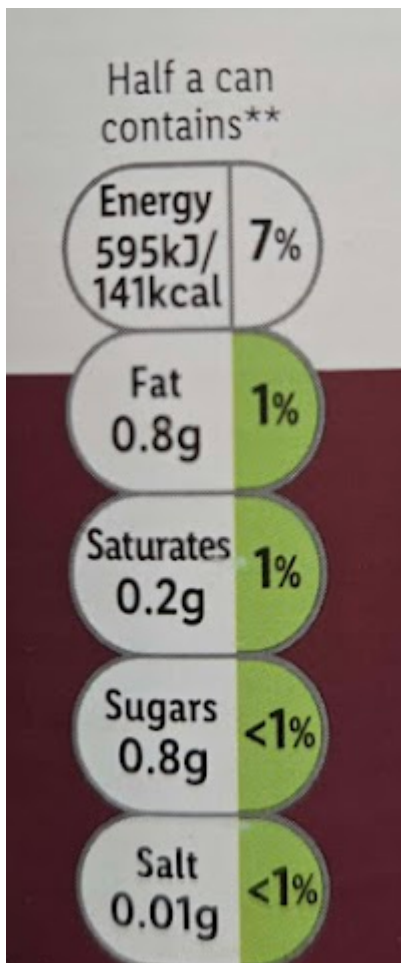
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☒	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☒	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☐ Yes

☒ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Processed foods, frozen foods and a condiment

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

No

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

Hand steadiness and distance from label

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

Took picture too far away / moved the camera too much and therefore some pictures did not scan

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

	1	2	3	4	5	
Not confident	☐	☐	☐	☐	☒	Very confident

Influence

Did the app influence any of your purchasing decisions?

- ☐ Yes
- ☒ No
- ☐ Other:

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other:

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

- A guide box on screen which shows how close you should scan the label
- text saying "hold the phone still" to ensure users don't move around too much

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☐	☒	☐	Easy

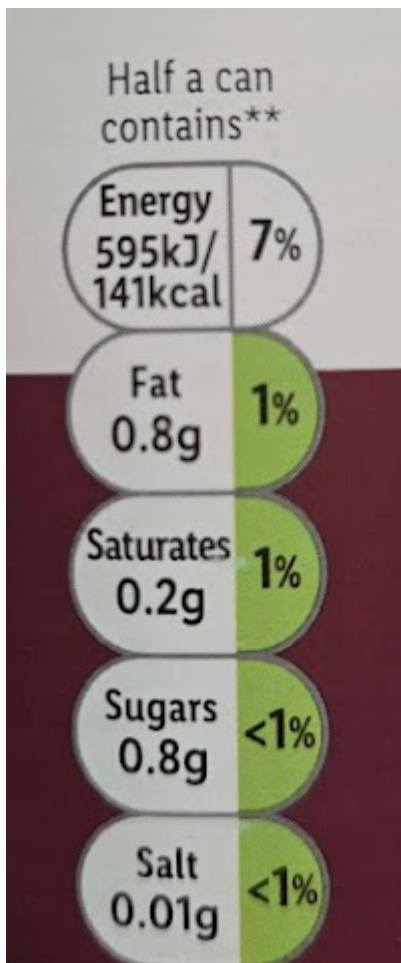
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☐	☒	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☒	☐	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Often with smaller items without much label space. Specific recent example is a jar of pesto.

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

No

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☐ Yes

☒ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Pesto, bread, pickled chillies, garlic mayonnaise

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

The jar of garlic mayonnaise was branded with a 'premium healthy farm shop' aesthetic with 'wild garlic' which made me perceive it as somewhat more healthy, but my perspective changed after scanning and seeing the fat and salt in the red.

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes. I thought my pickled chillies would have really high salt content, but the app revealed it was in amber

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes. The garlic mayonnaise jar had higher fat and salt than expected.

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☒	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☒	☐	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

Failed to scan when taking from too far away

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

Only had to retake once when taking from too far away

Did the app provide nutritional information faster than reading the label yourself?

- ☐ Yes
- ☐ No
- ☒ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☒ | ☐ | ☐ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☐ Yes
- ☒ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☒	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

An indicator on the camera screen that shows when a table is recognised, similar to a qr scanner, would be really helpful and reduce scan errors

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy	498kJ/118kcal	595kJ/141kcal 7%
Fat	0.7g	0.8g 1%
of which saturates	0.1g	0.2g 1%
Carbohydrate	16.6g	19.9g 8%
of which sugars	0.7g	0.8g <1%
Fibre	7.4g	8.8g
Protein	7.7g	9.2g 18%
Salt	0.01g	0.01g <1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy	595kJ/141kcal	7%
Fat	0.8g	1%
Saturates	0.2g	1%
Sugars	0.8g	<1%
Salt	0.01g	<1%

- ☐ Yes
- ☒ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☒	☐	☐	☐	☐	Easy

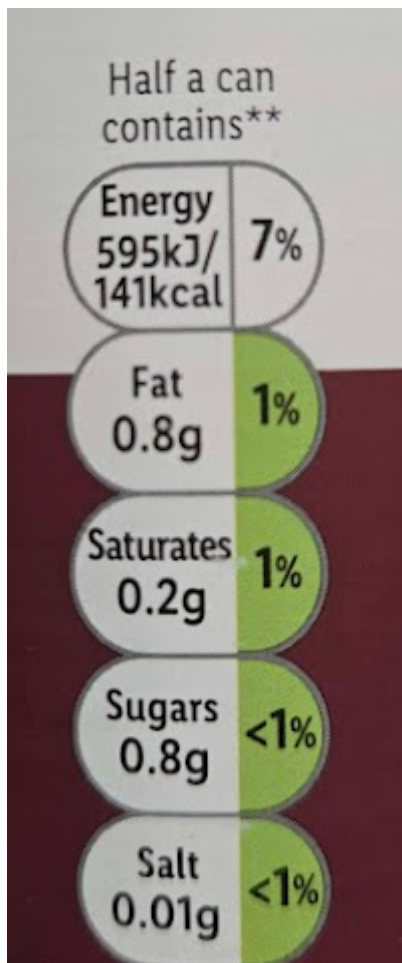
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☒	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



It's rare and usually on packaging that are smaller, like soy sauce or the cardboard wrap around plastic packaging for Quorn meat.

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes, it made me realise that if one thing like fat is in the red and everything is amber or green doesn't mean it's perfectly healthy. It still could greatly effect health if consumed a lot.

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

- ☒ Yes
- ☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

High-Protein bar with sweeteners

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

- ☒ Yes
- ☐ No
- ☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

It was incredibly high in saturates in the red, whilst the fat and salt was amber. Weirdly the product says it includes sweeteners yet the sugar came up as green.

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

No, there wasn't any strong claims from the items I have.

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes, I checked if canned tomatoes would be bad because of the idea that canned foods are seen as unhealthy but surprisingly everything showed up green. So it was not as bad as expected.

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, we have various seed mixes and banana chip snacks. Which is assumed to be heavy but when scanning I noticed it was a strong mix of red and amber, and especially high in fat and sugar. Which was surprising as it's supposed to be seen as a healthier snack.

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☒	☐	☐	☐	☐	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☒	☐	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

After taking the photo, it took a minute or two for results to come through. So speed was the only issue I have experienced.

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☒	Quick

Did you experience any difficulties while scanning products?

When it was scanning it did take some time to show results, so if I used this in a supermarket I would want it to be faster.

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☒ | ☐ | ☐ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

☒ Yes

☐ No

☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☒	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

Many of our packaging came from Lidl, and I think the way different supermarkets label is difficult to navigate, especially if they are all different. Maybe the app could compare the nutritional value of a product from different stores and see the similarities or differences in the nutritional labels. And this could help customers find the healthiest option or a store they could trust better to go back to. Instead of scanning items over and over, maybe there could be a library to store the different types of items they have scanned, so they can check before buying so they know for next time what to buy.

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☒ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



Nutrition Information		
	Typical values per 100g**	per half can 120g** %RI*
Energy	498kJ/ 118kcal	595kJ/ 141kcal 7%
Fat	0.7g	0.8g 1%
of which saturates	0.1g	0.2g 1%
Carbohydrate	16.6g	19.9g 8%
of which sugars	0.7g	0.8g <1%
Fibre	7.4g	8.8g
Protein	7.7g	9.2g 18%
Salt	0.01g	0.01g <1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**	
Energy	595kJ/ 141kcal 7%
Fat	0.8g 1%
Saturates	0.2g 1%
Sugars	0.8g <1%
Salt	0.01g <1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☐	☐	☒	Easy

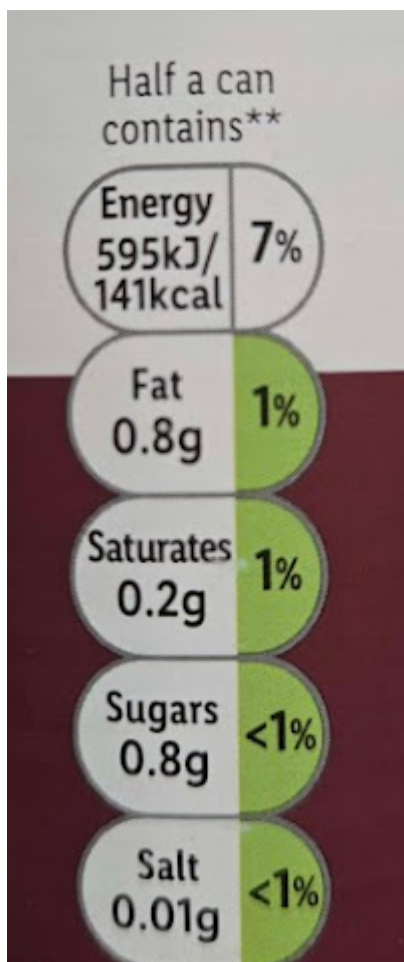
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☒	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☒	☐	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Yes, when a 'serving size' for e.g. haribos is 3 haribos.

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes because it highlighted things red that I would've thought were fine. So my maple nuts, we're very high in fat and sugar. Whilst I believe the fat should be healthy as they're natural. The red highlighted and drew attention to the high sugar content that I would've otherwise ignored

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

High Protein

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☒ Other: Failed to scan

Were they high in anything else? (e.g., sugar, salt, saturated fat)

N/A

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

No

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, maple nuts. Higher in fat and sugar than I had realised

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☒ Yes
- ☐ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

Very curved objects like cans did not scan / or when nutrition table wasn't in a gridded table

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☒	Quick

Did you experience any difficulties while scanning products?

Failed to scan black on dark blue, black on gold, tried 1-3 times. Text was in a table but not gridded

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☐ Yes
- ☐ No
- ☒ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|----------------------------------|-----------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☒ | ☐ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

I was unsure as to whether I needed to the camera on the food label during loading.

Some text to clarify like hold camera still or picture taken whilst loading would help clarify this for me.

A help box to help me understand what the app classifies as red green amber.

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☐ 25 - 34
- ☒ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☒	☐	☐	☐	☐	Easy

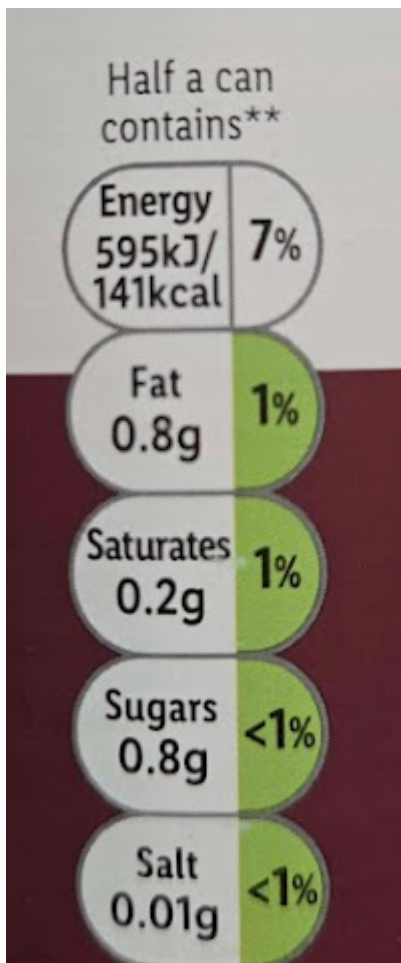
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☒	☐	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☒	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



"low sugar" or "no added sugar" on baby pouches

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes, the app makes the nutritional information clearer especially when there is no traffic light

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

Low sugar high fibre

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☒ Other: Sugar is low but the fat and saturates content is high.

Were they high in anything else? (e.g., sugar, salt, saturated fat)

High fat, saturate

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

Nothing in particular

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes, organic oat milk had more green categories than non organic

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, low sugar can still mean high fat, such as oat bars

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☒	☐	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

Some labels came up with no results as the packaging had a patterned background or were in a list format.

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

Some labels didn't scan, results all came back 0

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

	1	2	3	4	5	
Not confident	☐	☐	☐	☐	☒	Very confident

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

Perhaps a high contrast or audio option and accessibility

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☒ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



Nutrition Information		
	typical values per 100g**	per half can 120g** %RI*
Energy	498kJ/118kcal	595kJ/141kcal 7%
Fat	0.7g	0.8g 1%
of which saturates	0.1g	0.2g 1%
Carbohydrate	16.6g	19.9g 8%
of which sugars	0.7g	0.8g <1%
Fibre	7.4g	8.8g
Protein	7.7g	9.2g 18%
Salt	0.01g	0.01g <1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy	595kJ/141kcal	7%
Fat	0.8g	1%
Saturates	0.2g	1%
Sugars	0.8g	<1%
Salt	0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

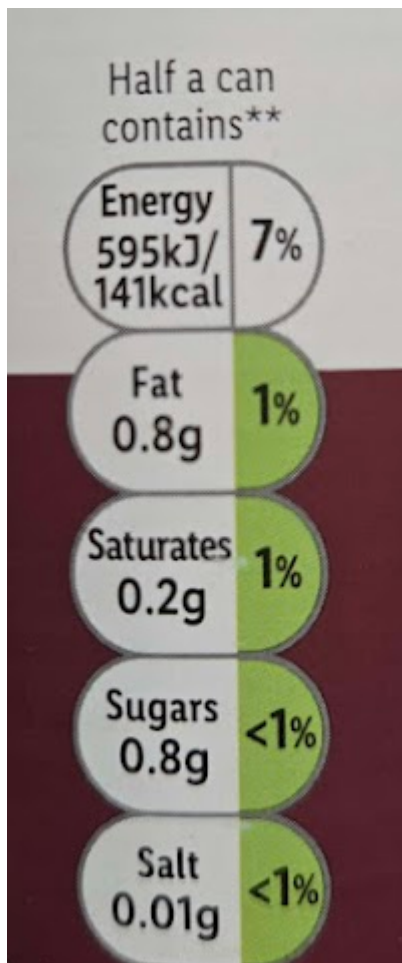
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☒	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



multigrain, low fat, immunity or high protein cereal can often be misleading. or low/no added sugar labels on water/fizzy drinks

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

yes, it gives you a better idea on how food items can be misleading with their packaging and puts it in plain vision in front of you instead of having to do your own comparisons or figuring out if the packaging was reliable

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

low fat yogurt

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☒ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

quite high in sugars

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

yes, scanning a yogurt that says its low fat and healthy suggests it would be low on sugars but it was high

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

no

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

no

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

sometimes it would take a couple tries to scan an item if it wasnt being held steadily or camera quality was bad but never lasted for that long and was mostly on me

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

barring maybe a couple attempts to scan an item, none

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

	1	2	3	4	5	
Not confident	☐	☐	☐	☐	☒	Very confident

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☒ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

On blood pressure medication so i like to be careful with salt

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☒	☐	☐	☐	☐	Easy

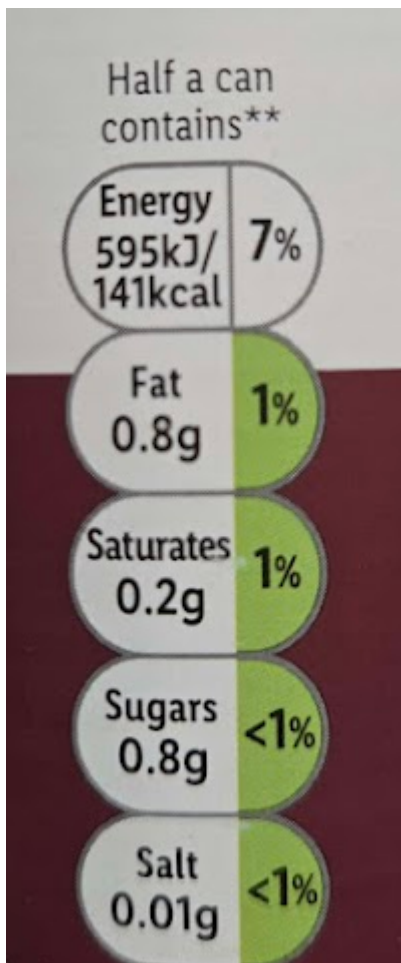
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☒	☐	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☒	☐	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Sometimes its hard to determine 1 portion

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

No, i think i am quite aware of health claims and labels, but i cant tell by readi gvthe label if someting is eg high in salt

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☐ Yes

☒ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

I scanned items without traffic lights, eg bread from a local bakers, nutritional yeast, vegan custard powder

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

No

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes, vegan custard powder was all green

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, fresh bread from a local bakery

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
	☐	☐	☐	☐	☒	
Difficult						Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☒	☐	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

Yes, it would not scan white writing on a blue shiny curved pot. It just said grey none, in each category

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☒ | ☐ | ☐ | Quick |

Did you experience any difficulties while scanning products?

Yes in shops it may have been my phone signal. One time it read one section wrongly, eg it read 7.3g instead of 3.7 g

Did the app provide nutritional information faster than reading the label yourself?

- ☐ Yes
- ☐ No
- ☒ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|----------------------------------|-----------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☒ | ☐ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☐ Yes
- ☒ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

☒ Yes

☐ No

☐ Other:

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☒	☐	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

As you are aware the app is a little slow. What would be useful is if the app built up a data base or stored the info on your phone, because I would forget what it said after I cleared the form and moved on to the next product. The ability to add the product name at the bottom and take a screen shot maybe would be helpful, then I could keep a list on my phone

Maybe a brief description of what to do when you open the app. I had to explain to someone which part of the label to photograph.

The app is a great idea for highlighting in a traffic light system the nutrients content of a product, especially on products with no or s greyed out scale on the front. It was very clear, although I found on a couple of occasions unfortunately it either wouldn't read it read incorrectly- this could be a problem with my phone.

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☐ Yes
- ☒ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

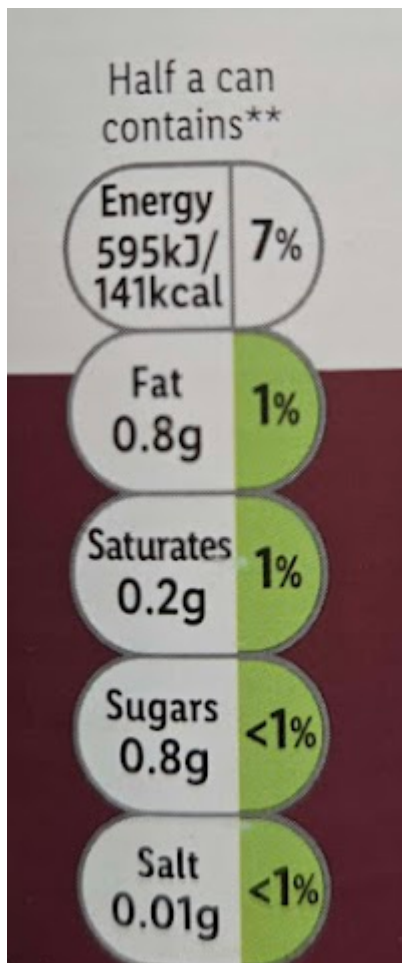
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☒	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☒	☐	☐	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Pepsi Max

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes - Companies have begun to hide exactly what is in some of their products by either using chemical alternatives for things like sugar or simply not using the colour graded nutritional information. The app helped me re-evaluate exactly what I was consuming when in truth I have rarely bothered to check in the past.

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

Pepsi Max

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☒ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

No

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

Yes

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes - Onken "0 Fat" Yoghurt

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☒	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

The only issues I encountered were firstly, that sometimes the app would experience difficulty when trying to read information from circular/curved packaging. Secondly, there was a large variation in time taken to scan certain products, sometimes it took 5 seconds and others times up to 20 seconds.

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☒	Quick

Did you experience any difficulties while scanning products?

As mentioned in a previous response, the time to scan varied by a large amount and occasional issues with scanning packaging where the nutritional table is not completely flat.

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

	1	2	3	4	5	
Not confident	☐	☐	☐	☒	☐	Very confident

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

☒ Yes

☐ No

☐ Other:

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☒	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

Unsure

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

High blood pressure - so avoiding high quantities of Salt

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☐ Yes
- ☒ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☒	☐	☐	Easy

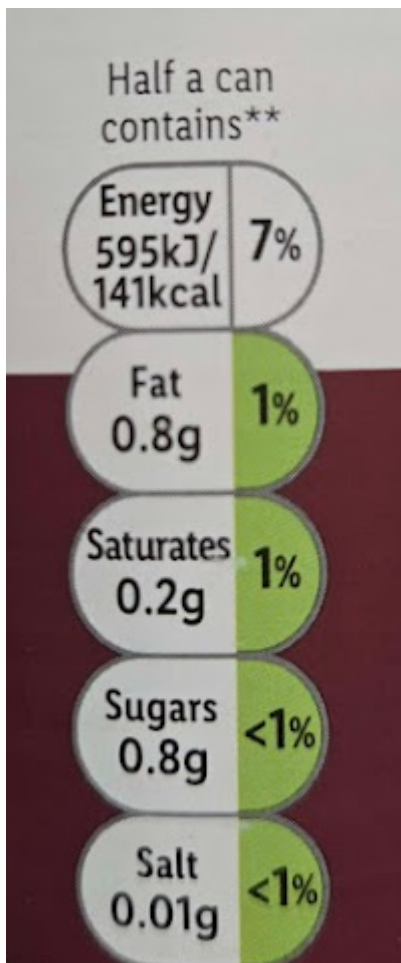
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☒	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Sometimes not all nutrients are listed

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes, I don't usually check for saturated fat, I mainly look at calories

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

- ☒ Yes
- ☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

low fat

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

- ☒ Yes
- ☐ No
- ☐ Other: _____

Were they high in anything else? (e.g., sugar, salt, saturated fat)

Although it was low fat it was medium in saturates

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

yes the low fat had medioum saturates

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes, the crisps I scanned wasnt as high salt as expected.

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

The yoghurt I eat is unhealthier than expected

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

My camera struggled to focus on the table

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

Yes, I have poor eyesight but was able to understand thanks to the colours

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☒	Quick

Did you experience any difficulties while scanning products?

Just struggled to focus the camera

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

If it could be faster that would be good

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☐ 25 - 34
- ☒ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☐ No
- ☒ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



The image shows a Lidl product's nutrition information table and front-of-packaging labels. The table provides typical values per 100g and per half can (120g), along with percentage daily values. The front-of-packaging labels highlight key nutrients: Energy (595kJ/141kcal, 7%), Fat (0.8g, 1%), Saturates (0.2g, 1%), Sugars (0.8g, <1%), and Salt (0.01g, <1%).

Nutrition Information		
	typical values per 100g**	per half can 120g** %RI*
Energy	498kJ/118kcal	595kJ/141kcal 7%
Fat	0.7g	0.8g 1%
of which saturates	0.1g	0.2g 1%
Carbohydrate	16.6g	19.9g 8%
of which sugars	0.7g	0.8g <1%
Fibre	7.4g	8.8g
Protein	7.7g	9.2g 18%
Salt	0.01g	0.01g <1%

*Reference intake of an average adult (8400kJ/2000kcal)
 **drained, microwaved as per instructions
 This pack contains 2 servings

Half a can contains**

Energy	595kJ/141kcal	7%
Fat	0.8g	1%
Saturates	0.2g	1%
Sugars	0.8g	<1%
Salt	0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☒	☐	☐	Easy

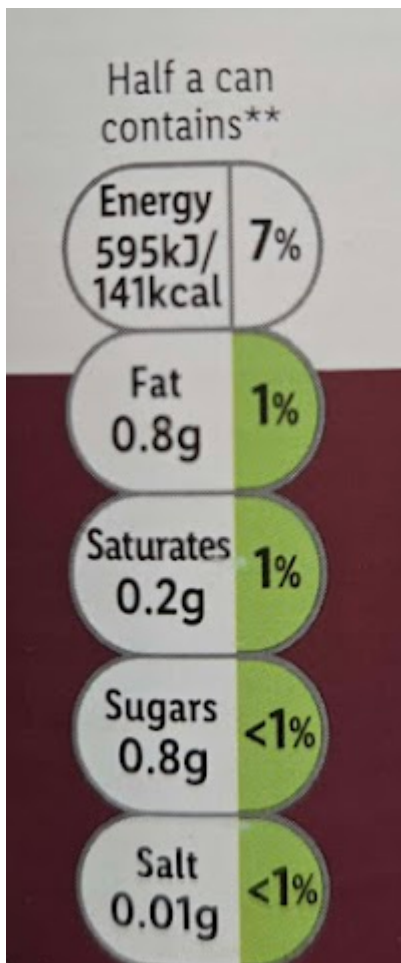
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☒	☐	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Sometimes its per half can sometimes its per can and stuff

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

No

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☐ Yes

☒ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Just treats that I eat mainly such as crisps and chocolates

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

No

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

The chocolate and crisps I eat were actually more unhealthy than I expected, even though I already knew they would be.

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
	☐	☐	☐	☐	☒	
Difficult						Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

no

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

Yes, I am red green colour blind but the text made it fine to understand

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☒	☐	☐	Quick

Did you experience any difficulties while scanning products?

The first scan failed but after that was consistently fine

Did the app provide nutritional information faster than reading the label yourself?

- ☐ Yes
- ☒ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☒	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☒ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

Yes I have got diabetes

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

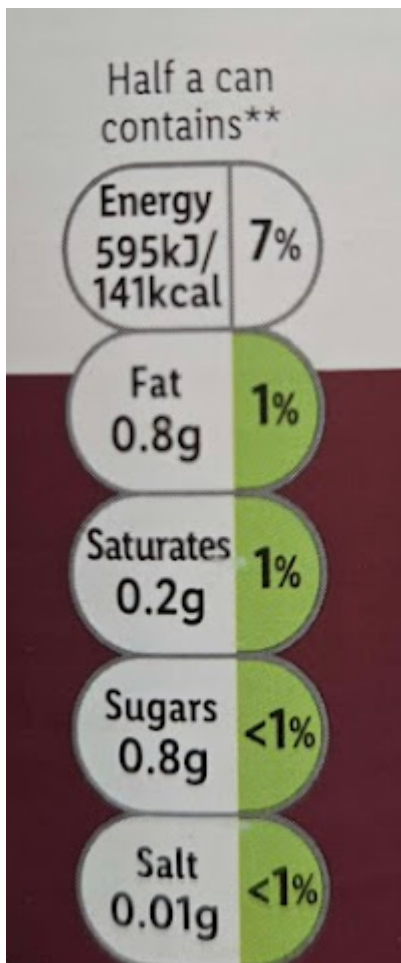
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☒	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☐	☒	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



I dont always check them or they aren't always there, I just go for the low fat options

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes I only nromally check for low sugar or fat, I dont usually check for salt or saturated fat.

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

Low-sugar

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☒ Yes

☐ No

☐ Other: _____

Were they high in anything else? (e.g., sugar, salt, saturated fat)

They were low in everything, but it makes me question now what else is in it

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

The low fat yoghurt I scanned still had a medium amount of fat in

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, the coffee I bought had fat in

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☒	☐	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☒	☐	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☒	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☒	☐	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

I have gotn shaky hands, so it was hard for it to work

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

I struggle to see, but I found it alright to use

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☒	☐	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☒	Quick

Did you experience any difficulties while scanning products?

I have got shaky hands and struggled to work the first couple of times.

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

	1	2	3	4	5	
Not confident	☐	☐	☐	☒	☐	Very confident

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☒	☐	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

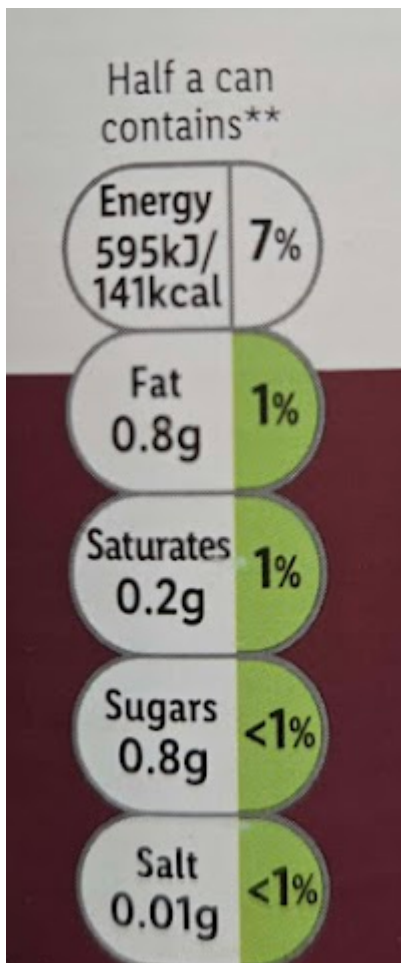
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☐	☒	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Yeah I have seen it not be in colour before

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

No, but only because I use the front of packaging labels

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

I scanned a high-protein coffee

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☒ Yes

☐ No

☐ Other: _____

Were they high in anything else? (e.g., sugar, salt, saturated fat)

Yes they were high in everything surprisingly

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

I assumed that high-protein products would be healthy

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, the high protein products I scanned were unhealthier than i expected

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

No

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

Yeah it just took a while to load

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☐ Yes
- ☐ No
- ☒ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

If it could be quicker

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



The image shows a nutrition information table and front of packaging labels for a LIDL product. The table provides typical values per 100g and per half can (120g), along with percentage daily values. The front of packaging labels show energy, fat, saturates, sugars, and salt content with their respective percentage daily values.

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy	498kJ/118kcal	595kJ/141kcal 7%
Fat	0.7g	0.8g 1%
of which saturates	0.1g	0.2g 1%
Carbohydrate	16.6g	19.9g 8%
of which sugars	0.7g	0.8g <1%
Fibre	7.4g	8.8g
Protein	7.7g	9.2g 18%
Salt	0.01g	0.01g <1%

*Reference intake of an average adult (8400kJ/2000kcal)
**drained, microwaved as per instructions
This pack contains 2 servings

Half a can contains**

Energy	595kJ/141kcal	7%
Fat	0.8g	1%
Saturates	0.2g	1%
Sugars	0.8g	<1%
Salt	0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

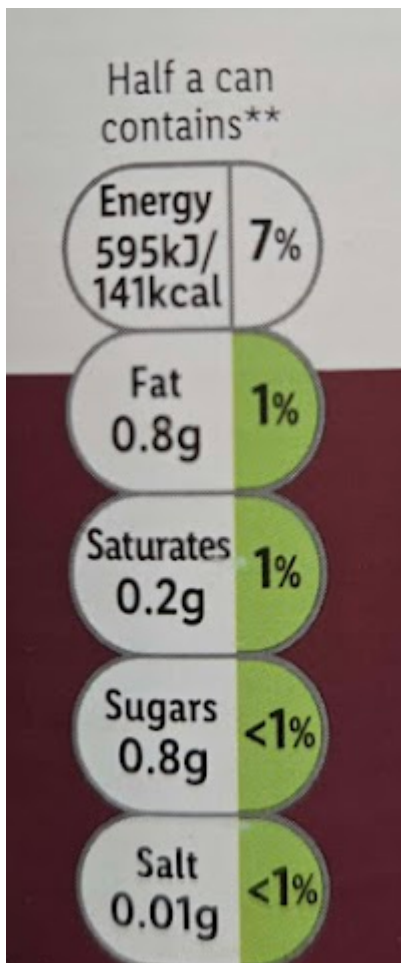
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☒	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☒	☐	☐	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



No

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes, crisps had less fat than I expected

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☐ Yes

☒ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Junk food like crisps and pizza

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

Yes, pizza was high in fats.

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes, the crisps were lower in fats and sugars than expected

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes the pizza had more salt than expected

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☒	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

No

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☒	Quick

Did you experience any difficulties while scanning products?

No, the app worked well

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|----------------------------------|-----------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☒ | ☐ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☐ Yes
- ☒ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

No, I think it is amazing

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☒ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☐ Yes
- ☒ No

Do you currently have any diet-related health conditions?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

obesity

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)
 **drained, microwaved as per instructions
 This pack contains 2 servings

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☒	☐	☐	☐	Easy

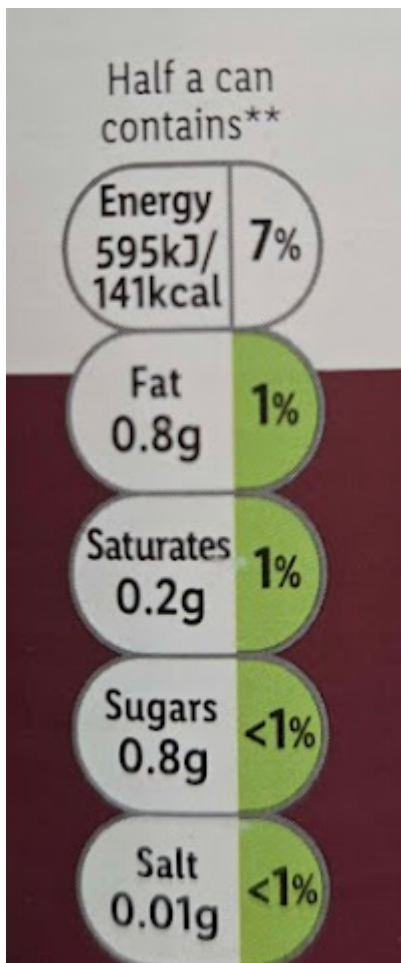
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☒	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



No

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☒ Yes

☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

low-sugar

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☒ Yes

☐ No

☐ Other: _____

Were they high in anything else? (e.g., sugar, salt, saturated fat)

Yes they were still amber in everything else

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

No

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes, I expected the low sugar product to be more healthy overall but wasnt

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☒	☐	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☒	☐	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

No

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

No

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☒ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

Hypertension, I am avoiding salt best I can

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



The image shows a nutrition label for a product. The label is divided into two main sections: 'Nutrition Information' and 'Half a can contains**'. The 'Nutrition Information' section is a table with columns for 'Typical values per 100g**', 'per half can 120g**', and '%RI*'. The 'Half a can contains**' section is a vertical list of nutrients with their values and percentages.

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)
 **drained, microwaved as per instructions
 This pack contains 2 servings

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☒	☐	☐	Easy

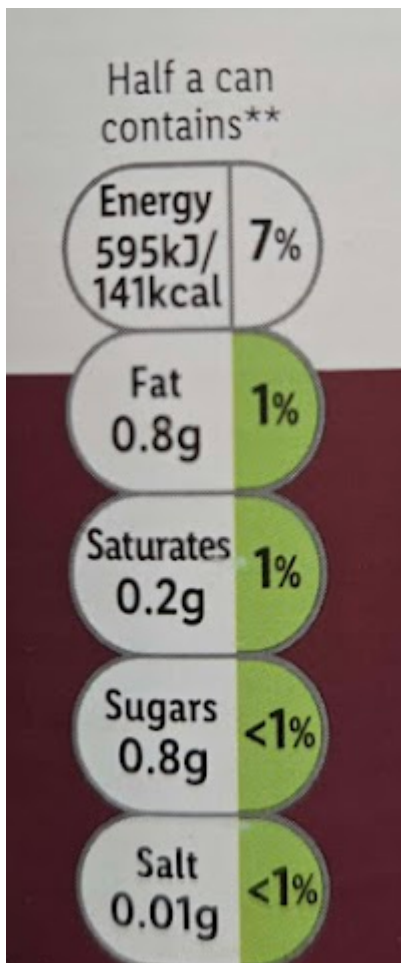
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☒	☐	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



I have seen one or two be left off before

Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Yes it showed me when a product had too much salt

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

☐ Yes

☒ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

☐ Yes

☐ No

☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Just various ingredients, mainly canned goods

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

The low sugar beans still had medium amount of salt

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes the low sugar beans was medium in salt

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

It struggled a couple of times reading the table on cans but that may have been because of me not taking good pictures

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☒ Yes
- ☐ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

Yes, I struggle to see without my glasses but the colours made it easy enough to understand

App experience

How easy was the app to use?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

	1	2	3	4	5	
Slow	☐	☐	☐	☐	☒	Quick

Did you experience any difficulties while scanning products?

It struggled scanning cans a couple of times

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☒ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)



	Typical values per 100g**	per half can 120g**	%RI*
Energy	498kJ/118kcal	595kJ/141kcal	7%
Fat	0.7g	0.8g	1%
of which saturates	0.1g	0.2g	1%
Carbohydrate	16.6g	19.9g	8%
of which sugars	0.7g	0.8g	<1%
Fibre	7.4g	8.8g	
Protein	7.7g	9.2g	18%
Salt	0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

- ☐ Yes
- ☒ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☒	☐	☐	Easy

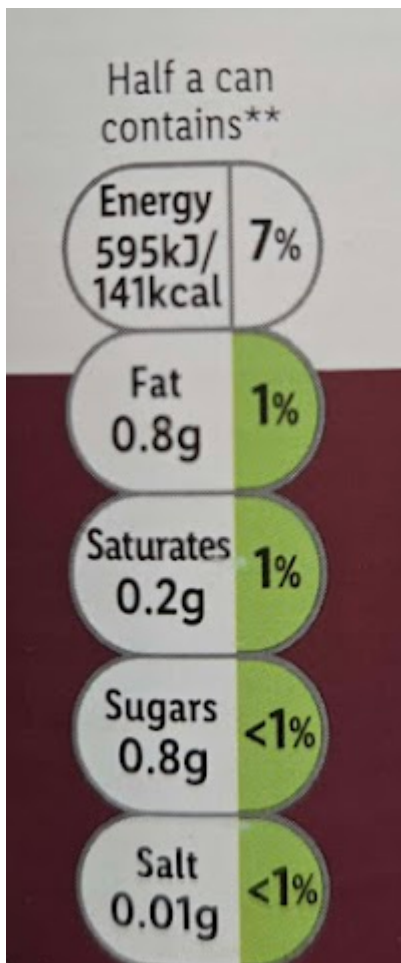
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☐	☒	☐	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☒	☐	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

- ☒ Yes
- ☐ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

low fat

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

- ☒ Yes
- ☐ No
- ☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

There were certain products that I just assume would be healthy but would turn out not to be, like the pasta sauce I buy

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

Yes the pot noodles I bought was only high in salt and was okay in everything else

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes my pasta sauce

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
	☐	☐	☐	☐	☒	
Difficult						Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

.....

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms

Nutritional Label Scanning App Survey

If you need help please contact Iestyn Green: iestynmgreen@gmail.com

PARTICIPANT INFORMATION SHEET (PIS)

What is this research about?

By completing this survey you are about to take part in exploring how people use and experience a mobile application made to scan product labels and highlights nutritional information. The goal is to understand whether the app helps you interpret food labels and whether it changes your perception of product healthiness.

Your participation will help inform improvements to the app and contribute to academic research.

Why have I been invited?

You have been invited because:

- You have used the app and have scanned at least one product
- You are over the age of 18
- You consent to share your opinions anonymously through a survey

Participation is open to anyone, including people with health conditions or accessibility needs. However, the study does not specifically target these groups.

Do I have to take part?

No, participation is completely voluntary.

You may:

- Decline to take part
- Skip any question you prefer not to answer
- Withdraw at any point before submitting the survey

After you submit, the data is anonymous and cannot be withdrawn.

What will I be asked to do?

If you agree to take part, you will complete the following survey about:

- Any products you scanned with the app
- Whether results matched your expectations
- Whether your perception of food healthiness changes
- Basic demographic questions (optional)

The survey should take approximately 5-10 minutes.

What are the possible risks?

This study is low risk.

Potential minimal risks include:

- Mild discomfort when reflecting on personal eating habits
- Disclosure of non-sensitive personal opinions

No questions relate to highly sensitive topics. you may skip any questions.

How will my data be used?

- The survey is anonymous - no names or identifying details are collected.
- Data will be stored securely in a password-protected university account.
- Data will only be used for academic research and may be included in a dissertation.
- Data will not be used to make decisions about you, nor will it be shared with third parties.

How is my privacy protected?

- No personal identifiers are collected
- IP addresses are not stored
- Data is protected the University's basis of public interest research
- Any quotes used in the dissertation will be anonymised.

Do I need to sign anything?

No signature is required.

Consent will be obtained electronically through the following consent form.

If you have any questions then please contact lestyn before taking part. Thanks.

CONSENT FORM

Please read each statement and tick to confirm your agreement: *

- ☒ I have read and understood the Participant Information Sheet
- ☒ I understand that my participation is voluntary and I may withdraw before submitting the survey
- ☒ I understand that my responses will be anonymous and cannot be withdrawn after submission
- ☒ I understand that the data will be stored securely and used for academic research purposes only.
- ☒ I confirm that I am aged 18 and above.
- ☒ I consent to take part in this study

By continuing to the survey, you indicate your informed consent.

Nutritional Label Scanning App Survey

What is your age?

- ☐ 18 - 24
- ☒ 25 - 34
- ☐ 35 - 44
- ☐ 55 - 64
- ☐ 65 or older

Before using this app, have you used a nutrition or fitness app before

- ☒ Yes
- ☐ No

Do you currently have any diet-related health conditions?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If yes - please specify

If yes - Please specify your diet-related health condition(s)

.....

Previous Habbits

Do you check nutritional tables or labels when shopping?

(See attached: image of back of packaging nutrition table and front of packaging labels)

Nutrition Information		
Typical values per 100g**	per half can 120g**	%RI*
Energy 498kJ/118kcal	595kJ/141kcal	7%
Fat 0.7g	0.8g	1%
of which saturates 0.1g	0.2g	1%
Carbohydrate 16.6g	19.9g	8%
of which sugars 0.7g	0.8g	<1%
Fibre 7.4g	8.8g	
Protein 7.7g	9.2g	18%
Salt 0.01g	0.01g	<1%

*Reference intake of an average adult (8400kJ/2000kcal)

**drained, microwaved as per instructions

This pack contains 2 servings

Half a can contains**

Energy 595kJ/141kcal	7%
Fat 0.8g	1%
Saturates 0.2g	1%
Sugars 0.8g	<1%
Salt 0.01g	<1%

- ☒ Yes
- ☐ No

Without using the front of packaging labelling, how easy do you find interpreting traditional nutrition information?

	1	2	3	4	5	
Hard	☐	☐	☐	☐	☒	Easy

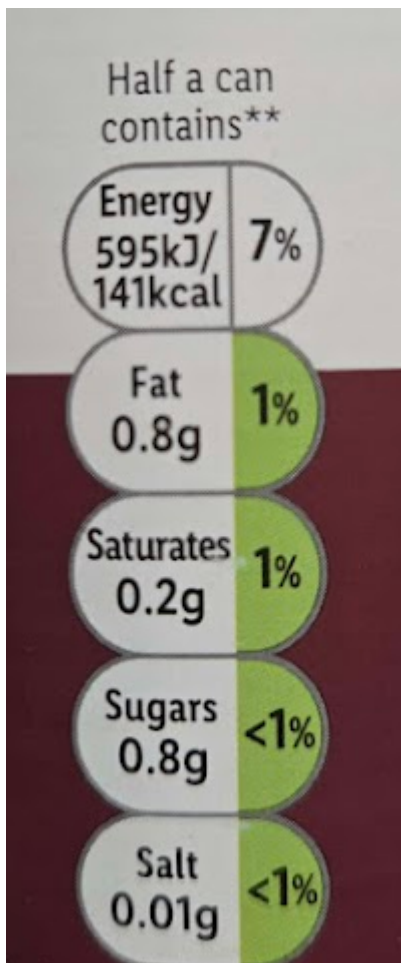
Before using the app, how confident were you in your ability to assess how healthy a product would be?

	1	2	3	4	5	
Not confident	☐	☐	☐	☐	☒	Confident

Do you rely on claims such as "low fat" or "high protein" when choosing foods?

	1	2	3	4	5	
Never	☐	☐	☐	☐	☒	Always

Have you come across any products that had missing, misleading front of packaging labels? If yes could you elaborate and add what the product was?



Using the app

Did the app change your perspective on what products are nutritionally healthier? Please explain

(Yes / No)

Did you scan any products with health-related claims (i.e low-fat, high-protein, low-sugar, etc...)

- ☐ Yes
- ☒ No

If yes - please specify

(If this was a mistake then please go back and change your answer)

If yes - Which health-related claim did you scan? (i.e low-fat, high-protein, low-sugar, etc...)

.....

Did they match their advertised claim?

(For example, if advertised as low-sugar then did it return as green or low sugar?)

- ☐ Yes
- ☐ No
- ☐ Other:

Were they high in anything else? (e.g., sugar, salt, saturated fat)

.....

If No - please specify

(If this was a mistake then please go back and change your answer)

If no - What types of products did you scan?

.....

Using the app (continued)

Were there any product labels or claims you found misleading after scanning with the app?

.....

Through using the app, did you discover that certain products nutritional contents were healthier than expected? Please could you add any examples (Yes / No)

No

.....

Through using the app, did you discover that some were less healthy than expected? Please could you add any examples (Yes / No)

Yes

.....

Accessibility and Inclusivity

Whether you have any current disabilities or not, please can you fill the following section to the best of your knowledge.

Did you find the text on screen (e.g., nutrition results, labels) easy to read?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Were the colour contrasts (e.g., red/amber/green traffic lights) clear and easy to distinguish?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did the app rely too heavily on colour to communicate information?

- ☐ Yes
- ☒ No
- ☐ Not sure

Were icons, symbols, or text labels helpful in understanding the nutrition results?

	1	2	3	4	5	
Useless	☐	☐	☐	☐	☒	Helpful

Did you find the layout and interface easy to navigate (buttons, text size, spacing)?

	1	2	3	4	5	
Difficult	☐	☐	☐	☐	☒	Easy

Did you experience any issues with scanning due to lighting, hand steadiness, or text alignment?

.....

Do you have any vision, cognitive, or motor impairments that might affect how you interact with mobile apps?

- ☐ Yes
- ☒ No
- ☐ Prefer not to say

If Yes - please continue

If yes, did this app feel accessible for you?

.....

App experience

How easy was the app to use?

- | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|------|
| | 1 | 2 | 3 | 4 | 5 | |
| Difficult | ☐ | ☐ | ☐ | ☐ | ☒ | Easy |

Did the traffic light system visuals make it easy for you to quickly understand nutritional information?

- | | | | | | | |
|------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-------|
| | 1 | 2 | 3 | 4 | 5 | |
| Slow | ☐ | ☐ | ☐ | ☐ | ☒ | Quick |

Did you experience any difficulties while scanning products?

.....

Did the app provide nutritional information faster than reading the label yourself?

- ☒ Yes
- ☐ No
- ☐ Not sure

Do you feel more confident identifying more nutritionally healthy options after using the app?

- | | | | | | | |
|---------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|----------------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not confident | ☐ | ☐ | ☐ | ☐ | ☒ | Very confident |

Influence

Did the app influence any of your purchasing decisions?

- ☒ Yes
- ☐ No
- ☐ Other: _____

After using the app, are you more likely to check nutritional information before purchasing a product?

- ☒ Yes
- ☐ No
- ☐ Other: _____

Overall, how satisfied were you with the app experience?

	1	2	3	4	5	
Unsatisfied	☐	☐	☐	☐	☒	Satisfied

Do you have any suggestions to make the app more effective or accessible for different users?

This content is neither created nor endorsed by Google.

Google Forms