

Supplementary material 4

Guide – U-TRANS Intervention: Using the Open Food Facts Application to Reduce Ultra-Processed Food (UPF) Consumption

(Translated in English for Supplementary Material)

This document is intended to guide dietitians in delivering the 15-minute U-TRANS intervention to program participants.

Brief Procedures

Duration: 15 minutes

Number of participants: 1 to 4

Mechanisms of actions used to reduce UPF consumption:

- Knowledge
- Self-efficacy
- Social influence

Instructions:

Keep the session concise to fit within the 15-minute time frame.

Print the guide and especially the barcodes required for the demonstration.

Objective of the Intervention

By the end of the session, participants should be able to use the Open Food Facts application and share it with people around them, with the goal of reducing their consumption of ultra-processed foods (UPF).

If you anticipate time constraints, you may prioritize the section on “**Social influence.**”

Pre-intervention Step: to be Completed Individually with Each Participant, 5 Minutes Before the Session

Profile Personalization – 4 minutes

(1 minute for installation, 3 minutes for explanations)

Ask participants to download the “Open Food Facts” application and guide them through the following steps (see Configuration Sheet – Appendix 1):

- Go to “**Food Preferences.**”
- Set “**Good nutritional quality (Nutri-Score)**” to “**Very important.**”
- Set “**Low or no food processing (NOVA group)**” to “**Mandatory.**”

For the remaining options, briefly mention that they exist and can be explored at home if relevant (e.g., diabetes-related filters, environmentally responsible choices).

Intervention Steps

Examples of Food Classification According to Nutri-Score A–E and NOVA Groups 1–4 – 2 minutes

Distribute **Appendices 2 and 3.**

Guide to Using the Application to Reduce UPF Consumption – 10 minutes

Compare a UPF With a Substitute Using the App – 4 minutes

Ask participants to scan the barcode of the UPF (Appendix 4):

Wholemeal barley sandwich bread 500g – EPI D’OR

Nutri-Score B – NOVA 4 – €2.66 at Leclerc

Ask participants to click on **Nutri-Score B** (nutrition label) and **NOVA 4** (processing indicator). Briefly remind them that a product may have a good Nutri-Score while still being highly processed (high NOVA classification).

Highlight that the sandwich bread contains several additives (e.g., mono- and diglycerides of fatty acids, dextrose, emulsifier, etc.).

Then scan the barcode of the substitute product (Appendix 5):

Whole rye bread – Épi d’Or – 500 g

Nutri-Score B – NOVA 3 – €1.82 at Leclerc

Ask participants to click on **NOVA 3** and show that the rye bread contains **no additives**.

Note: Emphasize the simplicity of the color-coded indicators (red / orange / green) in the app.

Conclude with a preventive message:

Several studies have shown that lower UPF consumption is associated with reduced risk of non-communicable chronic diseases. The application helps identify and avoid these foods.

Distribute the Personal Tracking Sheet for UPF Reduction – 1 minute

(Appendix 6)

- Suggest placing the sheet on the refrigerator.
- Briefly explain the purpose of the table.
- Ask participants to write in **column 1** one UPF from their daily routine that they want to replace.
- Show them how to use the “**Compare**” button to find an alternative and note it in **column 2**.
- Ask participants to leave the session with **one UPF identified for replacement**, written on the sheet (2 minutes).

Encourage Social Use of the App – 1 minute

Show how to:

- Create a list: “**Add to a list**” (bottom of the screen → *Create new list*)
- Share a list: “**Lists**” → “**History of scanned products**”
- Share individual products: same menu + “**Multiple selection**”

Explain that they can share substitution ideas with family or friends.

Note: Once a list has been created, in the list-sharing screen, participants must click on the title at the top left ("*History of scanned products*") to switch to another list, as this history is displayed by default.

Ask a Final Question – 2 minutes

"Could you name one or two advantages of sharing this tool with your relatives or friends?"

Go around the group to collect responses.

3. Wrap up and Objective of the 15-minute Intervention and the 12-week Follow-up – 1 minute

Clarify the intention of the intervention:

to reduce the consumption of ultra-processed foods.

Explain the next steps in the study:

After 12 weeks, participants will complete the same three questionnaires as at baseline:

- **WCRF questionnaire** (adherence to cancer prevention nutrition recommendations: consuming whole grains, vegetables, fruits, and fiber; limiting UPFs, red meat, processed meat, sugary drinks, and alcohol).
- **Questionnaire assessing UPF consumption.**
- **Behavior change questionnaire.**

4. Questions & Answers – 2 minutes

FAQ

Are my personal data stored by Open Food Facts?

Products scanned are stored **only locally on the user's phone.**

How can I add a product with a barcode if it does not appear in the app?

Users may join the **Open Food Facts community** to add a product.

What is the difference between Yuka and Open Food Facts?

Open Food Facts is an **independent, non-profit food database.**

The development of the Open Food Facts database and mobile application is supported by the

French public health agency **Santé publique France**.

The **Nutritional Epidemiology Research Team (EREN)**, which developed the Nutri-Score, uses Open Food Facts data combined with the **NutriNet-Santé cohort** for research studies.

Appendix 1: Application Configuration Sheet for Open Food Facts

Paramétrage de l'application Open Food Facts

Nutri-Score : très important - Pas d'aliments ultra-transformés : obligatoire

Scan d'un produit, affichage du Nutri-Score et identification des aliments ultra-transformés

- **Appendix 2: Explanatory Sheet for Nutri-Score A to E**

NUTRI-SCORE : QUALITÉ NUTRITIONNELLE DES ALIMENTS

Le score A à E est calculé en fonction des :

- nutriments et aliments à favoriser (fibres, protéines, fruits et légumes, légumes secs)
- nutriments à limiter (calories, acides gras saturés, sucres, sel...).

Ex dans la catégorie des céréales du petit déjeuner : comparer *mueslis*, *granolas*, *céréales chocolatées*, *céréales chocolatées* et *fourrées*



Ex dans différentes catégories d'aliments consommés au petit-déjeuner : comparer *mueslis*, *biscottes*, *pains de mie nature*, *biscuits*, *céréales sucrées*, *viennoiseries*



Appendix 3: Explanatory Sheet for NOVA Groups 1 to 4

NOVA : DEGRE DE TRANSFORMATION DES ALIMENTS



Pour savoir si un aliment est ultra-transformé, vous pouvez consulter sa classification NOVA sur openfoodfact.fr





Zoom



Pain de mie – Marque Repère – 500 g

Certaines informations de ce produit ont été fournies directement par son fabricant [Scamark](#).

Code-barres:

3564700741856(EAN / EAN-13)



Dénomination générique : Pain de mie tranché à la farine complète de blé et à la farine d'orge maltée

Quantité : 500 g

Emballage : Plastique, Sachet

Marques : Marque Repère, Epi d'Or

Catégories : Aliments et boissons à base de végétaux, Aliments d'origine végétale, Céréales et pommes de terre, Pains, Pains de mie

Magasins : Leclerc

Pays de vente : France

Appendix 5: Product sheet Substitution NOVA 3



Zoom



Pain au seigle complet – Marque Repère – 500 g

Certaines informations de ce produit ont été fournies directement par son fabricant [Scamark](#).

Code-barres:

3564700743959(EAN / EAN-13)



Quantité : 500 g

Emballage : Plastique, Sachet

Marques : Marque Repère, épi d'or

Catégories : Aliments et boissons à base de végétaux, Aliments d'origine végétale, Céréales et pommes de terre, Pains, Pains de seigle, Pains complets

Labels, certifications, récompenses : Source de fibres alimentaires, Riche en fibres, Nutriscore, Nutriscore A, Triman



Magasins : Leclerc

Pays de vente : France

Appendix 6: the personal UPF reduction tracking sheet

I replaced this food...	... by this food
Wholemeal barley bread 500g - EPI D'OR (NUTRISCORE B – NOVA 4 – 2.55€ at Leclerc)	Wholemeal rye bread - golden ear - 500 g' (NUTRISCORE B – NOVA 3 – 1.82€ at Leclerc)

