

Methodology

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This rapid scoping review aims to provide a broad overview of the literature on consumer understanding, beliefs and concerns about UPFs to provide an indication of the status of current knowledge and key gaps, both internationally and with respect to the UK. The aim is to make recommendations with respect to the need for further research linked to consumer communication. It is not intended to be exhaustive in focus, and the literature was not identified through a process of systematic review, which would be beyond the scope of the review and available time and resources.

The identification of previous studies on consumer understanding, beliefs and concerns about UPFs were identified through a two-stage process. First, a search was undertaken using Google Scholar. Specifically, the search terms Ultra-processed Food/Ultra Processed Food/UPF and Consumer or Consumers' and Understanding or Beliefs were employed, whilst excluding the terms Diet and Consumption. The identified papers were sifted to exclude the numerous studies that focused on consumption patterns and/or the nutritional and health implications of UPF consumption. To provide a check that important papers had not been identified, the reference lists of this initial pool of papers were reviewed.