

Menu to Meal (M2M) Menu Labeling Intervention Study

NCT07329452

Status	RECRUITING
Phase	Not Applicable
Sponsor	Texas A&M University
Enrollment	240 participants

Plain Language Summary

This study is testing whether showing calorie and nutrition information on restaurant menus — including using augmented reality (AR) and AI-powered formats — changes what people order at Hispanic restaurants. The goal is to understand if menu labeling helps diners make healthier food choices.

****You may be eligible if...****

- You are 18 or older
- You are dining at a participating Hispanic restaurant during the study hours
- You can read and speak English or Spanish
- You are willing to give consent to participate
- Pregnant women are welcome to participate

****You may NOT be eligible if...****

- You are under 18
- You have a visual or cognitive impairment that prevents you from interacting with the menus or the AR/AI technology
- You have already participated in a prior phase of this study
- You are a restaurant staff member involved in running the study

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (5)

- Adults aged 18 years or older
- Patrons dining at participating Hispanic restaurants during designated study hours
- Able to read and speak English or Spanish
- Willing and able to provide informed consent
- Pregnant women are eligible to participate, as the study procedures pose minimal risk

Exclusion (4)

- Minors under 18 years of age
- Individuals with visual or cognitive impairments that prevent interaction with the menu formats or AR/AI technology
- Individuals who have participated in a prior phase of the study
- Restaurant staff involved in study implementation

Locations (1 total)

Local Restaurant Site, Bryan, Texas, United States

<https://clinicaltrials.gov/study/NCT07329452>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).