



New Expert Recommendations

Ages 5-18 Beverage Recommendations

Experts convened by Healthy Eating Research from the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association have developed evidence-based recommendations to guide healthier drink choices for kids ages 5 to 18. [The recommendations](#) address concerns about sugar, caffeine, and other ingredients to promote better nutrition and health.



Announcements

Webinar Recording: Designing More Effective Nutrition Policy Research for Impact

Catch the recording of our February webinar, hosted with the Center for Health Inclusion Research and Practice (CHIRP), on designing public health nutrition research to inform policy recommendations. [Watch now.](#)

HER 2025 Annual Grantee Meeting

This March, HER celebrated 20 years of impact at our Annual Grantee Meeting in Durham, NC. Thank you to all the grantees who attended and to our fantastic speakers, who covered timely topics including climate and food systems, non-sugar sweeteners, and nutrition misinformation!



New WellSAT Website

The Rudd Center for Food Policy and Health launched a new website for the WellSAT, a tool that can be used to assess school district wellness policies and practices. Healthy Eating Research funded the original WellSAT in 2006 and has continued to support its updates. [Explore the site.](#)

Latest Grantee Research

Applying Racial and Health Equity Impact Assessments for Better Policy-Making

This report highlights how racial/health equity impact assessments (R/HEIAs) are being used at the state and local levels, particularly in food-related legislation, and offers design and implementation recommendations. [Learn more.](#)
[Learn more about this project and R/HEIAs from a recent webinar!](#)

A Meta-Ethnography to Determine Critical Constructs of Nutrition Security

This study synthesizes existing research to develop a conceptual framework for nutrition security, distinguishing it from food security. [Learn more.](#)

Managing Sophisticated Fraud in Online Research

This paper shares insights from a recent study about detecting and managing fraud in online surveys and experiments, with strategies to maintain data integrity and prevent distortion of research outcomes. [Learn more.](#)

More States Providing Grab-and-Go Meals to Children During the Summer

This study reveals that by 2024, all 50 states and Washington, DC offered grab-and-go meals at non-congregate meal sites, improving meal access for children, particularly in rural areas where traditional meal services are challenging to implement. [Learn more.](#)

The Impact of New WIC Food Packages on Consumption

This scoping review examines how revisions to the WIC food package impact the consumption of different food groups. It highlights the increase in fruit and vegetable intake following the introduction of cash-value vouchers. [Learn more.](#)

The Impact of COVID-19 Policy Flexibilities on SNAP and WIC

This systematic review finds that flexibilities introduced during the COVID-19 pandemic, such as remote services and benefit increases, improved program access, retention, and food purchases. [Learn more.](#)

Systems Science Approaches to Advance Equity in Access to Healthy Diets

This review examines how systems science simulation modeling is being used to analyze retail food environments. It finds that current models do not fully address the multiple, interacting factors influencing equity in access to healthy diets. [Learn more.](#)

Social Safety Net Programs, Food Insecurity, and Nutrition Outcomes

This scoping review explores how non-food social safety net programs, such as income and housing assistance, influence food and nutrition insecurity. These programs reduce food insecurity but have limited evidence of improving nutrition outcomes. [Learn more.](#)

Drivers of Sugary Drink and Water Consumption in Washington DC

This study uses a community-based approach to identify drivers of sugary drink and water consumption in the DC metro area, and highlights policy actions that could help reduce sugary drink intake and promote water consumption. [Learn more.](#)

Fruit Drink Marketing and Consumer Perceptions and Behavior

This systematic review investigates how front-of-package claims, fruit imagery, and ingredient disclosures affect consumer perceptions of fruit drinks. Claims like "natural" and fruit imagery often lead to misconceptions about healthfulness, while ingredient disclosures can help correct these misperceptions. [Learn more.](#)