

**Presentation influences selection and consumption of food****Clinical Question**

How effective are interventions involving exposure to different sizes or sets of physical dimensions of a portion, package, individual unit or item of tableware on unregulated selection or consumption of food, alcohol or tobacco products in adults and children?

**Bottom Line**

People consistently consumed more food and drink when offered larger-sized portions, packages or tableware than when offered smaller-sized versions. This suggests that policies and practices that successfully reduce the size, availability and appeal of larger-sized portions, packages, individual units and tableware can contribute to meaningful reductions in the quantities of food (including non-alcoholic beverages) people select and consume in the immediate and short term (typically over a period of one day or less).

**Caveat**

It is uncertain whether reducing portions at the smaller end of the size range can be as effective in reducing food consumption as reductions at the larger end of the range. It was not possible to highlight clear implications for tobacco or alcohol policy due to identified gaps in the current evidence base.

**Context**

People are repeatedly exposed to varying sizes and shapes of food, alcohol and tobacco products in environments such as shops, restaurants, bars and homes. This has stimulated public health policy interest in product size and shape as potential targets for intervention.

**Cochrane Systematic Review**

[Hollands GJ et al. Portion, package or tableware size for changing selection and consumption of food, alcohol and tobacco. Cochrane Reviews, 2015, Issue 9. Art. No.: CD011045.DOI: 10.1002/14651858.CD011045.pub2.](#) This review contains 72 studies, 58 of which were involved in a meta-analysis (6,603 participants).