

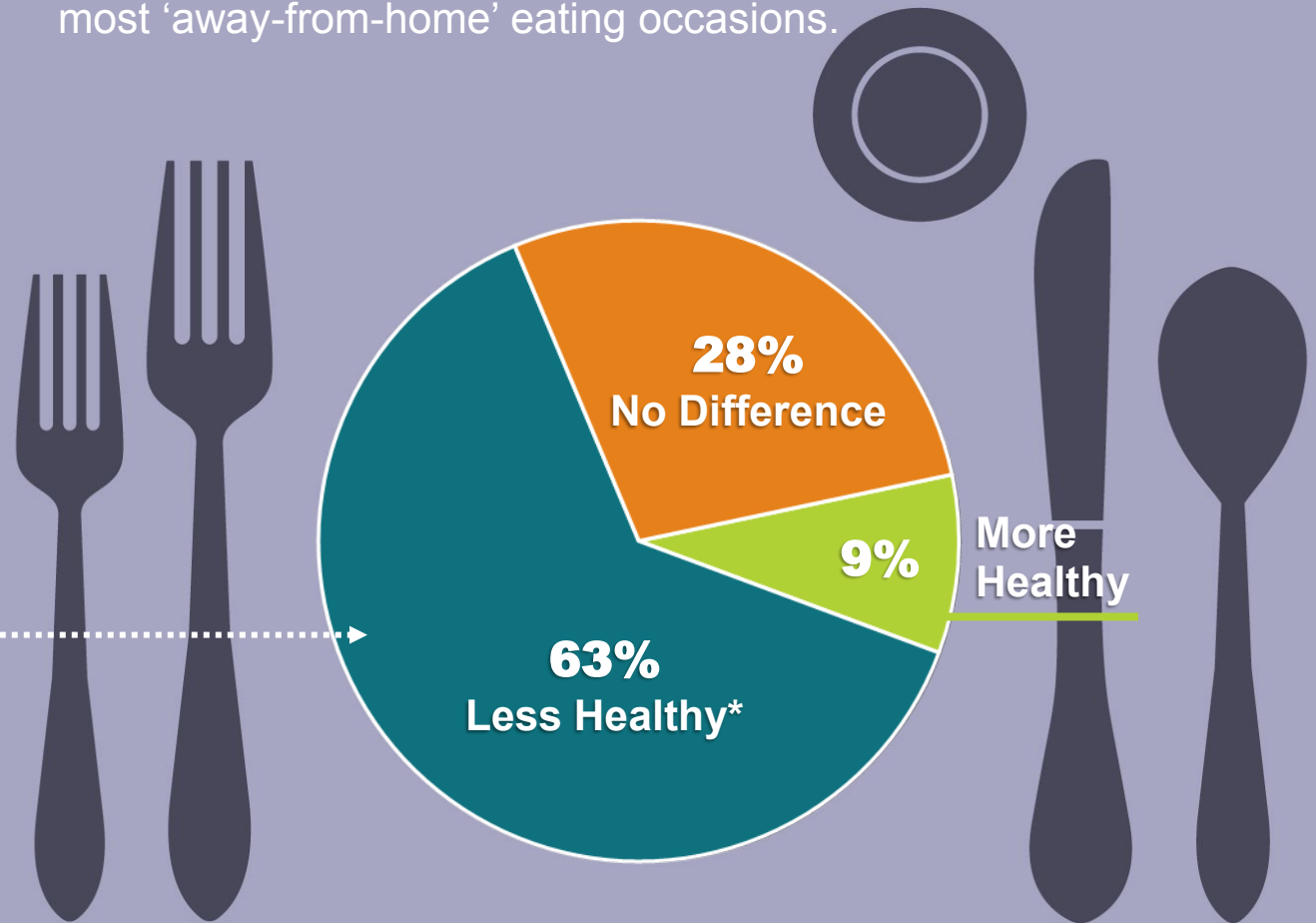
Eating Habits When Dining Out

Compared to eating at home, the foods and beverages consumers have when they eat away from home are.....

Source: [Health & Welleness 2015](#) report. Survey of 1,410 U.S. adults 18 to 79 years of age.

*Eating less healthy respondents n=883)

More than 6 in 10 consumers (63%) eat less healthfully when eating out, primarily because they have other motivations for most 'away-from-home' eating occasions.



Reasons for eating less healthfully when dining away from home include "focus on things other than health and wellness (43%), "not enough healthy menu options for me" (30%), "more affordable to eat healthfully at home" (28%), "portions larger than what is healthy for me" (27%), "it's harder to tell what is healthy or not" (21%) and "not enough healthy restaurants" (20%).