

How America Eats SNACKING OUR WAY THROUGH THE DAY

snacks represent 50 percent of all eating occasions

17% of snacking occurs in the

early morning

18%

of snacking occurs in the **mid-morning**

28%

of snacking occurs in the afternoon

24%

65% of snacking occurs after lunch

of snacking occurs after dinner 13%

of snacking occurs in the late night

Source: Modern Eating: Cultural Roots, Daily Behaviors 2013 report, The Hartman Group, Inc.