

Snack Culture in America

No eating or drinking occasion typifies the fragmented, decentralized and no-rules modern eating culture more than **snacking!**

Thinking about the most recent time when you had a snack, what time of day was it?

Source: Foodways of the Younger Generations—Millennials and Gen Z report

Hartbeat Acumen

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Afternoon snacking, while the most common, tends to decrease with age. Evening snacks are especially popular with Boomers.

