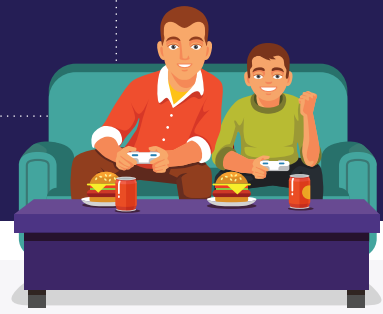
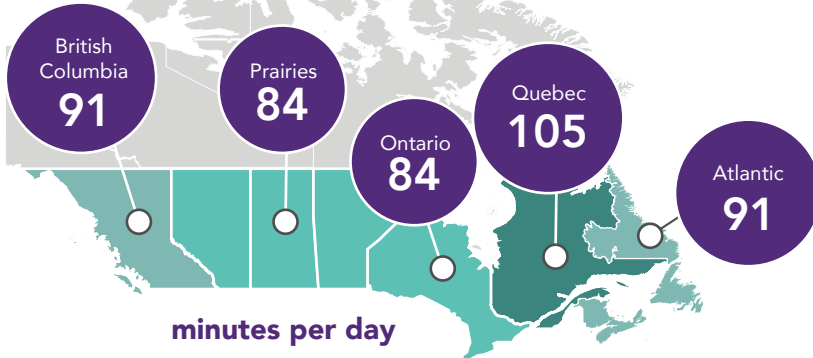


Time to eat



In 2015, Canadians spent an average of 91 minutes a day eating.



On average, Canadians ate **2X/DAY**. Each meal took



Who do Canadians eat with?

30%

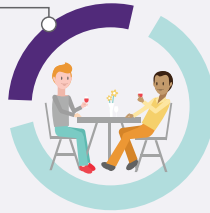
of Canadians ate all of their daily meals alone



Among people who had a partner

30%

hadn't eaten any meals with their partner



Distribution of respondents who ate with their children under 15 years of age

34%

0 meals

8%

3 meals or more

19%

2 meals

39%

1 meal



"Distracted eating" means eating while doing another activity.

Close to **6 in 10 Canadians** sometimes ate while doing another activity.

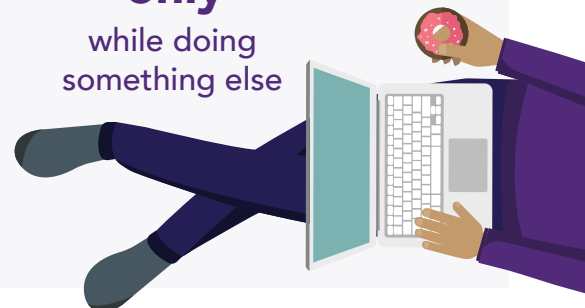


The 5 most mentioned activities:



Source: General Social Survey — Time Use, 2015.

10% of Canadians reported eating **only** while doing something else



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