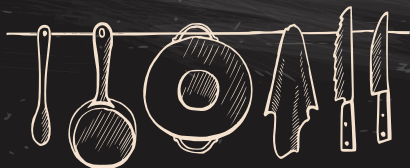




EATING OUT: How often and why?



Most Canadians eat out or purchase takeout food

54%

Eat out once
a week or more

39%

Eat out less than
once a week

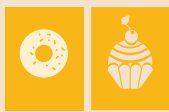


8%

Did not eat out in the
past month

DELICIOUS

*Totals may not add up to 100% due to rounding



The main reasons for eating out are convenience and socializing



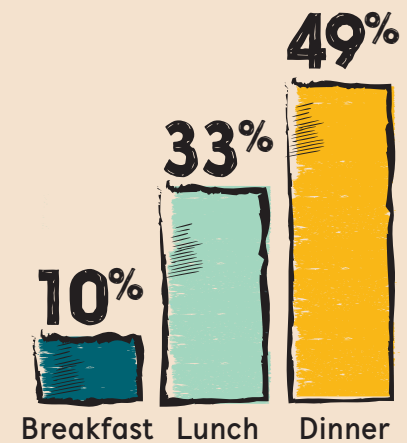
52%

Eat out as a treat, for
a special occasion or
celebration, to socialize
with friends or family

40%

Eat out for convenience,
no time to cook, do not
like or know how to cook

Meals eaten out most often are lunch and dinner



Yummy!

When available, Canadians
use nutrition information
to make informed choices

57%

always, often or sometimes
changed their order based
on nutrition information on
menus or menu boards

PIZZA



MARGHERITA

170 Calories per slice

PEPPERONI

310 Calories per slice

VEGETARIAN

200 Calories per slice



Source: General Social Survey (Canadians at Work and Home), 2016.

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