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

*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

49% Dinner

33% Lunch

10% Breakfast

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.