



# EATING OUT: Nutrition information on menus and menu boards

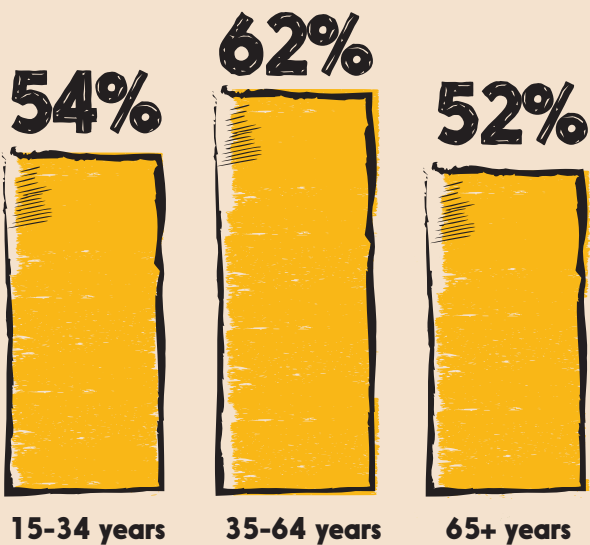
Over half of Canadians are influenced by nutrition information when ordering or purchasing food

63%

52%



People of all ages are influenced by nutrition information on menus or menu boards



Percentage who reported that nutrition information changed what they ordered or purchased

The frequency of eating out does not affect people's use of nutrition information

Of those who eat out once a week or more,

56% change their order

Of those who eat out less than once a week,

59% change their order



Half of Canadians report that nutrition information is rarely or never available on menus

**Note:** Population includes Canadians who reported that they have eaten out or purchased takeout dishes or snacks in the past month. All percentages include respondents who reported that nutrition information always, often or sometimes changed what they ordered or purchased.  
**Source:** General Social Survey (Canadians at Work and Home), 2016.

Catalogue number: 11-627-M  
 ISBN: 978-0-660-29131-4

# Correction Notice

On December 2, 2019, the percentage of those who eat out once a week or more was corrected from 58% to 56% and the percentage of those eating out less than once a week was corrected from 32% to 59%.