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More Than Half of Professionals Eat Lunch at Desk

By: **Chris Gaetano**

Published Date: Mar 24, 2017



A majority of professionals eschew the company of others during lunch according to recent research that has found 62 percent opt to eat their lunch alone, at their desks, according to the New York Times (https://www.nytimes.com/2016/02/28/magazine/failure-to-lunch.html?_r=0). Regardless of location, overall 52 percent of adults generally eat lunch alone. The results com from a study conducted by the Hartman Group, a food industry consulting firm. This can have several effects on our food habits at work. For one, previous research has shown that we tend to eat more when we're with other people, and so the proliferation of solo lunches would mean that we're eating at least a little bit less. However, this also means that we snack more, because eating at our desks alone makes it tougher to clearly delineate a specific lunch time in our minds: the Times notes that both desk snacks and break room food (like birthday cakes or leftover sandwiches from a catered lunch) mean that even with smaller lunches, we could be eating more calories overall. Finally, the Times said desk lunches are more lonely, which can make it more difficult to build office camaraderie, though speaking from the perspective of someone who, himself, eats the majority of his lunches at his desk while also enjoying the company of his co-workers, this is clearly a matter of opinion.

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