Restaurant Trends Are Consumers Eating More or Less Healthfully When Dining Out?

Dining out has historically been a time to celebrate and indulge. The perception of dining out as involving inevitable health and wellness compromise seems to be declining, however, as more healthful options proliferate.

The Majority of Consumers Believe That They Eat Less Healthfully When Dining Out



Why? More consumers are blaming lack of choices and transparency about health and wellness at restaurants for eating less healthfully.

Reasons for Eat Less Healthfully When Dining Out (of the 58% who say they eat less healthfully when dining out)

	I am focused on things other than health and wellness when I eat out	41%	
58% of those	There are not enough healthy menu options for me	30%	
	The portions are larger than what is healthy for me	29%	
	It's harder to tell what is healthy or not	28%	
	There are not enough healthy restaurants	25%	
	It is more affordable to eat healthy when eating at home	24%	

