Eating away from home in Canada: Impact on dietary intake

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Delivering insight through data, for a better Canada
COI Disclosure & French version

• NO conflicts of interest to declare

• La version française de la présentation est disponible sur demande
• 22 million restaurant visits every day by Canadians\(^1\)

• Average Canadian household spends \(\sim\)30% of its food budget on meals and snacks purchased from restaurants\(^2\)

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2. Statistics Canada. Table 11-10-0125-01. Detailed food spending, Canada, regions and provinces.
Eating out & diet quality

- Choices available when eating out are often (2019 Canada Food Guide):
  - more expensive
  - highly processed
  - lower in vegetables, fruits and whole grain foods.

- Higher frequency of eating out associated with lower diet quality*
  - Higher intakes of total energy, sodium, sugars & saturated fat
  - Lower intake of micronutrients.

Eating away from home in Canada: Impact on dietary intake

- Very limited data on Canadians’ patterns of eating away from home
- 2004 national-level diet survey: on the day before the interview, 25% ate something prepared in a fast-food outlet (Garriguet 2007)
- COVID-19 pandemic: major impact on restaurant sector and how Canadians shop & eat
- Many Canadians report eating away from home less & cooking more (Lamarche et al. 2020; Caroll et al. 2020)

→ Characterize patterns of away-from-home eating in Canada
→ Assess differences in dietary intake profile on a day when away-from-home food was consumed vs. not consumed
Methods

Data & definitions
- 2015 Canadian Community Health Survey (CCHS) – Nutrition
- Single 24-hr dietary recall, N=20,475 aged 1+
- Eating away from home: consumed any food IN a restaurant

Measures
- Proportion of Canadians eating away from home on the previous day
- Mean intakes of selected food subgroups and nutrients (per 1,000 kcal energy intake)
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Any restaurant</th>
<th>Limited-service restaurant</th>
<th>Full-service restaurant</th>
</tr>
</thead>
<tbody>
<tr>
<td>All ages</td>
<td>21.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Young children aged 1 to 5</td>
<td>8.4</td>
<td>3.5</td>
<td>11.6</td>
</tr>
<tr>
<td>Children aged 6-12</td>
<td>7.7</td>
<td>5.9</td>
<td>12.8</td>
</tr>
<tr>
<td>Adolescent females aged 13-18</td>
<td>13.9</td>
<td>8.9</td>
<td>21.4</td>
</tr>
<tr>
<td>Adolescent males aged 13-18</td>
<td>15.1</td>
<td>7.2</td>
<td>20.2</td>
</tr>
<tr>
<td>Females aged 19-54</td>
<td>22.1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Males aged 19-54</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Older females aged 55 or older</td>
<td>18.7</td>
<td>8.2</td>
<td>14.9</td>
</tr>
<tr>
<td>Older males aged 55 or older</td>
<td>24.8</td>
<td>12.2</td>
<td>16.0</td>
</tr>
</tbody>
</table>

Proportion of Canadians aged 1+ eating out on the previous day, Canada excluding territories, 2015

Data source: Statistics Canada, 2015 Canadian Community Health Survey - Nutrition
For a person consuming ~2,000 kcal per day

Not eating out on the previous day translated to consuming, on average:

- Over 1/2 a serving more vegetables (not including potatoes)
- 1/2 a serving more whole fruit
- ~1/3 of a serving more whole grains
- 3.8 more g fibre
- 4.8 fewer g total fat
- Few differences for intake of meat/poultry, fish/seafood and protein.
Caveats & Takeaways

- Single 24-hr dietary intake, not usual intakes
- Only foods consumed IN restaurants – not takeout, delivery, etc.

Conclusions

- In 2015, Canadians patronized restaurants regularly, with ~1 in 5 consuming some food in a restaurant setting the day before
- On the day that Canadians did eat out, their dietary intake profile was generally less favourable than of those who didn’t eat out.
- Results provide valuable benchmark to assess changes in Canadians’ habits of eating away from home, both in the short and long term.
Thank you!

- Paper currently under review
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Questions / comments?

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