



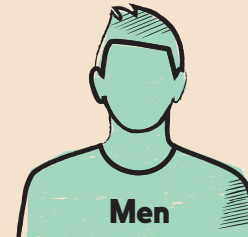
## EATING OUT: Nutrition information on menus and menu boards

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

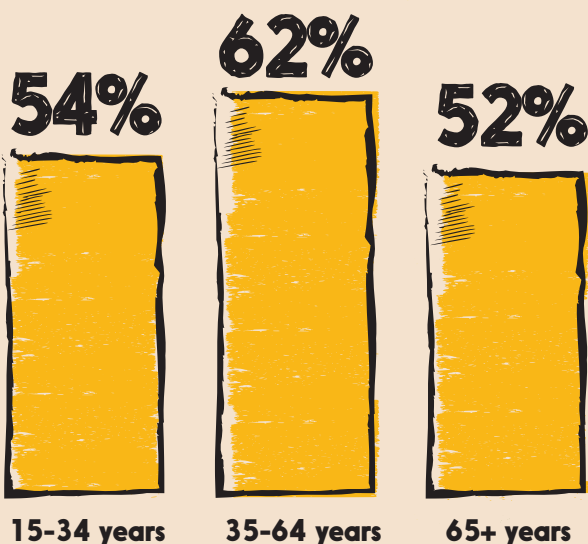
63%



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

How often people eat out affects their use  
of nutrition information

Of those who eat out  
once a week or more,

58%  
change their order

Of those who eat out  
less than once a week,

32%  
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



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