

# 10 Surprising Facts about American Eating Habits

It's no secret that Americans have some interesting eating habits, and that's why the return of fresh food is a necessity.

In fact, recent studies have found that Americans consume 31% more packaged and processed foods than fresh food! This incredible piece of information makes the fact that around 57.9 percent of the average American's caloric intake is from ["ultra-processed"](#) foods unsurprising.

Exploring the eating habits of the average American is a first step into ensuring that more fresh food finds its way onto the plates of people across the country. [FreshOne](#) is fighting hard to make sure better food choices are available to everyone.

So let's walk through 10 facts about American eating habits and how food safety, quality, and waste all come into the picture.

## What are American eating habits really like?

### 1. Breakfast isn't that common

Gone are the days when starting your morning off with a healthy and hearty breakfast is the norm. More and more, busy schedules and a lack of sleep are getting the better of us and we're trading nutrition in for a stress-filled morning of sleeping too late and rushing out the door.

What are Americans picking up instead? Well, [according to a 2011 study](#), around 31 million Americans simply skip breakfast all together, often waiting to eat until they are too hungry to put it off any longer. When this happens, it's more likely for them to pick up processed fast foods rather than fresh foods to sooth their hunger.

### 2. Portion

If you've been to other countries, you may have noticed something strange when trying out the local cuisine– the portion sizes!

The calories found in staple meals, like turkey sandwiches, has more than doubled over the past twenty years. It seems like the more we are stepping away from fresh food and gravitating towards easily attainable and processed meals, the larger the portion sizes get.

The difference in serving sizes between processed foods and fresh foods is astounding. [For the same amount of calories](#), you could eat one burger... or a massive and nutritious salad or fruit plate!

### 3.Snacking is king

It turns out that, in lieu of our busy schedules, snacking now makes up over 50% of our eating and eating at desks is commonplace for 40% of Americans.

Picking the right snacks is the name of the game, it seems, and fresh foods should be finding themselves in our hands is key to our health. Why? [Snacking on fresh foods](#) not only helps with

weight loss, but it also curbs cravings for junk food, boosts our mood, and offers more energy during those mid-day slumps.

#### **4. Gluten-free is becoming ever-popular**

Around 22% of adult Americans are electing to follow a special diet that [avoids gluten](#) at all costs, but there is little evidence that it aids with much other than weight loss for those who voluntarily give up gluten.

The mainstream media may poke fun at those avoiding gluten, but it's actually a requirement for those with [celiac disease](#)— though only 1% of the population is afflicted!

#### **5. Time changes everything:**

As the day goes on, Americans are less likely to reach for healthy foods when they're hungry.

For those who eat breakfast, this means it's likely their healthiest meal of the day. Unfortunately, dinner tends to be the heaviest and richest meal of the day.

In fact, the likelihood of eating healthy food decreases by 1.7% with each hour in the day!

- Protip: Making a conscious effort to reach for fresh, healthy foods is one great way to combat this.

#### **6. 1/3 of all food is wasted.**

Being mindful of our eating habits when it comes to health is one thing, but it's also important to keep an eye on the amount of food we waste. Overall, [Americans tend to waste 1/3 of all food](#).

So, when we think about the importance of healthy food - we also need to think about how to get that quality of living to others. That starts with creating less waste in our homes, restaurants, and grocery stores. Luckily, we've also put together some [tips on how to reduce your own waste!](#)

#### **7. Pesticides and Poison?**

Once you've made the decision to stick with fresh foods, you've left with one other tough decision to make: organic or regular?

With such a large amount of food being generated daily, it's hard to keep track of the quality of food that ends up in your body. Usually, the fresher the food, the better— but that's all impacted by the amount of pesticides and toxins found on and inside of those items.

With more than 1 billion tons of pesticides used in the US, a large percent of that ends up on our food to keep bugs from having their way with the crops. The result? A variety of cancers and birth defects that can be traced back to the consumption of pesticides.

There's even a list of the ["dirty dozen"](#) foods that tend to have the greatest percentage of toxins on them. Going organic can help you put your health first by taking food safety into consideration with each purchase.

#### **8. Fresh food = healthy bodies.**

It's true that Americans tend to ignore healthier options, but how bad is it really? It turns out that [Americans eat](#) around 630lbs of dairy products and 183lbs of meat each year. Of the 415lbs of vegetables eaten, the most popular were potatoes and corn.

[Fresh foods aren't more expensive](#), so incorporating nutritious items into your diet won't cost you more and it can only help reduce your risk to many chronic illnesses!

## **9. Eating a diet rich in vegetables may reduce risk for stroke, cancer, heart diseases and type-2 diabetes.**

Going off of our previous point, this is a no-brainer. [Harvard](#) even wrote a study about the effects that eating fresh foods has on nasty diseases like cardiovascular disease, high blood pressure, and so on.

## **10. A lack of food safety is landing people in the hospital.**

No one likes being sick, but over [48 million American people](#) will find themselves suffering from a foodborne illness. This doesn't include the 128,000 people who are hospitalized, and the 3,000 who tragically die from these sicknesses.

Keeping track of your food safety is a huge part of your general well-being. Looking at the quality of food as well as the vendor are both good ways to ensure you're being proactive with your health.

## **How does FreshOne fit into this?**

We believe in safe and fresh food, leaving no one to wonder what is going into their body and how healthy it is for them. One of our [biggest priorities](#) is being there for Americans with custom, fresh food programs that take the guesswork out of healthy eating.