2022 Food and Health Survey
International Food Information Council
About IFIC

Who We Are
IFIC is a nonprofit 501(c)(3) education and consumer research organization.

Our Mission
To effectively communicate science-based information about health, nutrition, food safety and agriculture.

Our Vision
We envision a global environment where credible science drives food policy and consumer choice.
Online survey of 1,005 Americans ages 18 to 80. Fielding took place between March 23 and April 4, 2022.

The survey took approximately 20 minutes to complete on average.

The results were weighted to ensure that they are reflective of the American population ages 18 to 80, as seen in the 2021 Current Population Survey. Specifically, they were weighted by age, education, gender, race/ethnicity and region.

This year’s survey also included an oversample of Gen Z consumers (ages 18-24) to allow for better generational comparisons. The oversample was analyzed separately from the main sample so as not to impact trended results.

The survey was conducted by Greenwald Research, using Dynata’s consumer panel.

This year’s Food and Health Survey marks the 17th time the International Food Information Council (IFIC) has surveyed American consumers to understand their perceptions, beliefs, and behaviors around food and food purchasing decisions.

The findings from this year’s online survey of 1,005 Americans ages 18 to 80 focus on:

- Perceptions of about health and nutrition, and how healthy food is defined
- Food and beverage purchase drivers
- The importance of both environmental sustainability, food waste, and social sustainability
- Eating patterns and diets, as well as snacking habits and mindful eating behaviors
- Health benefits consumers seek from food and how they get them
- How Americans approach sugar consumption and the use of low/no-calorie sweeteners
- Beliefs about food production and food technologies
- Views on food safety issues

Findings are presented for all respondents. Additional insights are provided based on how findings vary by different types of demographic groups such as by age, race, gender, and income.

Note: Significant changes in trend vs. 2021 (or in some cases prior years) are indicated where appropriate with up and down arrows or call-out boxes.
Key Findings

In 2022, 52% of Americans report that they followed a diet or eating pattern in the past year, a significant increase from the past few years (39% in 2021, 43% in 2020, 38% in 2019), one that is not driven by the two new options this year, mindful eating and intuitive eating. The increased dieting has come primarily from consumers under age 50.

The most common diets or eating patterns this year include clean eating (16%), mindful eating (14%), calorie counting (13%), and plant-based (12%).

Although more Americans are dieting, the top motivations – protecting long-term health (35%) and losing weight (34%) – remain consistent with last year’s results. Boomers are more likely to cite protecting long-term health (46%) and losing weight (48%) as motivations. In comparison, Gen Z is motivated by improving physical appearance (50%) and wanting to better manage a health condition (43%).

Gen Z’s influence on sustainability and health priorities comes into focus

Gen Z might be the youngest cohort of adults, but they are driving attitude changes on sustainability and health priorities across the broader population. Nearly three-quarters (73%) of Gen Z believe their generation is more concerned about the environmental impact of food choices than other generations, followed closely by Millennials (71%), with whom they share many perspectives and purchasing behaviors. Compared with Baby Boomers, Gen Z is more likely to purchase products labeled as “Small carbon footprint/carbon neutral” and “Plant-based”.

But some of Gen Z’s viewpoints may come as a surprise. For example, compared with Millennials, they are less likely to believe that their personal food choices have at least a moderate impact on the environment (50% vs. 67%, respectively). They are also less likely to be worried about food waste (61% vs. 69%).

Gen Z seems to take a more holistic approach to food and health compared to older counterparts: they are the only generation with emotional/mental health surfacing in the top three health benefits sought from foods, beverages or nutrients.
Executive Summary

The importance of environmental sustainability has increased in 2022

Four in ten Americans (39%) say environmental sustainability has an impact on their decision to buy certain foods and beverages. Although sustainability still ranks below other purchase drivers, like taste and price, its importance has increased substantially from 27% in 2019.

More than half of Americans (52%) believe their food and beverage purchases have an impact on the environment, a significant increase from 2021 (42%). Millennials, those with young children, those with a college degree, and those with higher income are more likely to believe their food and beverage choices impact the environment.

Nearly six in ten Americans (59%) agree that their generation has greater concern about the environmental impact of food choices than other generations. Gen Z (73%) and Millennials (71%) are most likely to believe this applies to their cohort. Interestingly, the attention paid to sustainability appears unchanged vs. a decade ago, but younger consumers are now much more likely to consider sustainability and older consumers are significantly less likely.

Key Findings

Most Americans are concerned about food waste

Nearly six in ten Americans (57%) are concerned about food waste. Among those who are concerned, the top reasons are because it is a waste of money (53%) and there are people in need of food (51%). Older consumers are more likely to be concerned because it is a waste of money and they were taught not to waste food, while younger consumers are more concerned about the impact on the environment.

The top actions taken to reduce food waste include eating leftovers and unused food items (44%) and planning meals before shopping (42%). Actions aimed at preventing spoilage are also common, including trying to better store items (38%), paying more attention to expiration dates (37%), and making an effort to freeze unused foods (35%).
Social sustainability is important to more than four in ten Americans

In their decision to purchase a food or beverage, 45% of Americans say knowing that the workers who produce, distribute, or serve the food are treated in a fair and equitable way is important.

Americans are most likely to seek information on the social sustainability of foods and beverages from labels on their food (37%) and the food manufacturer’s website (35%). 1 in 5 of those who consider the treatment of workers important get information on it from the news (21%) and social media (21%). Third party organizations and government agencies rank toward the bottom.

Although food labels are the most common source, younger consumers are more likely to look for information on social sustainability from a variety of sources, and men are more likely than women to look to doctors and news stories.

Price still tends to win out over social and environmental sustainability

Even among those who view social sustainability as important, product price often sways purchasing choices. Six in ten Americans (61%) would be more likely to purchase a product that costs $2 less than a similar product that is produced in ways that are committed to the fair and equitable treatment of workers (39%). Only 11% would be “highly likely” to select the higher-priced, socially sustainable product.

Cost also influences consumers’ likelihood to select an eco-friendly product. Only 15% would be most likely to select the most expensive ($7) and most eco-friendly option. A plurality (46%) would select the mid-priced ($5), somewhat eco-friendly product, while 39% would select the lowest priced ($3), least eco-friendly product. Gen Z (58%) is especially likely to favor the mid-priced, somewhat eco-friendly option.

And by a margin of 68% to 39%, price remains a more significant driver of food and beverage purchases than environmental sustainability.
Online grocery shopping continues to increase

A quarter of Americans (25%) buy groceries online at least once a week, which has increased significantly since 2021 (20%) and 2020 (only 11%). Half shop online at least monthly (up from 42% in 2021 and 33% in 2020).

Online shoppers tend to be younger (35% Gen Z, 37% Millennials shop weekly), parents with children under 18 (43%), and those with higher income (31% $75,000+). Men also appear slightly more likely to shop online.

Half of consumers who shop online (52%) pay attention to food labels “always” (24%) or “often” (28%) when doing so. In addition, most report not having much difficulty finding product information online. Quantity and price (70% easy), ingredients (70%), nutrition information (67%), and product size/weight (65%) are easiest to locate.

Feeling stressed is all too common in 2022, and some turn to diet and nutrition to manage it

Most Americans (56%) report feeling “very” (22%) or “somewhat” (34%) stressed over the past six months. Stress levels decrease by generation, as Gen Z (33%), Millennials (29%), and Gen X (25%) are more likely report high stress levels than Boomers (10%).

The top areas Americans have made changes to reduce or manage stress include sleep (41%), exercise (40%), mental health (30%), and diet/nutrition (30%). Among those who made changes to diet/nutrition, the most common changes are trying to eat healthier (54%), focusing on healthy behaviors instead of weight loss (38%), and following a specific eating pattern or diet (37%).

This year’s findings also tap into the emotional aspect of food choices, with nearly 1 in 4 (24%) saying that they always or often eat when they’re feeling stressed.
Snacking frequency has increased sharply since last year, with 3 in 4 snacking at least once a day

Nearly three in four Americans (73%) snack at least once a day, a substantial increase compared with those who said the same in 2021 (58%). The top reasons for snacking include being hungry or thirsty (34%) and viewing snacks as a treat (25%).

Half of Americans (52%) snack in the morning hours, 71% snack in the afternoon, and 67% snack in the evening or late night. Snacking in the morning (46% to 52%) and afternoon (65% to 71%) has increased significantly since 2021. Fruit (43%) is the snack most often sought in the morning, while those who snack in the evening gravitate toward savory/salty snacks (40%), candy, chocolate, and other treats (38%), and cookies, cake, and ice cream (37%).

Stress is strongly connected to snacking habits, as those who are very stressed (29%) are more likely to snack three or more times a day than those who are only somewhat stressed (10%).

Energy and weight loss are the most sought benefits from food, beverages, and nutrients

More than a third of Americans (37%) are seeking energy and less fatigue from foods, beverages, and nutrients. Other top benefits sought include weight loss/management (30%), digestive/gut health (29%), heart/cardiovascular health (28%), improved sleep (26%), and immune function/health (25%). Improved sleep is more likely to be sought by younger generations (35% Gen Z, 33% Millennials), while heart health is more likely to be sought by Gen X (31%) and Boomers (33%).

Vegetables and fruits are the most consumed foods to address energy levels, weight loss, digestive health and heart health. Vitamins C and D also rank high on the list for addressing immune function/health.
Sugar remains preferred vs. low/no-calorie sweeteners, but younger generations like both

By a margin of 31% to 24%, American prefer sugar to low/no-calorie sweeteners, a preference that remains stable vs. 2021.

Interestingly, younger generations are much more likely to gravitate toward low/no-calorie sweeteners, although some of this is driven by older generations being more likely to avoid sugar and sweeteners altogether. Gen Z (31%) and Millennials (30%) are more likely to prefer low/no-calorie sweeteners than Gen X (23%) and Boomers (19%).

Nearly three in four Americans (73%) are trying to limit (59%) or avoid (14%) sugars. Among those trying to limit or avoid sugars, two-thirds (67%) are limiting or avoiding added sugars. Among the same segment, the top reasons for limiting or avoiding sugars include to avoid gaining weight (41%) and to improve their diet in general (38%). Among those not limiting or avoiding sugars, the top reason is because they like sweet tasting foods and drinks (40%).

Foodborne illness from bacteria remains the top food safety issue, although most feel protected

Half of Americans (50%) cite foodborne illness from bacteria as the most important food safety issue today, although it is down vs. 2021 (55%) and 2019 (60%).

Foodborne illness is followed by carcinogens (45%) and pesticides (42%). The importance of food allergens (25%) and bioengineered food (21%), while lower in prominence, has increased significantly since 2021.

Most Americans (55%) are “very” (20%) or “somewhat” (35%) satisfied about what is currently being done to protect consumers on their most important food safety issue. Satisfaction with consumer protection does differ by the issue, however. For example, 66% are satisfied with what is being done to protect consumers from foodborne illness while the same is only true for 46% on carcinogens and 41% on heavy metals in foods.
Current Outlooks on Health
Over half self-report being in excellent or very good health

As has been true in previous years, health status differs across demographics, including age/generation, income, gender, and race/ethnicity.

Self-Reported Health Status

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Total</th>
<th>Gen Z</th>
<th>Millennial</th>
<th>Gen X</th>
<th>Boomer</th>
<th>HHLD Inc. &lt;$35K</th>
<th>HHLD Inc. $35K-$74K</th>
<th>HHLD Inc. $75K+</th>
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</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>55%</td>
<td>59%</td>
<td>67%</td>
<td>48%</td>
<td>47%</td>
<td>49%</td>
<td>58%</td>
<td>46%</td>
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<tr>
<td>Very good</td>
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<td>31%</td>
<td>33%</td>
<td>34%</td>
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<tr>
<td>Good</td>
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<td>31%</td>
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<td>Fair</td>
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<tr>
<td>Poor</td>
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<td>3%</td>
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<td>4%</td>
</tr>
</tbody>
</table>

No significant change vs. 2021

[TREND] Q1 How would you describe your own health, in general? (n=1,005)
More than half report feeling stressed in the last 6 months

Younger generations are much more likely to have felt high levels of stress in the past 6 months and gravitate towards mental health and social life changes.

Level of Stress in Past 6 Months

- Very stressed: 22%
- Somewhat stressed: 34%
- Not too stressed: 29%
- Not at all stressed: 15%

56% Very/Somewhat stressed

Areas of Changes Made to Reduce Stress (If Very/Somewhat Stressed)

- Sleep: 41%
- Exercise: 40%
- Mental health (e.g., therapy, mindfulness, meditation): 30%
- Nutrition/Diet: 30%
- Family life: 29%
- Social life: 27%
- Physical health/Medical (e.g., COVID-19 vaccine/booster, elective surgery): 27%
- Hobbies: 26%
- Spirituality/religion: 18%
- Work: 17%

Q13 How stressed have you been over the past six months? (n=1,005) / Q13A In which of the following areas, if any, have you made changes in the past six months to manage or reduce stress? (Please select all that apply.) Filter: Very/Somewhat stressed over the past six months: (n=553); Note: “other” and “none of the above” are not shown
Those looking to alleviate stress via diet/nutrition have made a variety of changes

The most common change is simply eating healthier, followed by focusing more on overall healthy behaviors instead of weight loss. 37% say they started a specific eating pattern or diet for this purpose.

Q13B In what ways have you made changes to your nutrition/diet in the last six months in order to manage or reduce stress? (Select all that apply.) Filter: Has sought to improve nutrition/diet in the past six months to manage or reduce stress: (n=157); Note: "other" and "none of the above" are not shown

- Tried to eat healthier: 54%
- Focused more on overall healthy behaviors instead of weight loss: 38%
- Started following a specific eating pattern or diet: 37%
- Tried to eat more regularly (e.g., stopped skipping meals): 34%
- Consumed foods/beverages that are supposed to reduce stress or the effects of stress (e.g., headaches, fatigue): 33%
- Consumed less caffeine: 31%
- Took dietary supplements that are supposed to reduce stress or the effects of stress (e.g., headaches, fatigue): 30%
- Practiced mindful or intuitive eating: 27%
- Drank less alcohol: 24%
- Let go of rigid rules around eating: 22%
“Fresh” and “low in sugar” are the most common attributes of a healthy food. Older generations are more likely to choose fresh, low in sugar, and low in sodium, while younger generations are much more likely to choose organic.

Q12 Which of the following best define a healthy food to you? Please select up to 5 choices. (n=1,005); Note: “other” and “none of the above” are not shown

Definition of Healthy Food (Top Choices)
- Fresh: 37%
- Low in sugar: 32%
- Good source of protein: 29%
- Contains fruits or vegetables (or includes these ingredients): 28%
- Good source of nutrients (e.g., potassium, vitamin D): 27%
- Natural: 26%
- Low sodium: 25%
- Good source of fiber: 24%
- Low in total fat: 22%
- Minimal or no processing: 20%

Definition of Healthy Food (Less Common)
- Low in saturated fat: 19%
- Good source of healthy fats (e.g., monounsaturated or polyunsaturated fats): 18%
- Low carbohydrate: 18%
- Organic: 18%
- Low calorie: 18%
- Limited or no artificial ingredients or preservatives: 17%
- Non-GMO: 13%
- Produced in a way that is environmentally sustainable: 10%
- Limited number of ingredients: 9%
The “health halo” around “all natural”, fresh, and “clean” products has increased in 2022

Younger consumers (especially Millennials) are more likely to view all product A options more favorably, except for the “all natural” option which is favored by all generations similarly.

**If Two Products Have the Same Nutrition Facts Panel, Which Is Healthier?**

- **Product A is described as “all natural” on the label and Product B is not:**
  - Highly likely that Product A healthier: 31%
  - Somewhat likely that Product A healthier: 20%
  - Highly likely that Product B healthier: 6%
  - Somewhat likely that Product B healthier: 4%

- **Product A is a fresh product and Product B is frozen:**
  - Highly likely that Product A healthier: 25%
  - Somewhat likely that Product A healthier: 23%
  - Highly likely that Product B healthier: 3%
  - Somewhat likely that Product B healthier: 7%

- **Product A is described as having “clean ingredients” on the label and Product B is not:**
  - Highly likely that Product A healthier: 27%
  - Somewhat likely that Product A healthier: 21%
  - Highly likely that Product B healthier: 3%
  - Somewhat likely that Product B healthier: 6%

- **Product A is described as a “plant-based food” on the label and Product B is not:**
  - Highly likely that Product A healthier: 25%
  - Somewhat likely that Product A healthier: 20%
  - Highly likely that Product B healthier: 4%
  - Somewhat likely that Product B healthier: 8%

- **Product A is described as “having a small carbon footprint” on the label and Product B is not:**
  - Highly likely that Product A healthier: 22%
  - Somewhat likely that Product A healthier: 13%
  - Highly likely that Product B healthier: 4%
  - Somewhat likely that Product B healthier: 9%

- **Product A contains artificial ingredients and Product B does not:**
  - Highly likely that Product A healthier: 15%
  - Somewhat likely that Product A healthier: 12%
  - Highly likely that Product B healthier: 13%
  - Somewhat likely that Product B healthier: 26%
Belief that fats are the most likely calorie source to cause weight gain has risen

Only a quarter of consumers think that all calorie sources are equally likely

Calorie Source Most Likely to Cause Weight Gain

- **Sugars**: 22%
- **Carbohydrates**: 21%
- **Fats**: 19%
- **Protein**: 6%
- **All sources same**: 25%
- **Not sure**: 8%

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- **30%** of Gen Z consumers believe calories from fats are most likely to cause weight gain, vs. **12%** of Boomers
- **34%** of consumers in fair/poor health believe calories from carbohydrates are most likely to cause weight gain, vs. **19%** of consumers in excellent/very good health
Information Sources for Diet and Nutrition
For the 2nd straight year, familiarity with the Dietary Guidelines for Americans has increased

Younger generations report the highest awareness with the Guidelines

Familiarity with Dietary Guidelines for Americans

% A Lot/Fair Amount by Subgroups

- Total: 52%
- Gen Z: 58%
- Millennial: 66%
- Gen X: 59%
- Boomer: 33%
- Has kids <18: 68%
- No kids <18: 43%
- <College Degree: 47%
- College Degree+: 61%
- White: 50%
- Hispanic: 63%
- Black/African American: 56%

52% know a lot/fair amount (vs. 46% in 2021)

48% know very little/never heard of them (vs. 54% in 2021)
Nearly two-thirds of Gen Z know at least a fair amount about the MyPlate graphic. In comparison, only 28% of Boomers say the same. Having young children also has a tremendous impact on familiarity.

Familiarity with My Plate Graphic

- I have seen it and know a lot about it: 41% in 2022, 22% in 2021, 24% in 2020
- I have seen it and know a fair amount about it: 18% in 2022, 17% in 2021, 18% in 2020
- I have seen it, but know very little about it: 21% in 2022, 18% in 2021, 17% in 2020
- I have never seen it before: 30% in 2022, 34% in 2020
- Not sure: 8% in 2022, 5% in 2021, 4% in 2020

% A Lot/Fair Amount by Subgroups

- Total: 41%
- Gen Z: 65%
- Millennial: 49%
- Gen X: 37%
- Boomer: 28%
- Has kids <18: 51%
- No kids <18: 35%
- Men: 36%
- Women: 45%
- White: 38%
- Hispanic: 47%
- Black/African American: 48%
Trust about info regarding foods to eat/avoid has gone up for many sources since 2018

Trust in government agencies has increased and trust in scientific studies has remained stable vs. 2018

Trust Sources of Information on Foods to Eat/Avoid (% 4-5 Trust out of 5)

- Conversation with Registered Dietitian Nutritionist: 66%
- Conversation with personal healthcare professional: 66%
- Conversation with wellness counselor or health coach: 56%
- Reading a scientific study: 51%
- Government Agency (USDA, EPA, FDA, or CDC): 50% (up)
- Health-focused website: 49% (up)
- Conversation with fitness professional: 45%
- Chef or culinary professional: 45% (up)
- Fitness, diet or nutrition mobile app: 42% (up)
- Friend or family member: 41% (up)
- Doctor or nutritionist on TV or via social media: 39%
- News article or headline, or news on TV: 35% (up)
- A food company or manufacturer: 31% (up)
- Social media influencers or bloggers*: 28% (up)

*Revised text vs. 2018

[TREND vs. 2018]Q24 How much would you trust information from the following on what foods to eat and avoid? SUMMARY (Top 2) (n=1,005); *Response text abridged
Compared with a decade ago, fewer are giving a lot of thought to healthfulness and ingredients

Millennials are more likely to have thought about many of these issues, especially in comparison to Boomers: 50% vs. 35% for safety, 44% vs. 35% for ingredients, and 38% vs. 13% for sustainability.

<table>
<thead>
<tr>
<th>Issue</th>
<th>Thought Given to Issues Related to Food/Beverages</th>
<th>Trend vs. 2012</th>
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</thead>
<tbody>
<tr>
<td>The healthfulness of the foods and beverages you consume</td>
<td>40% (↓) 45% (↑) 11% (↑) 3% (↑)</td>
<td>86% A lot/a little, vs. 93% in 2012</td>
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<tr>
<td>The safety of your food and beverages</td>
<td>41%</td>
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<tr>
<td>The ingredients in your foods and beverages</td>
<td>39% (↓) 45% (↑) 13% (↑) 4% (↑)</td>
<td>83% A lot/a little, vs. 90% in 2012</td>
</tr>
<tr>
<td>Whether your foods and beverages are produced in a sustainable way</td>
<td>25% 41% (↑) 28% 6% (↑)</td>
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Q23 Over the past year, how much thought have you given to the following issues? (n=1,005)
While attention to sustainability looks flat vs. 2012, big shifts have occurred by age

Younger consumers are now much more likely to consider sustainability, while older consumers are significantly less likely to consider it.

Has Given Thought to Whether Foods and Beverages are Produced in a Sustainable Way: 2012 vs. 2022

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<tr>
<td>Total</td>
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<tr>
<td>Age 18-34</td>
<td>66%</td>
<td>79%</td>
<td>61%</td>
<td>69%</td>
<td>66%</td>
<td>58%</td>
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<tr>
<td>Age 35-49</td>
<td>61%</td>
<td>69%</td>
<td>66%</td>
<td>58%</td>
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<td>Age 50-64</td>
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<td>Age 65+</td>
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<td>75%</td>
<td>53%</td>
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7 in 10 believe changing nutrition info makes it hard to know what to believe

However, this sense of confusion has gone down over the last decade

![Agree/Disagree with Statements](image)

Because nutrition information seems to keep changing, it’s hard to know what to believe
- 28% Strongly agree
- 43% Somewhat agree
- 16% Somewhat disagree
- 7% Strongly disagree
- 6% Not sure

Online tools and mobile apps can help me improve my diet and physical activity
- 23% Strongly agree
- 40% Somewhat agree
- 15% Somewhat disagree
- 11% Strongly disagree
- 11% Not sure

I would rather take a medication for a health condition than change my lifestyle
- 16% Strongly agree
- 23% Somewhat agree
- 26% Somewhat disagree
- 29% Strongly disagree
- 7% Not sure
Younger generations are more likely to agree that online tools, mobile apps can help with diet and physical activity

Nearly 3 in 4 Millennials agree with this statement, compared with just over half of Boomers.

Because nutrition information seems to keep changing, it's hard to know what to believe

- 28% Strongly agree
- 43% Somewhat agree
- 67% Gen Z
- 67% Mill.
- 73% Gen X
- 72% Boomer

Online tools and mobile apps can help me improve my diet and physical activity

- 23% Strongly agree
- 40% Somewhat agree
- 62% Gen Z
- 74% Mill.
- 65% Gen X
- 53% Boomer

I would rather take a medication for a health condition than change my lifestyle

- 16% Strongly agree
- 23% Somewhat agree
- 47% Gen Z
- 50% Mill.
- 39% Gen X
- 27% Boomer
Preference for a medication over a lifestyle change has increased dramatically in the last decade

Interest in a medication option has gone up for all, but most notably among those under 50

% Agree: “I would rather take a medication for a health condition than change my lifestyle”: 2012 vs. 2022
Purchase Drivers and Shopping Patterns
The importance of environmental sustainability has increased in 2022

Although it still ranks below other purchase drivers, 4 in 10 say environmental sustainability has an impact on their decision to buy certain foods and beverages.

Purchase Drivers Over Time

(% 4-5 Impact out of 5)

The importance of environmental sustainability has increased in 2022.

Although it still ranks below other purchase drivers, 4 in 10 say environmental sustainability has an impact on their decision to buy certain foods and beverages.

Prior to 2019, Environmental Sustainability was addressed as “Sustainability.”

[TREND] Q6: How much of an impact do the following have on your decision to buy foods and beverages? SUMMARY: TOP 2 (Great Impact/Somewhat of an Impact); (n=1,005)

* Prior to 2019, Environmental Sustainability was addressed as “Sustainability”
Nearly 7 in 10 consider familiarity important when purchasing a product, with more now saying it has a great impact.

Boomers are much more likely to be influenced by product familiarity.

Impact of Familiarity on Purchases

- **2022**:
  - 33% (↑) A great impact
  - 37% 4
  - 24% 3
  - 4% 2
  - 3% 1

- **2021**:
  - 26% 4
  - 42% 3
  - 26% 2
  - 3% 1

- **2018**:
  - 23% 4
  - 42% 3
  - 27% 2
  - 6% 1

[TREND] Q7: How much of an impact does the following have on your decision to buy foods and beverages (n=1,005)
Over half now believe their food choices have an impact on the environment

Millennials, parents with young children, those with a college degree, and those with higher incomes are more likely to believe their choices have an impact.
Younger generations are aware that they are more concerned about the environment

More than 7 in 10 Gen Z and Millennials think this is true

Agree/Disagree: “My generation has greater concern about the environmental impact of food choices than other generations”

Q9 Do you agree or disagree with the following statement?: My generation has greater concern about the environmental impact of food choices than other generations. (n=1,005)
The vast majority have noticed the rising cost of food over the past year

Boomers are much more likely to have observed an increase in cost

Noted a Change in the Cost of Food/Beverages

- Major increase: 59%
- Minor increase: 24%
- No change in past year: 11%
- Minor decrease: 2%
- Major decrease: 3%
- Not sure: 1%

83% have noticed an increase

Impact of Increased Cost on Food/Beverage Purchasing (If Observed an Increase)

- Had to pay more for the same item: 57%
- Purchased less overall than you would otherwise: 29%
- Utilized sales/coupons more than you have in the past: 28%
- Had to buy substitute products: 23%
- Purchased fewer fresh foods (e.g., fruits, vegetables) than you would otherwise: 22%
- Had to change what you were planning to eat certain weeks: 21%
- Purchased less healthy options than you would otherwise: 18%
- Changed the stores you shop at: 17%
- Bought more products online than you would otherwise: 15%

Q10 In the past year, have you noticed a change in the overall cost of food and beverages? (n=1,005) / Q10A How has the increased cost of food/beverages impacted your food and beverage purchasing over the past year? (Select all that apply.) Filter: Have noticed a major or minor increase in the overall cost of food and beverages (n=848); Note: “other” and “none of the above” are not shown
Nearly 6 in 10 are concerned about food waste; younger consumers care even more

Older consumers are more likely to care because it is a waste of money and because they were taught not to waste food, while younger cohorts (Millennials, Gen X) care more about the impact on the environment.

**Concern about Food Waste**

- Very concerned: 24%
- Somewhat concerned: 33%
- Not too concerned: 25%
- Not at all concerned: 16%
- Not sure: 2%

**Reason Concerned about Food Waste**

(If Very/Somewhat Concerned)

- It is a waste of money: 53%
- There are people in need of food: 51%
- You were taught not to waste food: 50%
- The impact on the environment: 40%
- Letting healthy, fresh foods go uneaten: 36%

Q11 How concerned are you about the amount of food waste (food that gets thrown away) your household produces? (n=1,005) / Q11A Why do you feel concerned about the amount of food waste your household produces? (Select all that apply.) Filter: Very/Somewhat concerned about the amount of food waste (food that gets thrown away) your household produces: (n=570); Note: “other” and “none of the above” are not shown.
Using up leftovers and planning meals are common ways consumers reduce waste

Many also try methods to prevent food spoilage, like storing items better, paying attention to expiration dates and freezing unused foods

**Actions Taken to Reduce Food Waste**
*(If Very/Somewhat Concerned About Waste)*

- Find ways to eat leftover or unused food items in your home: 44%
- Plan your meals before shopping: 42%
- Make an effort to store items better to reduce spoilage: 38%
- Pay better attention to expiration dates: 37%
- Make an effort to freeze unused foods: 35%
- Pay attention to package sizes: 34%
- Make an effort to buy less food: 32%
- Find ways to eat foods that are slightly past their prime (but still okay to eat): 26%
- Compost food scraps: 17%

Q11B Which of the following actions, if any, have you taken to reduce the amount of food waste your household produces? (Select all that apply.) Filter: Very/Somewhat concerned about the amount of food waste (food that gets thrown away) your household produces; (n=570); Note: “other” and “none of the above” are not shown
Online grocery shopping continues to rise in popularity

25% now buy groceries online weekly, up from 20% in 2021 and 11% in 2020. Younger generations, those earning >$75K/year and men are more likely to shop online at least once a week.

Frequency of Buying Groceries In-Person and Online

- **In-person**:
  - 25% once a week
  - 42% several times a month
  - 18% once a month
  - 10% less than once a month
  - 3% never

- **Online**:
  - 10% once a week
  - 15% several times a month
  - 13% once a month
  - 13% less than once a month
  - 11% never
  - 38% never

**66% At least once a week**

**25% At least once a week, vs. 20% in 2021**
Half pay attention to labels always/often, whether shopping online or in-person

There are more consumers who say they at least sometimes pay attention to labels vs. 2021

<table>
<thead>
<tr>
<th>Pay Attention to Labels When Shopping Online (If Shops Online)</th>
<th>Pay Attention to Labels When Shopping In-Person (If Shops In-Person)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>Always</td>
</tr>
<tr>
<td>24%</td>
<td>25%</td>
</tr>
<tr>
<td>Often</td>
<td>Often</td>
</tr>
<tr>
<td>28%</td>
<td>30%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
<tr>
<td>25%</td>
<td>30%</td>
</tr>
<tr>
<td>Rarely</td>
<td>Rarely</td>
</tr>
<tr>
<td>15%</td>
<td>12%</td>
</tr>
<tr>
<td>Never</td>
<td>Never</td>
</tr>
<tr>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>Not sure</td>
<td>Not sure</td>
</tr>
<tr>
<td>2%</td>
<td>0%</td>
</tr>
</tbody>
</table>

52% Always/Often, vs. 28% in 2021

15% Rarely/Never, vs. 20% in 2021

[TREND] Q16A How often do you pay attention to the labels on food and beverage packaging when shopping...? A. Online Filter: Buys groceries online: (n=619) / Q16B How often do you pay attention to the labels on food and beverage packaging when shopping...? B. In-person Filter: Buys groceries in-person: (n=981)
Online shoppers are more commonly younger, male, parents and have higher incomes

Those with children under 18 stand out: 43% shop online at least weekly vs. just 14% of their counterparts

### Demographic Profile of Online Shoppers

#### % Shop Online at Least Weekly

<table>
<thead>
<tr>
<th>Category</th>
<th>% Shop Online at Least Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>25%</td>
</tr>
<tr>
<td>Gen Z</td>
<td>35%</td>
</tr>
<tr>
<td>Millennial</td>
<td>37%</td>
</tr>
<tr>
<td>Gen X</td>
<td>24%</td>
</tr>
<tr>
<td>Boomer</td>
<td>11%</td>
</tr>
<tr>
<td>Has kids &lt;18</td>
<td>43%</td>
</tr>
<tr>
<td>No kids &lt;18</td>
<td>14%</td>
</tr>
<tr>
<td>&lt;College Degree</td>
<td>23%</td>
</tr>
<tr>
<td>College Degree+</td>
<td>29%</td>
</tr>
<tr>
<td>HHLD Inc. &lt;$35K</td>
<td>20%</td>
</tr>
<tr>
<td>HHLD Inc. $35K-$74K</td>
<td>24%</td>
</tr>
<tr>
<td>HHLD Inc. $75K+</td>
<td>31%</td>
</tr>
<tr>
<td>Men</td>
<td>29%</td>
</tr>
<tr>
<td>Women</td>
<td>21%</td>
</tr>
</tbody>
</table>

#### % Always/Often Pay Attention to Labels When Shopping Online (If Shops Online)

<table>
<thead>
<tr>
<th>Category</th>
<th>% Always/Often Pay Attention to Labels When Shopping Online</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>52%</td>
</tr>
<tr>
<td>Gen Z</td>
<td>56%</td>
</tr>
<tr>
<td>Millennial</td>
<td>60%</td>
</tr>
<tr>
<td>Gen X</td>
<td>50%</td>
</tr>
<tr>
<td>Boomer</td>
<td>36%</td>
</tr>
<tr>
<td>Has kids &lt;18</td>
<td>61%</td>
</tr>
<tr>
<td>No kids &lt;18</td>
<td>42%</td>
</tr>
<tr>
<td>&lt;College Degree</td>
<td>47%</td>
</tr>
<tr>
<td>College Degree+</td>
<td>59%</td>
</tr>
<tr>
<td>HHLD Inc. &lt;$35K</td>
<td>42%</td>
</tr>
<tr>
<td>HHLD Inc. $35K-$74K</td>
<td>44%</td>
</tr>
<tr>
<td>HHLD Inc. $75K+</td>
<td>65%</td>
</tr>
<tr>
<td>Men</td>
<td>56%</td>
</tr>
<tr>
<td>Women</td>
<td>47%</td>
</tr>
</tbody>
</table>
Diets and Eating Patterns
The number of Americans following a diet/eating pattern jumped to 52% in 2022

Clean eating, mindful eating, calorie counting, and plant-based eating represent the most common diets/eating patterns.

Followed Eating Pattern/Diet in Past Year

- Clean eating: 16%
- Mindful eating*: 14%
- Calorie counting: 13%
- Plant-based **: 12%
- Intermittent fasting: 10%
- Gluten-free**: 9%
- Flexitarian: 7%
- Carb-cycling: 7%
- Intuitive eating*: 7%
- Ketogenic or high-fat**: 7%
- Low-carb**: 6%
- Mediterranean style**: 5%
- Weight-loss plan: 5%
- DASH eating plan**: 4%
- Paleo: 3%
- Vegetarian**: 3%
- Cleanse: 2%
- Vegan**: 2%

*New addition in 2022; **Revised text vs. 2021

[TREND] Q28 Have you followed any specific eating pattern or diet at any time in the past year? (Select all that apply.) (n=1,005); Note: “other” and “none of the above” are not shown
The jump in dieting occurred primarily among consumers under the age of 50
Men, parents, white and Black consumers also had some of the largest increases year to year

<table>
<thead>
<tr>
<th>Demographics</th>
<th>2021</th>
<th>2022</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>52%</td>
<td>52%</td>
<td>+13%</td>
</tr>
<tr>
<td>Age 18-34</td>
<td>39%</td>
<td>52%</td>
<td>+13%</td>
</tr>
<tr>
<td>Age 35-49</td>
<td>43%</td>
<td>74%</td>
<td>+22%</td>
</tr>
<tr>
<td>Age 50-64</td>
<td>37%</td>
<td>62%</td>
<td>+25%</td>
</tr>
<tr>
<td>Age 65+</td>
<td>28%</td>
<td>43%</td>
<td>+15%</td>
</tr>
<tr>
<td>Men</td>
<td>34%</td>
<td>52%</td>
<td>+18%</td>
</tr>
<tr>
<td>Women</td>
<td>43%</td>
<td>53%</td>
<td>+10%</td>
</tr>
<tr>
<td>Has kids &lt;18</td>
<td>53%</td>
<td>70%</td>
<td>+17%</td>
</tr>
<tr>
<td>No kids &lt;18</td>
<td>34%</td>
<td>42%</td>
<td>+8%</td>
</tr>
<tr>
<td>White</td>
<td>48%</td>
<td>57%</td>
<td>+9%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>50%</td>
<td>57%</td>
<td>+7%</td>
</tr>
<tr>
<td>Black/Af. Amer.</td>
<td>34%</td>
<td>44%</td>
<td>+17%</td>
</tr>
</tbody>
</table>

[TREND]Q28 Have you followed any specific eating pattern or diet at any time in the past year? (Select all that apply.) (n=1,005)
Motivations for following a diet/eating pattern remain stable

As was the case in 2021, protecting long-term health and losing weight are the top 2 reasons.
Nearly 3 in 4 Americans now snack at least once a day, for a variety of reasons

Stress is strongly connected to snacking habits: 29% of those who have been very stressed in the last 6 months snack 3+ times a day vs. just 10% of those who have been somewhat stressed

### Frequency of Snacking

<table>
<thead>
<tr>
<th>Snacking Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Three or more times a day</td>
<td>14%</td>
</tr>
<tr>
<td>Two times a day</td>
<td>25%</td>
</tr>
<tr>
<td>Once a day</td>
<td>34%</td>
</tr>
<tr>
<td>A few days a week</td>
<td>17%</td>
</tr>
<tr>
<td>Once a week or less</td>
<td>6%</td>
</tr>
<tr>
<td>Never</td>
<td>4%</td>
</tr>
</tbody>
</table>

73% snack at least once a day, vs. 58% in 2021

### Reasons for Snacking

(If Ever Snacks)

- I am hungry or thirsty: 34%
- Snacks are a treat for me: 25%
- I need energy: 22%
- It is a habit of mine: 21%
- Snacks are easily available to me/convenient: 21%
- I want salty snacks: 20%
- I want sweet snacks: 19%
- Out of boredom: 19%
- It is too long until my next meal: 15%
- I want something nutritious: 12%
- To increase my consumption of certain nutrients: 11%
- As a way to take time for myself: 10%
- In response to positive emotions: 9%
- In response to negative emotions: 7%
- As a way to connect with friends or family: 6%

TREND Q26 In a typical week, how often do you snack in addition to your main meals? (n=1,005); Note: Response options slight revised. TREND Q27 Which of the following are the most common reasons why you choose to snack? (Please select your top 3 reasons.) Filter: Snacks in addition to main meals: (n=970); Note: “other” and “none of the above” are not shown; *New addition in 2022; *Response text abridged.
Snacking has increased in frequency throughout the day

Men and younger generations are more likely to eat meals and snacks during the late evening and late night, compared to women and older generations.

When Americans Eat Meals and Snacks
(% At Least One)

- **Early morning (5:00 am to 8:59 am)**
  - 1+ Meals: 85%
  - 1+ Snacks: 52%

- **Late morning (9:00 am to 11:59 am)**
  - 1+ Meals: 80%
  - 1+ Snacks: 71%

- **Early afternoon (12:00 pm to 2:59 pm)**
  - 1+ Meals: 87%
  - 1+ Snacks: 67%

- **Late afternoon (3:00 pm to 4:59 pm)**
  - 1+ Meals: 80%
  - 1+ Snacks: 71%

- **Early evening (5:00 pm to 7:59 pm)**
  - 1+ Meals: 85%
  - 1+ Snacks: 52%

- **Late evening (8:00 pm to 10:59 pm)**
  - 1+ Meals: 87%
  - 1+ Snacks: 67%

- **Late night (11:00 pm to 4:59 am)**
  - 1+ Meals: 85%
  - 1+ Snacks: 52%

[TREND]Q30A In the average day, how often do you eat [MEALS] during these time periods? SUMMARY: Eats At Least One Meal During These Time Periods (n=1,005) / [TREND]Q30B In the average day, how often do you eat [SNACKS] during these time periods? SUMMARY: Eats At Least One Snack During These Time Periods (n=1,005)
Fruits are by far the most common snack in the morning
The most common evening and late snacks are savory/salty snacks, candy, chocolate and other treats, and cookies, cake or ice cream

Snacks in Morning
(If Snacks in Morning)

<table>
<thead>
<tr>
<th>Snack Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>43%</td>
</tr>
<tr>
<td>Dairy (e.g., cheese, yogurt)</td>
<td>28%</td>
</tr>
<tr>
<td>Nutrition bars*</td>
<td>27%</td>
</tr>
<tr>
<td>Danish, donuts, or pastries</td>
<td>25%</td>
</tr>
<tr>
<td>Savory/salty snacks*</td>
<td>25%</td>
</tr>
<tr>
<td>Nuts/seeds or nut/seed butters</td>
<td>24%</td>
</tr>
<tr>
<td>Cookies, cake, or ice cream</td>
<td>24%</td>
</tr>
<tr>
<td>Candy, chocolate, and other treats</td>
<td>22%</td>
</tr>
<tr>
<td>Leftovers from previous meals</td>
<td>18%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>17%</td>
</tr>
<tr>
<td>Grains (e.g., bread, rice, pasta)</td>
<td>17%</td>
</tr>
<tr>
<td>Microwaveable/frozen foods*</td>
<td>16%</td>
</tr>
<tr>
<td>Meat/poultry/seafood</td>
<td>14%</td>
</tr>
<tr>
<td>Plant-based dairy alternatives*</td>
<td>14%</td>
</tr>
</tbody>
</table>

Snacks in Evening/Late Night
(If Snacks in Evening)

<table>
<thead>
<tr>
<th>Snack Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Savory/salty snacks*</td>
<td>40%</td>
</tr>
<tr>
<td>Candy, chocolate, and other treats</td>
<td>38%</td>
</tr>
<tr>
<td>Cookies, cake, or ice cream</td>
<td>37%</td>
</tr>
<tr>
<td>Fruits</td>
<td>33%</td>
</tr>
<tr>
<td>Nuts/seeds or nut/seed butters</td>
<td>27%</td>
</tr>
<tr>
<td>Dairy (e.g., cheese, yogurt)</td>
<td>22%</td>
</tr>
<tr>
<td>Leftovers from previous meals</td>
<td>19%</td>
</tr>
<tr>
<td>Nutrition bars*</td>
<td>17%</td>
</tr>
<tr>
<td>Danish, donuts, or pastries</td>
<td>16%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>15%</td>
</tr>
<tr>
<td>Microwaveable/frozen foods*</td>
<td>15%</td>
</tr>
<tr>
<td>Grains (e.g., bread, rice, pasta)</td>
<td>13%</td>
</tr>
<tr>
<td>Meat/poultry/seafood</td>
<td>11%</td>
</tr>
<tr>
<td>Plant-based dairy alternatives*</td>
<td>10%</td>
</tr>
</tbody>
</table>

Q30AA What type of snacks do you often gravitate to when snacking in the morning? (Select all that apply.) Filter: Snacks in the morning: (n=520) / Q30AAB What type of snacks do you often gravitate to when snacking in the evening or late night? (Select all that apply.) Filter: Snacks in the evening or late night: (n=678); Note: “other” is not shown; *Response text abridged
### Fewer Americans are planning out their food choices ahead of time in 2022

Guilt about eating habits has also increased, although only 1 in 5 say it is a regular occurrence.

#### Frequency of Feelings/Behaviors

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel satisfied by what I've eaten</td>
<td>21%</td>
<td>40%</td>
<td>29%</td>
<td>7%</td>
<td>5%</td>
<td>2%</td>
</tr>
<tr>
<td>I stop eating when I've had enough but not too much</td>
<td>22%</td>
<td>35%</td>
<td>30%</td>
<td>9%</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>I pay close attention to the flavors and textures of my food as I eat</td>
<td>23%</td>
<td>30%</td>
<td>31%</td>
<td>11%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>I listen to my hunger cues and eat when my body tells me I'm hungry</td>
<td>18%</td>
<td>32%</td>
<td>34%</td>
<td>8%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>I plan out my food choices before it's time to eat</td>
<td>17%</td>
<td>27%</td>
<td>34%</td>
<td>12%</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>I try to limit distractions when I am eating a meal or snack</td>
<td>14%</td>
<td>22%</td>
<td>29%</td>
<td>19%</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>I eat when I'm feeling stressed</td>
<td>9%</td>
<td>15%</td>
<td>31%</td>
<td>23%</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>I feel guilty about what I've eaten</td>
<td>7%</td>
<td>14%</td>
<td>31%</td>
<td>26%</td>
<td>21%</td>
<td></td>
</tr>
</tbody>
</table>
A mindfulness index helps summarize consumers’ patterns of behavior

Mindfulness also varies by generation, with Boomers being most likely to score highly

In order to better understand patterns of mindful eating, a mindfulness index was created by assigning points depending on how frequently consumers do the following:

- I feel satisfied by what I've eaten
- I stop eating when I've had enough but not too much
- I pay close attention to the flavors and textures of my food as I eat
- I listen to my hunger cues and eat when my body tells me I'm hungry
- I plan out my food choices before it's time to eat
- I try to limit distractions when I am eating a meal or snack
- I eat when I'm feeling stressed [REVERSE CODED]
- I feel guilty about what I've eaten [REVERSE CODED]

The resulting index is a score from 1 to 32, with 1 being the lowest possible mindfulness and 32 being the highest.
Nutrients and Desired Health Benefits
Improving energy and having less fatigue is the most sought benefit from food

Improved sleep is much more likely a goal among younger generations, while heart health becomes more important for Gen X and Boomers.

### Benefits Sought from Food/Beverages/Nutrients

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Gen Z</th>
<th>Millennial</th>
<th>Gen X</th>
<th>Boomer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy/less fatigue</td>
<td>38%</td>
<td>33%</td>
<td>42%</td>
<td>38%</td>
</tr>
<tr>
<td>Improved sleep</td>
<td>35%</td>
<td>33%</td>
<td>31%</td>
<td>34%</td>
</tr>
<tr>
<td>Emotional/mental health</td>
<td>33%</td>
<td>32%</td>
<td>30%</td>
<td>33%</td>
</tr>
<tr>
<td>Metabolic health/metabolism</td>
<td>29%</td>
<td>28%</td>
<td>27%</td>
<td>28%</td>
</tr>
<tr>
<td>Lowering inflammation</td>
<td>29%</td>
<td>28%</td>
<td>27%</td>
<td>31%</td>
</tr>
<tr>
<td>Diabetes management/blood sugar control</td>
<td>29%</td>
<td>28%</td>
<td>27%</td>
<td>31%</td>
</tr>
<tr>
<td>Cancer protection/prevention</td>
<td>13%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Immune function/immune health</td>
<td>25%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Improved sleep</td>
<td>26%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Digestive health/gut health</td>
<td>29%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muscle health/strength and endurance</td>
<td>24%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bone health</td>
<td>23%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart/cardiovascular health</td>
<td>32%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Digestive health/gut health</td>
<td>33%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Q31 Which of the following health benefits, if any, are you seeking to get from foods, beverages, or nutrients? (Select all that apply.) (n=1,005); Note: “other” and “none of the above” are not shown
Vegetables and fruits are the most common targets for energy and weight loss.

At least 4 in 10 look to vitamin or mineral supplements for both energy and weight loss goals.

### Foods/Nutrients Consumed to Improve Energy/Reduce Fatigue

(Of Those Who Seek This Benefit)

<table>
<thead>
<tr>
<th>Foods/Nutrients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (e.g., leafy greens, broccoli, carrots)</td>
<td>51%</td>
</tr>
<tr>
<td>Fruits (dried or fresh)</td>
<td>49%</td>
</tr>
<tr>
<td>Vitamin or mineral supplements (e.g., iron, B vitamins)</td>
<td>42%</td>
</tr>
<tr>
<td>Nuts or nut butters</td>
<td>42%</td>
</tr>
<tr>
<td>Caffeinated beverages (e.g., coffee, green or black tea, energy drinks)</td>
<td>41%</td>
</tr>
<tr>
<td>Lean meats (e.g., chicken, pork, beef)</td>
<td>37%</td>
</tr>
<tr>
<td>Whole grains (e.g., brown rice, whole wheat bread, oats)</td>
<td>33%</td>
</tr>
<tr>
<td>Beans, peas or lentils</td>
<td>33%</td>
</tr>
<tr>
<td>Dairy products (e.g., Greek yogurt)</td>
<td>29%</td>
</tr>
<tr>
<td>Fish or shellfish (e.g., salmon, shrimp, scallops)</td>
<td>27%</td>
</tr>
<tr>
<td>Protein supplements</td>
<td>24%</td>
</tr>
<tr>
<td>Plant-based protein (e.g., tofu, plant-based meat or seafood alternatives)</td>
<td>17%</td>
</tr>
<tr>
<td>Other dietary supplements (e.g., creatine, melatonin, CoQ10)</td>
<td>12%</td>
</tr>
</tbody>
</table>

### Foods/Nutrients Consumed for Weight Loss/Management

(Of Those Who Seek This Benefit)

<table>
<thead>
<tr>
<th>Foods/Nutrients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (e.g., leafy greens, broccoli, carrots)</td>
<td>64%</td>
</tr>
<tr>
<td>Fruits (dried or fresh)</td>
<td>62%</td>
</tr>
<tr>
<td>Lean meats (e.g., chicken, pork, beef)</td>
<td>53%</td>
</tr>
<tr>
<td>Vitamin or mineral supplements (e.g., iron, B vitamins)</td>
<td>47%</td>
</tr>
<tr>
<td>Fish or shellfish (e.g., salmon, shrimp, scallops)</td>
<td>44%</td>
</tr>
<tr>
<td>Whole grains (e.g., brown rice, whole wheat bread, oats)</td>
<td>42%</td>
</tr>
<tr>
<td>Dairy products (e.g., Greek yogurt)</td>
<td>39%</td>
</tr>
<tr>
<td>Nuts or nut butters</td>
<td>36%</td>
</tr>
<tr>
<td>Beans, peas or lentils</td>
<td>35%</td>
</tr>
<tr>
<td>Caffeinated beverages (e.g., coffee, green or black tea, energy drinks)</td>
<td>32%</td>
</tr>
<tr>
<td>Plant-based protein (e.g., tofu, plant-based meat or seafood alternatives)</td>
<td>22%</td>
</tr>
<tr>
<td>Packaged meals/snacks from a branded diet</td>
<td>15%</td>
</tr>
<tr>
<td>Other dietary supplements</td>
<td>11%</td>
</tr>
</tbody>
</table>

Q31B Which of the following foods or nutrients have you consumed in the past year in your effort to improve your energy level/reduce fatigue? (Select all that apply.)

Filter: Seeking energy/less fatigue from foods, beverages, or nutrients: (n=372)

Q31A Which of the following foods or nutrients have you consumed in the past year in your effort to lose weight/manage your weight? (Select all that apply.)

Filter: Seeking weight loss/weight management from foods, beverages, or nutrients: (n=310)

Note: “other” and “none of the above” are not shown.
Vegetables and fruits are also key for improving gut health and heart health

In comparison, far fewer look to dairy products, probiotic or prebiotic supplements and fermented foods for gut health.

### Foods/Nutrients Consumed to Improve Digestive/Gut Health
(Of Those Who Seek This Benefit)

<table>
<thead>
<tr>
<th>Foods/Nutrients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (e.g., leafy greens, broccoli, carrots)</td>
<td>59%</td>
</tr>
<tr>
<td>Fruits (dried or fresh)</td>
<td>56%</td>
</tr>
<tr>
<td>Nuts or nut butters</td>
<td>38%</td>
</tr>
<tr>
<td>Dairy products (e.g., Greek yogurt)</td>
<td>38%</td>
</tr>
<tr>
<td>Lean meats (e.g., chicken, pork, beef)</td>
<td>36%</td>
</tr>
<tr>
<td>Beans, peas or lentils</td>
<td>35%</td>
</tr>
<tr>
<td>Whole grains (e.g., brown rice, whole wheat bread, oats)</td>
<td>35%</td>
</tr>
<tr>
<td>Probiotic dietary supplements</td>
<td>33%</td>
</tr>
<tr>
<td>Fiber/prebiotic dietary supplements</td>
<td>33%</td>
</tr>
<tr>
<td>Fish or shellfish (e.g., salmon, shrimp, scallops)</td>
<td>28%</td>
</tr>
<tr>
<td>Plant-based protein (e.g., tofu, plant-based meat or seafood alternatives)</td>
<td>18%</td>
</tr>
<tr>
<td>Fermented foods (e.g., kombucha, kefir, sauerkraut, miso)</td>
<td>16%</td>
</tr>
<tr>
<td>Other dietary supplements (e.g., collagen, butyrate)</td>
<td>11%</td>
</tr>
</tbody>
</table>

### Foods/Nutrients Consumed to Improve Cardiovascular Health
(Of Those Who Seek This Benefit)

<table>
<thead>
<tr>
<th>Foods/Nutrients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (e.g., leafy greens, broccoli, carrots)</td>
<td>55%</td>
</tr>
<tr>
<td>Fruits (dried or fresh)</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin or mineral supplements (e.g., magnesium)</td>
<td>44%</td>
</tr>
<tr>
<td>Whole grains (e.g., brown rice, whole wheat bread, oats)</td>
<td>43%</td>
</tr>
<tr>
<td>Lean meats (e.g., chicken, pork, beef)</td>
<td>43%</td>
</tr>
<tr>
<td>Fish or shellfish (e.g., salmon, shrimp, scallops)</td>
<td>39%</td>
</tr>
<tr>
<td>Beans, peas or lentils</td>
<td>37%</td>
</tr>
<tr>
<td>Nuts or nut butters</td>
<td>36%</td>
</tr>
<tr>
<td>Dairy products (e.g., Greek yogurt)</td>
<td>36%</td>
</tr>
<tr>
<td>Omega-3 fatty acid supplements</td>
<td>31%</td>
</tr>
<tr>
<td>Plant-based protein (e.g., tofu, plant-based meat or seafood alternatives)</td>
<td>31%</td>
</tr>
<tr>
<td>Other dietary supplements (e.g., L-carnitine, CoQ10)</td>
<td>18%</td>
</tr>
<tr>
<td>Other dietary supplements (e.g., L-carnitine, CoQ10)</td>
<td>15%</td>
</tr>
</tbody>
</table>

Q31C Which of the following foods or nutrients have you consumed in the past year in your effort to improve your digestive health/gut health? (Select all that apply.) Filter: Seeking digestive health/gut health from foods, beverages, or nutrients: (n=297) / Q31D Which of the following foods or nutrients have you consumed in the past year in your effort to improve your heart/cardiovascular health? (Select all that apply.) Filter: Seeking heart/cardiovascular health from foods, beverages, or nutrients: (n=281); Note: “other” and “none of the above” are not shown.
6 in 10 who seek to improve immune health consume Vitamin C to do so

Fruits, vegetables, and Vitamin D are also among the most common sources for improving immune health

Foods/Nutrients Consumed to Improve Immune Function/Health
(Of Those Who Seek This Benefit)

- Fruits: 62%
- Vitamin C: 60%
- Vegetables (e.g., leafy greens, broccoli, carrots): 59%
- Vitamin D: 51%
- Other vitamin or mineral supplements: 45%
- Dairy products (e.g., Greek yogurt): 41%
- Whole grains (e.g., brown rice, whole wheat bread, oats): 34%
- Lean meats (e.g., chicken, pork, beef): 33%
- Nuts or nut butters: 33%
- Fish or shellfish (e.g., salmon, shrimp, scallops): 32%
- Zinc: 32%
- Beans, peas or lentils: 29%
- Prebiotic or probiotic supplements: 26%
- Plant-based protein (e.g., tofu, plant-based meat or seafood alternatives): 17%
- Other dietary supplements (e.g., elderberry, echinacea): 15%
The nutrients Americans are seeking to consume are relatively unchanged

Protein is sought by all ages, while older consumers are more likely to target vitamin D and fiber

---

**Consume or Avoid the Following Nutrients:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Try to consume</th>
<th>Neither - Just try to be aware</th>
<th>Try to limit or avoid</th>
<th>Don't consider</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>59%</td>
<td>20%</td>
<td>10%</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>57%</td>
<td>20%</td>
<td>10%</td>
<td>9%</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C*</td>
<td>56%</td>
<td>22%</td>
<td>9%</td>
<td>10%</td>
<td>3%</td>
</tr>
<tr>
<td>Fiber</td>
<td>53%</td>
<td>24%</td>
<td>11%</td>
<td>9%</td>
<td>4%</td>
</tr>
<tr>
<td>Calcium</td>
<td>53%</td>
<td>22%</td>
<td>11%</td>
<td>10%</td>
<td>4%</td>
</tr>
<tr>
<td>Omega-3 fatty acids (such as DHA)</td>
<td>37%</td>
<td>27%</td>
<td>14%</td>
<td>15%</td>
<td>8%</td>
</tr>
<tr>
<td>Probiotics</td>
<td>35%</td>
<td>25%</td>
<td>12%</td>
<td>20%</td>
<td>8%</td>
</tr>
<tr>
<td>Zinc*</td>
<td>34%</td>
<td>27%</td>
<td>10%</td>
<td>19%</td>
<td>9%</td>
</tr>
<tr>
<td>Prebiotics</td>
<td>25%</td>
<td>30%</td>
<td>11%</td>
<td>23%</td>
<td>11%</td>
</tr>
<tr>
<td>Sodium</td>
<td>16%</td>
<td>26%</td>
<td>40%</td>
<td>14%</td>
<td>5%</td>
</tr>
<tr>
<td>Choline</td>
<td>13%</td>
<td>26%</td>
<td>11%</td>
<td>27%</td>
<td>23%</td>
</tr>
</tbody>
</table>

*New addition in 2022

[TREND] Q37 Do you generally try to consume or avoid the following? (n=1,005)
With the exceptions of vitamin D, probiotics and zinc, consumers most often seek many nutrients from foods, vs. beverages or supplements

Older people and women are more likely to consume vitamin D and calcium as supplements vs. younger age groups and men, respectively.

Sources Used to Consume Following Nutrients

*New addition in 2022; [TREND]*

Do you generally try to consume each of the following from food, beverages, supplements, or from more than one of these sources? (Select all that apply.)

Filter: Tries to consume (differs by item)
3 in 10 Americans report eating more protein from whole-plant sources

There has also been an increase in the number of Americans who say they’re consuming more dairy, plant-based dairy alternatives and fortified soy-based milk and yogurt compared to a year ago.

Changes in Consumption of Protein Sources in Last Year

- **Protein from whole-plant sources**: 31% eating more now, 12% eating somewhat more, 19% eating the same amount, 43% eating somewhat less, 9% eating much less, 10% never consume, 4% not sure. Total: 13% eating less now.
- **Poultry/eggs**: 27% eating more now, 12% eating somewhat more, 15% eating the same amount, 53% eating somewhat less, 9% eating much less, 5% never consume, 4% not sure. Total: 14% eating less now.
- **Seafood**: 26% eating more now, 10% eating somewhat more, 16% eating the same amount, 42% eating somewhat less, 13% eating much less, 6% never consume, 9% not sure. Total: 19% eating less now.
- **Dairy**: 25% eating more now, 10% eating somewhat more, 15% eating the same amount, 53% eating somewhat less, 11% eating much less, 6% never consume, 3% not sure. Total: 17% eating less now.
- **Other plant-based dairy alternatives**: 23% eating more now, 8% eating somewhat more, 15% eating the same amount, 29% eating somewhat less, 7% eating much less, 4% never consume, 4% not sure. Total: 12% eating less now.
- **Plant-based meat/seafood alternatives**: 22% eating more now, 8% eating somewhat more, 14% eating the same amount, 28% eating somewhat less, 8% eating much less, 5% never consume, 4% not sure. Total: 13% eating less now.
- **Blended meat products**: 20% eating more now, 8% eating somewhat more, 12% eating the same amount, 38% eating somewhat less, 13% eating much less, 8% never consume, 18% not sure. Total: 20% eating less now.
- **Red meat**: 18% eating more now, 7% eating somewhat more, 11% eating the same amount, 46% eating somewhat less, 17% eating much less, 11% never consume, 5% not sure. Total: 28% eating less now.
- **Fortified soy-based milk and yogurt**: 18% eating more now, 8% eating somewhat more, 10% eating the same amount, 31% eating somewhat less, 8% eating much less, 5% never consume, 33% not sure. Total: 14% eating less now.

*Revised text vs. 2021; **New addition in 2022*
Limiting the amount of salty foods you eat
Reducing/limiting the amount of salt or salt-based seasonings added to food
Choosing foods and beverages labeled as "low sodium", "reduced sodium", or "no salt added"
Cooking more meals from scratch instead of eating at restaurants or eating prepared foods
Reading labels (e.g., the Nutrition Facts label) to choose products with less sodium per serving
Tasting food before you salt it
Using salt-free seasonings and spices to flavor foods
Eliminating certain foods and beverages from your diet
Consuming smaller portions
Using salt alternatives (e.g., potassium chloride, MSG)

Q39A What actions are you taking to limit or avoid sodium? (Select all that apply.) Filter: Tries to limit or avoid sodium: (n=414); Note: "other" and "none of the above" are not shown

Of those limiting/avoiding sodium, more than half try to limit salty foods
4 in 10 seek out products labeled as “low sodium”, “reduced sodium”, or “no salt added”
Sugars and Sweeteners
Unchanged from previous years, about 3 in 4 are trying to limit or avoid sugars

Added sugars are the most common target to limit, although one-third also avoid naturally-occurring sugars and 1 in 5 avoid all types of sugars.

![Graph showing the percentage of people trying to limit or avoid sugars and the types of sugars they are limiting or avoiding.]

Types of Sugar Limiting/Avoiding
(Of Those Limiting/Avoiding Sugar)

- Added sugars only (e.g., sugars added to packaged foods and beverages) 50%
- Sugars naturally present in foods only (e.g., sugars in whole fruit and plain dairy products) 18%
- All types of sugars, both added sugars and sugars naturally present in foods 31%
- Added sugars and a specific type of sugar <0.5%
- A specific type of sugar only <0.5%

No significant change vs. 2021

[TREND] Q40 Are you trying to limit or avoid sugars in your diet? (n=1,005) / Q40A What type of sugars are you trying to limit or avoid? (Select all that apply.) Filter: Tries to limit or avoid sugars: (n=727); Note: Results converted into exclusive categories
Avoiding weight gain and losing weight are key for those limiting sugars

Liking sweet-tasting foods and drinks is the top reason for not limiting or avoiding sugars

**Reasons for Limiting/Avoiding Sugars**
(Of Those Who Limit/Avoid Sugars)

- To avoid gaining weight: 41%
- To improve my diet in general: 38%
- To lose weight: 36%
- To prevent a future health condition: 35%
- To manage an existing health condition: 23%
- I have always tried to limit or avoid sugar in my diet: 23%
- My healthcare provider recommended it (e.g., doctor, nurse practitioner): 23%
- To follow a specific type of diet that recommends low/no sugar: 12%
- New Year’s resolution: 9%

**Reasons for NOT Limiting/Avoiding Sugars**
(Of Those Who Do Not Limit/Avoid Sugars)

- I like sweet tasting foods and drinks: 40%
- I don’t try to limit or avoid anything in my diet: 25%
- I don’t consume that much sugar in the first place: 25%
- I eat healthy enough already: 20%
- Sugar is in too many foods/beverages to avoid: 15%
- Takes too much effort: 11%
- I have other health priorities at the moment: 9%

Q40B Why did you start trying to limit or avoid sugar in your diet? (Select all that apply.) Filter: Tries to limit or avoid sugars: (n=727) / Q40C Which of the following are reasons why you do not try to limit or avoid sugar in your diet? (Select all that apply.) Filter: Does not try to limit or avoid sugars: (n=278); Note: “other” and “none of the above” are not shown
Sugar remains preferred over low/no-calorie sweeteners

Younger generations are much more likely to gravitate toward low/no-calorie sweeteners, although some of this is driven by older generations being more likely to avoid sugar and sweeteners altogether.

Preference for Sweeteners (Overall Trend)

<table>
<thead>
<tr>
<th>Sweetener Type</th>
<th>2022</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any type of sugar (e.g., sugar, honey, maple syrup)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low/no-calorie sweeteners (e.g., aspartame, sucralose, stevia leaf extract)</td>
<td>24%</td>
<td>23%</td>
</tr>
<tr>
<td>No preference, I consume both</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>I try to avoid sugar and low/no-calorie sweeteners</td>
<td>19%</td>
<td>23%</td>
</tr>
<tr>
<td>Not sure</td>
<td>6%</td>
<td>7%</td>
</tr>
</tbody>
</table>

Preference for Sweeteners (By Generation)

<table>
<thead>
<tr>
<th>Sweetener Type</th>
<th>Gen Z</th>
<th>Millennial</th>
<th>Gen X</th>
<th>Boomer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any type of sugar (e.g., sugar, honey, maple syrup)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low/no-calorie sweeteners (e.g., aspartame, sucralose, stevia leaf extract)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No preference, I consume both</td>
<td>22%</td>
<td>27%</td>
<td>27%</td>
<td>21%</td>
</tr>
<tr>
<td>I try to avoid sugar and low/no-calorie sweeteners</td>
<td>13%</td>
<td>11%</td>
<td>11%</td>
<td>21%</td>
</tr>
<tr>
<td>Not sure</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>
The most common benefits to sweeteners relate to reducing sugar and carb intake

That said, one-third of those who prefer low/no-calorie sweeteners say it helps them manage diabetes or control their blood sugar.

Benefits of Low/No-Calorie Sweeteners
(Of Those Who Prefer Sweeteners)

- Consume less sugar: 17% (Ranked 1), 28% (Ranked 2-3), 45%
- Reduce carbohydrate intake: 8% ( Ranked 1), 28% (Ranked 2-3), 36%
- Maintain my weight: 10% (Ranked 1), 24% (Ranked 2-3), 35%
- Manage diabetes or control blood sugar: 14% (Ranked 1), 19% (Ranked 2-3), 33%
- Lose weight: 14% (Ranked 1), 16% (Ranked 2-3), 31%
- Save calories so that I am able to indulge in other foods/beverages: 10% (Ranked 1), 19% (Ranked 2-3), 29%
- Consume an appropriate amount of total calories: 7% (Ranked 1), 21% (Ranked 2-3), 27%
- Consume an appropriate amount of sugar: 9% (Ranked 1), 16% (Ranked 2-3), 25%
- Improve or maintain dental health: 5% (Ranked 1), 19% (Ranked 2-3), 24%

Q42A Which of the following, if any, do you believe consuming low/no-calorie sweeteners helps you do? (Rank your top 3 choices, with 1=Top Choice.) Filter: Prefers low/no calorie sweeteners; (n=244); Note: “other” and “none of the above” are not shown
The reasons why consumers prefer certain sweeteners are relatively unchanged

Taste and a belief that low/no-calorie sweeteners are not good for you remain key reasons for preferring sugar

### Reasons for Preferring Sugar
(Of Those Who Prefer Sugar)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I prefer the taste of sugar compared to low/no-calorie sweeteners</td>
<td>40%</td>
</tr>
<tr>
<td>I believe low/no-calorie sweeteners are not good for you</td>
<td>34%</td>
</tr>
<tr>
<td>I prefer the sweetness of sugar compared to low/no-calorie sweeteners</td>
<td>28%</td>
</tr>
<tr>
<td>I try to limit or avoid low/no-calorie sweeteners</td>
<td>25%</td>
</tr>
<tr>
<td>Habit</td>
<td>19%</td>
</tr>
<tr>
<td>Sugar has more calories than low/no-calorie sweeteners</td>
<td>19%</td>
</tr>
<tr>
<td>A healthcare professional recommended that I avoid low/no-calorie sweeteners</td>
<td>15%</td>
</tr>
<tr>
<td>No specific reason</td>
<td>3%</td>
</tr>
</tbody>
</table>

### Reasons for Preferring Low/No Calorie Sweeteners
(Of Those Who Prefer Sweeteners)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I try to limit or avoid sugar</td>
<td>46%</td>
</tr>
<tr>
<td>I save calories by using low/no-calorie sweeteners compared to sugar</td>
<td>37%</td>
</tr>
<tr>
<td>I believe sugar is not good for you</td>
<td>34%</td>
</tr>
<tr>
<td>A healthcare professional recommended that I avoid sugar</td>
<td>26%</td>
</tr>
<tr>
<td>I prefer the sweetness of low/no-calorie sweeteners compared to sugar</td>
<td>26%</td>
</tr>
<tr>
<td>I prefer the taste of low/no-calorie sweeteners compared to sugar</td>
<td>24%</td>
</tr>
<tr>
<td>Habit</td>
<td>17%</td>
</tr>
<tr>
<td>No specific reason</td>
<td>2%</td>
</tr>
</tbody>
</table>

No significant change vs. 2021

[TREND] Q43 You indicated that you are more likely to sweeten foods and/or beverages or purchase products with types of sugars rather than with low/no-calorie sweeteners. Why? (Select all that apply.) Filter: Prefers sugar: (n=316)

[TREND] Q44 You indicated that you are more likely to sweeten foods and/or beverages or purchase products with low/no-calorie sweeteners rather than types of sugars. Why? (Select all that apply.) Filter: Prefers low/no-calorie sweeteners: (n=244); Note: “other” and “none of the above” are not shown
Consumers remain confused on who is responsible for the safety of sweeteners

Women are more than twice as likely to say they are not sure

**Responsible for Safety of Low-Calorie Sweeteners**

- The U.S. government: 29% (2022), 31% (2021)
- Companies who manufacture them*: 20% (2022), 17% (2021)
- Companies who sell produces that contain them*: 14% (2022), 17% (2021)
- There is no U.S. authority responsible for reviewing the safety of low-calorie...: 8% (2022), 8% (2021)
- Independent scientists: 7% (2022), 7% (2021)
- Other: 0% (2022), 1% (2021)
- Not sure: 22% (2022), 25% (2021)

*Revised text vs. 2021

No significant change vs. 2021

**% “Not Sure” by Subgroups**

- Total: 22%
- Gen Z: 14%
- Millennial: 17%
- Gen X: 27%
- Boomer: 26%
- Men: 13%
- Women: 31%
- <College Degree: 25%
- College Degree+: 17%
- HHLD Inc. <$35K: 27%
- HHLD Inc. $35K-$74K: 21%
- HHLD Inc. $75K+: 17%

*Revised text vs. 2021

[TREND]Q48 Who do you believe is currently responsible for reviewing the safety of low-calorie sweeteners in the U.S.? (n=1,005)
Calories stand out as most viewed, but consumers look at a variety of information on Nutrition Facts labels

Within the Total Carbohydrate section, total sugars and added sugars are most frequently reviewed

Most Frequently Sought Information on Nutrition Facts Labels

- Calories: 29%
- Sodium: 23%
- Total sugars: 21%
- Added sugars: 20%
- Protein: 18%
- Total fat: 16%
- Total carbohydrate: 15%
- Cholesterol: 14%
- Saturated fat: 14%
- Serving size: 12%
- Vitamins and minerals: 12%
- Trans fat: 11%
- Dietary fiber: 10%
- Servings per container: 9%
- Sugar alcohol: 7%
- I do not look at Nutrition Facts labels*: 12%
- I do not shop for groceries: 2%
Food Production
The importance of food production that reduces the impact on natural resources has increased

There is little difference in consumer reaction to the split sample test of “environmental sustainability” and “minimizing carbon footprint/climate impact.”

Factors in Decision to Purchase Food/Beverage
(% 4-5 Important out of 5)

- Knowing that the food was produced with animal welfare in mind: 48%
- Knowing whether the food is a bioengineered food or contains bioengineered ingredients: 47%
- Knowing that the food or beverage is produced in an environmentally sustainable way: 46%
- Knowing the food was produced using farming technologies that seek to reduce the impact on natural resources: 46%
- Knowing that the workers who produce, distribute or serve the food (e.g., farm workers, factory workers, retail and foodservice staff) are treated in a fair and equitable way*: 45%
- Knowing that the food or beverage is produced in a way that minimizes its carbon footprint/climate impact*: 44%
- Whether it has recyclable packaging*: 42%

*New addition in 2022
Recyclable packaging is the top indicator that a product is environmentally friendly

Similar to the perceived importance of “environmentally sustainable” and “minimizing carbon footprint,” a split sample test that toggled those two phrases shows that consumers use the same indicators and labels for both

Indications That Product is “Environmentally Sustainable” or “Minimizes Carbon Footprint/Climate Impact”
(Of Those Who Consider it Important)

Q49AA You mentioned that it is important to you that food products are produced (in an environmentally sustainable way / in a way that minimizes its carbon footprint/climate impact). When shopping for foods and beverages, which of the following do you look for as an indication that a product is produced (in an environmentally sustainable way / in a way that minimizes its carbon footprint/climate impact)? (Select all that apply.) Filter: Important that the food or beverage products you purchase are produced (in an environmentally sustainable way / in a way that minimizes its carbon footprint/climate impact); (n=754); Note: “other” and “none of the above” are not shown
Food labels and manufacturer websites are key sources for social sustainability info

Third-party organizations and government agencies rank much lower

**Sources of Information on Fair and Equitable Treatment of Workers**
(Of Those Who Consider it Important)

- **Labels on the food**: 37%
- **Food manufacturer's website**: 35%
- **Your doctor or a nutritionist**: 22%
- **News stories**: 21%
- **Social media**: 21%
- **Talking to friends and family**: 21%
- **Third-party consumer organizations**: 17%
- **Government agency**: 17%
- **Third-party health organizations**: 16%

Q49AB If you wanted to know more about whether a food/beverage product was produced in ways that are committed to the fair and equitable treatment of workers (e.g., farm hands, factory workers, retail and foodservice staff), where would you realistically go for that information? (Select all that apply.) Filter: Important that the food or beverage products you purchase are produced knowing that the workers who produce, distribute, or serve the food (e.g., farm workers, factory workers, retail and foodservice staff) are treated in a fair and equitable way (n=773); Note: “other” and “none of the above” are not shown.
Even among those who see worker treatment as important, price tends to win out

61% favor a product that is $2 cheaper than one that is produced in ways that show commitment to fair/equitable worker treatment. Only 11% say they are “highly likely” to select the socially sustainable option.

Preference for Socially Sustainable Product vs. Price
(Of Those Who Consider Fair/Equitable Treatment Important)

Imagine you are at the store to purchase a food or beverage you like. There are two versions of the same product with only these differences:

- Product A costs $3
- Product B costs $5, but is produced in ways that are committed to the fair and equitable treatment of workers.

Which would you be more likely to purchase?

- Highly likely product A: 29%
- Somewhat likely product A: 31%
- Somewhat likely product B: 29%
- Highly likely product B: 11%

Of Those Who Consider Fair/Equitable Treatment Important

61% Product A
39% Product B
Cost also influences likelihood to pick an eco-friendly product

Only 15% select the most expensive and most eco-friendly option, but nearly half target the middle ground approach

Imagine you are at the store to purchase a food or beverage you like. There are three versions of the same product.

All three have a “traffic light” symbol on the packaging indicating the product’s level of environmental impact:

- A green light indicates it is very eco-friendly
- A yellow/amber light indicates it is somewhat eco-friendly
- A red light indicates it is not very eco-friendly

Product A costs $3 and it has a red light.
Product B costs $5 and it has a yellow light.
Product C costs $7 and it has a green light.

Which would you be most likely to purchase?
Preference for products labeled as “natural” and “clean” has increased in 2022

There are also more consumers looking for products labeled as having a small carbon footprint, for both in-person and online shopping.

### Regularly Buy Products Labeled As...

- Natural: 39%
- Clean ingredients: 27%
- Raised without antibiotics: 25%
- No added hormones or steroids: 25%
- Locally-sourced: 25%
- Organic: 25%
- Non-GMO: 23%
- Plant-based: 15%
- Fair wage or fair trade: 14%
- Small carbon footprint/Carbon neutral: 13%
- Bioengineered/containing BE ingredients*: 7%

### Regularly Buy Products Online Labeled As...

(Of Those Who Shop Online at Least Monthly)

- Natural: 38%
- Clean ingredients: 29%
- Organic: 29%
- No added hormones or steroids: 24%
- Locally-sourced: 23%
- Small carbon footprint/Carbon neutral: 22%
- Raised without antibiotics: 22%
- Non-GMO: 22%
- Plant-based: 18%
- Fair wage or fair trade: 15%
- Bioengineered/containing BE ingredients*: 11%
Perceived healthfulness is the most common reason for seeking “natural” labels

Nearly half also say they purchase natural foods to avoid artificial ingredients

Reasons for Seeking “Natural” Food/Beverages
(Buys Products Labeled as Natural)

- Natural foods are generally healthier for you: 54%
- You want to avoid artificial ingredients: 47%
- Natural foods have more nutrients: 38%
- Natural foods are generally better quality than the alternatives: 37%
- You're worried about potentially harmful additives or chemicals in food: 36%
- Natural foods are better for the environment: 36%
- You like the taste of natural foods better: 35%
- Eating natural foods helps your weight loss/weight maintenance goals: 31%

64% of Boomers seek out “natural” foods because they want to avoid artificial ingredients, vs. 44% of Gen X, 41% of Millennials, and 36% of Gen Z consumers

45% of Millennials seek out “natural” foods because they are better for the environment, vs. 25% of Boomers
Familiarity with bioengineered foods/ingredients has increased vs. 2021

Younger generations, college grads and men are more likely to know at least a fair amount about them.

Familiarity with Bioengineered Food/Ingredients

- I know a lot about them: 13% (2022) vs. 8% (2021)
- I know a fair amount about them: 23% (2022) vs. 23% (2021)
- I have heard of them, but know very little about them: 45% (2022) vs. 50% (2021)
- I have never heard of them: 18% (2022) vs. 19% (2021)

37% know a lot/fair amount, vs. 31% in 2021

Consume or Avoid Bioengineered Food/Ingredients?
(Of Those Who Have Heard of BE Foods/Ingredients)

- Try to consume: 13% (2022) vs. 11% (2021)
- Try to limit or avoid: 31% (2022) vs. 27% (2021)
- Neither - Just try to be aware: 33% (2022) vs. 40% (2021)
- Don't consider: 16% (2022) vs. 14% (2021)
- Not sure: 7% (2022) vs. 8% (2021)

[TREND] Q57 Which of the following best describes your familiarity with “bioengineered foods/ingredients”? (n=1,005) [TREND] Q58 Do you generally try to consume or avoid bioengineered foods or foods containing bioengineered ingredients? Filter: Have heard of bioengineered foods/ingredients: (n=818)
Food Ingredients and Food Safety
Although overall confidence in the food supply is stable, more are very confident

Nearly 1 in 4 report being very confident in the US food supply, the highest level of that statistic in the past 10 years

Confidence in Safety of US Food Supply

Confidence by Year

- Very/Somewhat confident
- Very confident

Foodborne illness remains the top safety issue, although its importance is down
More than half of consumers are satisfied with what is currently being done to protect consumers on their top issue.

Most Important Food Safety Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Rank 1</th>
<th>Rank 2-3</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foodborne illness from bacteria (E.coli, Salmonella, Listeria, etc.)</td>
<td>22%</td>
<td>28%</td>
<td>50%</td>
</tr>
<tr>
<td>Carcinogens or cancer-causing chemicals in food</td>
<td>15%</td>
<td>30%</td>
<td>45%</td>
</tr>
<tr>
<td>Pesticides/pesticide residues</td>
<td>13%</td>
<td>29%</td>
<td>42%</td>
</tr>
<tr>
<td>Heavy metals in food (arsenic, mercury, lead, cadmium) [REV]</td>
<td>9%</td>
<td>29%</td>
<td>38%</td>
</tr>
<tr>
<td>Food additives and ingredients (caffeine, MSG, flavors, colors, preservatives, etc.)</td>
<td>11%</td>
<td>23%</td>
<td>34%</td>
</tr>
<tr>
<td>The presence of allergens in food (peanuts, tree nuts, soy, wheat, fish, shellfish, milk, eggs, sesame seeds)</td>
<td>9%</td>
<td>16%</td>
<td>25%</td>
</tr>
<tr>
<td>Antibiotics</td>
<td>8%</td>
<td>15%</td>
<td>23%</td>
</tr>
<tr>
<td>Bioengineered food/Food that contains bioengineered ingredients</td>
<td>6%</td>
<td>15%</td>
<td>21%</td>
</tr>
<tr>
<td>GMOs</td>
<td>6%</td>
<td>14%</td>
<td>20%</td>
</tr>
</tbody>
</table>

Satisfaction with Consumer Protection on #1 Issue

- Very satisfied: 20% (55% satisfied)
- Somewhat satisfied: 35%
- Neither: 27%
- Somewhat dissatisfied: 9%
- Very dissatisfied: 4%
- Not sure: 4%

Note: REV=Revised text vs. 2021
Satisfaction with consumer protection on safety issues differs by the issue

Consumers are most satisfied with protection on GMOs, foodborne illness, and allergens. Pesticides, carcinogens, and heavy metals in foods garner the lowest level of satisfaction.

### Satisfaction with Consumer Protection on Issue

- **GMOs (n=61)**
  - Very satisfied: 34%
  - Somewhat satisfied: 37%
  - Total satisfaction: 71%

- **Foodborne illness from bacteria (E.coli, Salmonella, Listeria, etc.) (n=229)**
  - Very satisfied: 16%
  - Somewhat satisfied: 50%
  - Total satisfaction: 66%

- **The presence of allergens in food (peanuts, tree nuts, soy, wheat, fish, shellfish, milk, eggs, sesame seeds) (n=81)**
  - Very satisfied: 25%
  - Somewhat satisfied: 36%
  - Total satisfaction: 61%

- **Bioengineered food/Food that contains bioengineered ingredients (n=65)**
  - Very satisfied: 30%
  - Somewhat satisfied: 28%
  - Total satisfaction: 58%

- **Food additives and ingredients (caffeine, MSG, flavors, colors, preservatives, etc.) (n=111)**
  - Very satisfied: 21%
  - Somewhat satisfied: 32%
  - Total satisfaction: 53%

- **Antibiotics (n=76)**
  - Very satisfied: 27%
  - Somewhat satisfied: 24%
  - Total satisfaction: 51%

- **Pesticides/pesticide residues (n=128)**
  - Very satisfied: 21%
  - Somewhat satisfied: 29%
  - Total satisfaction: 50%

- **Carcinogens or cancer-causing chemicals in food (n=151)**
  - Very satisfied: 14%
  - Somewhat satisfied: 32%
  - Total satisfaction: 46%

- **Heavy metals in food (arsenic, mercury, lead, cadmium) (n=94)**
  - Very satisfied: 14%
  - Somewhat satisfied: 27%
  - Total satisfaction: 41%
Most online shoppers have no issue finding product information

Safety information is relatively less easy to find, but not seen as difficult

<table>
<thead>
<tr>
<th>Information</th>
<th>Very easy</th>
<th>Somewhat easy</th>
<th>Neither easy nor difficult</th>
<th>Somewhat difficult</th>
<th>Very difficult</th>
<th>Do not look for this information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quantity and price</td>
<td>37%</td>
<td>33%</td>
<td>16%</td>
<td>8%</td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>List of ingredients</td>
<td>34%</td>
<td>36%</td>
<td>16%</td>
<td>7%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Nutrition information</td>
<td>32%</td>
<td>35%</td>
<td>17%</td>
<td>10%</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Size and weight of package</td>
<td>34%</td>
<td>31%</td>
<td>21%</td>
<td>9%</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>List of ingredients that may cause food allergies or intolerance</td>
<td>29%</td>
<td>31%</td>
<td>21%</td>
<td>12%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Hazard and warning labels (e.g., choking hazard for children)</td>
<td>27%</td>
<td>31%</td>
<td>25%</td>
<td>8%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Information about safe food handling, preparation, cooking and storage</td>
<td>29%</td>
<td>29%</td>
<td>26%</td>
<td>9%</td>
<td>3%</td>
<td>4%</td>
</tr>
</tbody>
</table>
4 in 10 have purchased food with allergen labeling in the last year
80% purchased those products specifically because of the labeling

Purchased Food with Allergy/Intolerance Labels in Past Year

38% Yes

Was Label a Reason for Purchasing the Product?
(Of Those Who Purchased)

Yes, a significant reason 53%
Yes, somewhat of a reason 27%
No 20%

Q62: In the past year, have you (or anyone in your household) purchased packaged foods that have labels indicating the absence of ingredients that may cause food allergies or intolerance (i.e., labels that read “free from milk, soy, egg, nuts” etc.)? (n=1,005) / Q62A: Was the fact that the packaged food was free from certain ingredients that may cause food allergies or intolerance a reason why you purchased that item(s)? Filter: Purchased a “free from” product in the past year (n=375)
Only 1 in 3 looked for allergen labels because of a specific allergy in their household
Many do so because the absence of those ingredients is seen as better for health or because it fits with a diet or eating pattern

### Reasons for Choosing Food with Allergy/Intolerance Labels
*(Of Those Who Purchased Products Because of Allergy/Intolerance Label)*

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>You (or someone in your household) limit your consumption of specific ingredients because too much of those ingredients can be bad for your health</td>
<td>35%</td>
</tr>
<tr>
<td>Foods that limit certain ingredients are generally healthier</td>
<td>33%</td>
</tr>
<tr>
<td>You (or someone in your household) are trying to avoid certain ingredients as part of a diet or eating pattern</td>
<td>32%</td>
</tr>
<tr>
<td>You (or someone in your household) have allergies</td>
<td>31%</td>
</tr>
<tr>
<td>You try to limit your consumption of certain ingredients that are harmful to the environment</td>
<td>30%</td>
</tr>
<tr>
<td>You aren't allergic, but you (or someone in your household) have an intolerance to certain ingredients</td>
<td>28%</td>
</tr>
</tbody>
</table>

Q62B Which of the following, if any, are reasons why you chose the packaged food that was free from certain ingredients that may cause food allergies or intolerance? (Select all that apply.)

Filter: "Free from" label was a reason for purchasing item: (n=297); Note: "other" and "none of the above" are not shown
Nearly all purchasing “free from” labeled products view the labels as reliable
9 in 10 consider the labels reliable and 4 in 10 consider them very reliable

Reliability of Allergenic Ingredients Labels
(Of Those Who Purchased Products Because of Allergy/Intolerance Label)

- Very reliable: 40%
- Somewhat reliable: 51%
- Not too reliable: 7%
- Not at all reliable: 1%
- Not sure: 1%

91% Reliable
8% Not Reliable
Knowledge of caffeine consumption is unchanged vs. 2021

Although there is an uptick this year in people believing naturally-occurring caffeine has a different effect vs. added caffeine, the overall belief that all caffeine has the same effect continues to grow.

Know the Amount of Caffeine in Foods/Beverages
(Of Those Who Consume Caffeine)

True/False: Caffeine that is naturally occurring has the same effect as caffeine that is added

No significant change vs. 2021

69% Agree

23%
46%
20%
11%
17%
44%
26%
13%
22%
49%

Strongly agree
Somewhat agree
Somewhat disagree
Strongly disagree

2022
2021
2020
2019
2018
Demographics
### Demographics

#### AGE
- 18 to 34 years old: 30%
- 35 to 49 years old: 25%
- 50 to 64 years old: 25%
- 65 to 80 years old: 20%

#### GENDER
- Male: 48%
- Female: 51%
- Prefer not to say: 0%
- Other: 0%

#### RACE/ETHNICITY
- White: 68%
- Hispanic/Latino/Spanish descent: 17%
- Black or African American: 14%
- Asian or Pacific Islander: 7%
- American Indian or Alaska Native: 2%
- Native Hawaiian: 0%
- Other: 0%

#### EDUCATION
- Less than high school: 3%
- Graduated high school: 33%
- Some college (no degree): 16%
- Associate's degree or technical or vocational school: 11%
- Bachelor's degree: 24%
- Graduate/professional degree: 13%

---

S1. What is your age? (n=1,005) / S3 Which of the following best describes your race or ethnicity? (Select all that apply.) (n=1,005) / S4 What is your gender? (n=1,005) / S2 What is the highest level of education you have completed? (n=1,005)
**Demographics**

### INCOME

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $35,000</td>
<td>26%</td>
</tr>
<tr>
<td>$35,000 to less than $50,000</td>
<td>16%</td>
</tr>
<tr>
<td>$50,000 to less than $75,000</td>
<td>16%</td>
</tr>
<tr>
<td>$75,000 to less than $100,000</td>
<td>14%</td>
</tr>
<tr>
<td>$100,000 to less than $150,000</td>
<td>14%</td>
</tr>
<tr>
<td>$150,000 and above</td>
<td>9%</td>
</tr>
<tr>
<td>Not sure</td>
<td>1%</td>
</tr>
<tr>
<td>Prefer not to answer</td>
<td>3%</td>
</tr>
</tbody>
</table>

### MEDICAL CONDITIONS

- High blood pressure: 25%
- High cholesterol: 23%
- Stress/Anxiety/Depression: 20%
- Overweight/obesity: 17%
- Diabetes: 12%
- Gastrointestinal disorders: 9%
- Food allergies (including diagnosed food intolerances/sensitivities): 6%
- Attention deficit hyperactivity disorder (ADHD): 5%
- Cancer/cancer survivor: 5%
- Osteoporosis: 5%
- Decreased muscle strength/impaired mobility: 5%
- Heart disease: 4%
- Stroke: 3%
- Alzheimer's disease or related forms of dementias: 2%
- Other: 5%
- None of the above: 37%

**BMI Score (n=1,005) / D5 Finally, how much is your total annual household income? (n=1,005) / D4 Which of the following medical conditions, if any, have you been diagnosed with having? (Select all that apply.) (n=1,005)**