NEWS | GLOBAL

More Americans choose healthy food

American adults are eating better, making better use of available nutrition information, and consuming fewer calories coming from fat and saturated fat, consuming less cholesterol and eating more fiber, says a new report from the US Department of Agricult

By **Guest** | February 1, 2014



more-americans-choose-healthy-food

> WordPress post #5184

American adults are eating better, making better use of available nutrition information, and consuming fewer calories coming from fat and saturated fat, consuming less cholesterol and eating more fiber, says a new report from the US Department of Agriculture’s Economic Research Service.

Agriculture Secretary Tom Vilsack said, "We have made significant progress, but our work is not done. We will continue to invest in critical programs that expand the availability of healthy, safe, affordable food for all Americans."

The researchers found that use of nutrition information, including the Nutrition Facts Panel found on most food packages, increased in recent years. 42% of working age adults and 57% of older adults reported using the Nutrition Facts Panel most or all of the time when making food choices. When asked about nutrition information in restaurants, 76% of working-age adults reported that they would use the information if it were available.

Reduced consumption of food away from home (such as food from restaurants and fast food) accounted for 20% of the improvements in diet quality. A recent study found that during the recession of 2007-2009, U.S. household overall food expenditures declined approximately 5% mostly due to a 12.9% decline in spending on food away from home. Calories consumed through food away from home dropped by 127 calories per day, and the average person ate three fewer meals and 1.5 fewer snacks per month away from home. Eating at home more often was also associated with more frequent family meals.

The report also indicates changing attitudes toward food and nutrition. Compared with 2007, the percentage of working-age adults who believed they have the ability to change their body weight increased by three percentage points in 2010. During the same time period, the report shows there was little change in the importance that price played when making choices at the grocery store, but working-age adults placed increased importance on nutrition when choosing items to purchase.

Read online: https://nuffoodsspectrum.in/news/31/10310/more-americans-choose-healthy-food.html
© 2026 NUFFOODS Spectrum. All rights reserved.