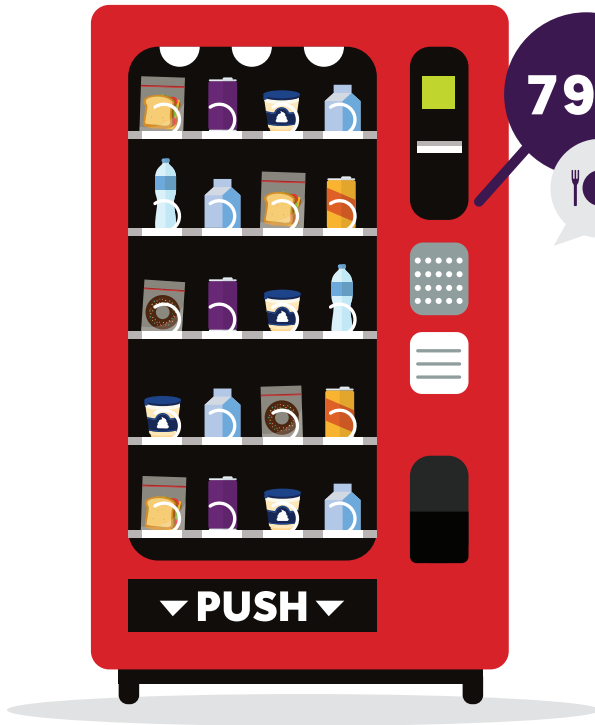




# BUILDING HEALTHY LUNCH HABITS AT WORK

Among the 85% of employed Americans who typically eat lunch at work:



79%

with an on-site cafeteria, food service or vending machine get food there at least some of the time.



**More than half**

struggle to eat a healthy lunch at work (56%).

**More than 1 in 3**

say that on a stressful day at work, their lunch is less healthy than a typical day (35%).



**More than 9 in 10**

are interested in **improving the healthfulness of their typical workday lunch** (91%).



**Nearly 9 in 10**

prepare **working lunches at home** at least some of the time (86%).



**More than 8 in 10**

say **having healthy food options at work is important** to them (82%).



**More than 3 in 4 U.S. employees (77%)** are more likely to make **healthier decisions at other times in their day** when they eat healthy at lunch.



**THE AMERICAN HEART ASSOCIATION AND ARAMARK ARE WORKING TOGETHER TO IMPROVE THE HEALTH OF ALL AMERICANS BY 20% BY 2020.**

For access to free recipes, nutrition tips and resources visit [heart.org/healthyforlife](http://heart.org/healthyforlife).

May 2019 AHA survey conducted online by The Harris Poll among 1,062 employed U.S. adults 18+, among whom 907 typically eat lunch during work hours.

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