



Eating out of home: current situation.

A review

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INTRODUCTION

Eating out of home (EOH) has become popular in recent decades. Nowadays, approximately, 25% of UK population EOH at least once per week. In USA, more than 50% of people EOH at least 3 times per week. In the case of Spain, 33% of people EOH very or quite frequently. Most of these studies were performed in the EU and USA. However, because of the increase of this practice, other countries like China or Brazil have started to show interest in studying this phenomenon.

As a result of all the factors that influencing EOH (*Figure 1*), present studies on dietary habits and nutritional trends are needed to understand the current situation.

Specially relevant appears to be the fact that EOH regularly strongly determines the daily intakes of energy and macro and micronutrients. This turns EOH into a key element for future researches.

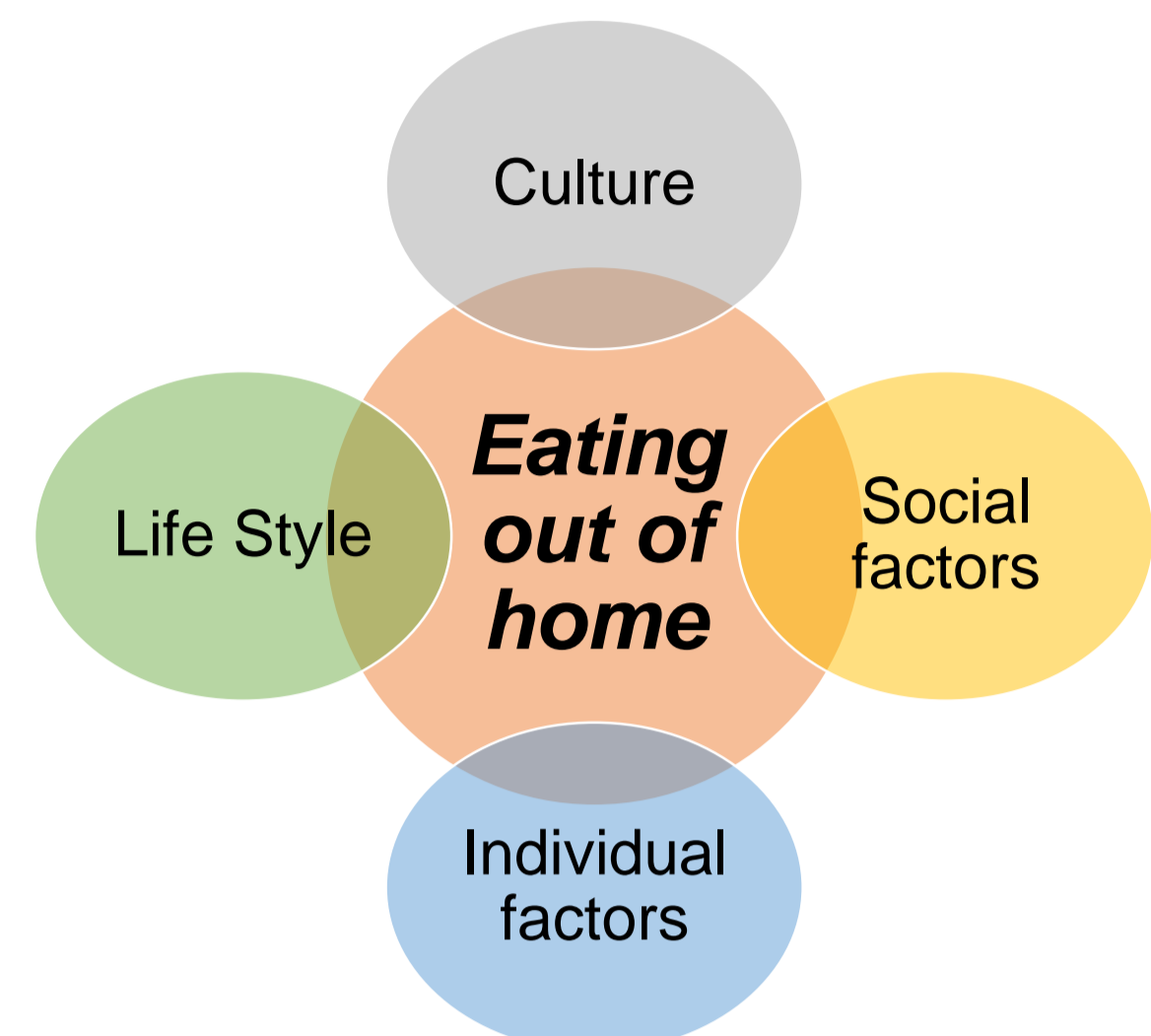


Figure 1: Main factors which influence EOH

OBJECTIVE

To analyze the factors determining EOH and characterize the current situation.

METHODS

Literature search was performed using electronic database *Pubmed* and the term used was “out of home eating habits”. Inclusion criteria was: papers covering the topic in adult population written in English or Spanish published in the last 10 years without geographical limit.

RESULTS



A lack of consensus about the definition of EOH was observed. Most of the studies did not define EOH and those who did it, used different criteria (*meals and beverages consumed out of home or food consumed and prepared out of home* are the most common).



In those studies where significant differences in sociodemographic variables were found EOH is more frequent in young men with a high educational level and high incomes.



EOH frequently is related to higher mean daily energy intake and an excess of salt and saturated fat consumption is highlighted.



People who eat out habitually show higher Body Mass Index (BMI) than those who don't. Also in some studies, EOH is directly considered a cause of overweight or obesity.



As a consequence of the effect of EOH as a habit on health, most of the studies suggest interventions in order to promote healthier choices.

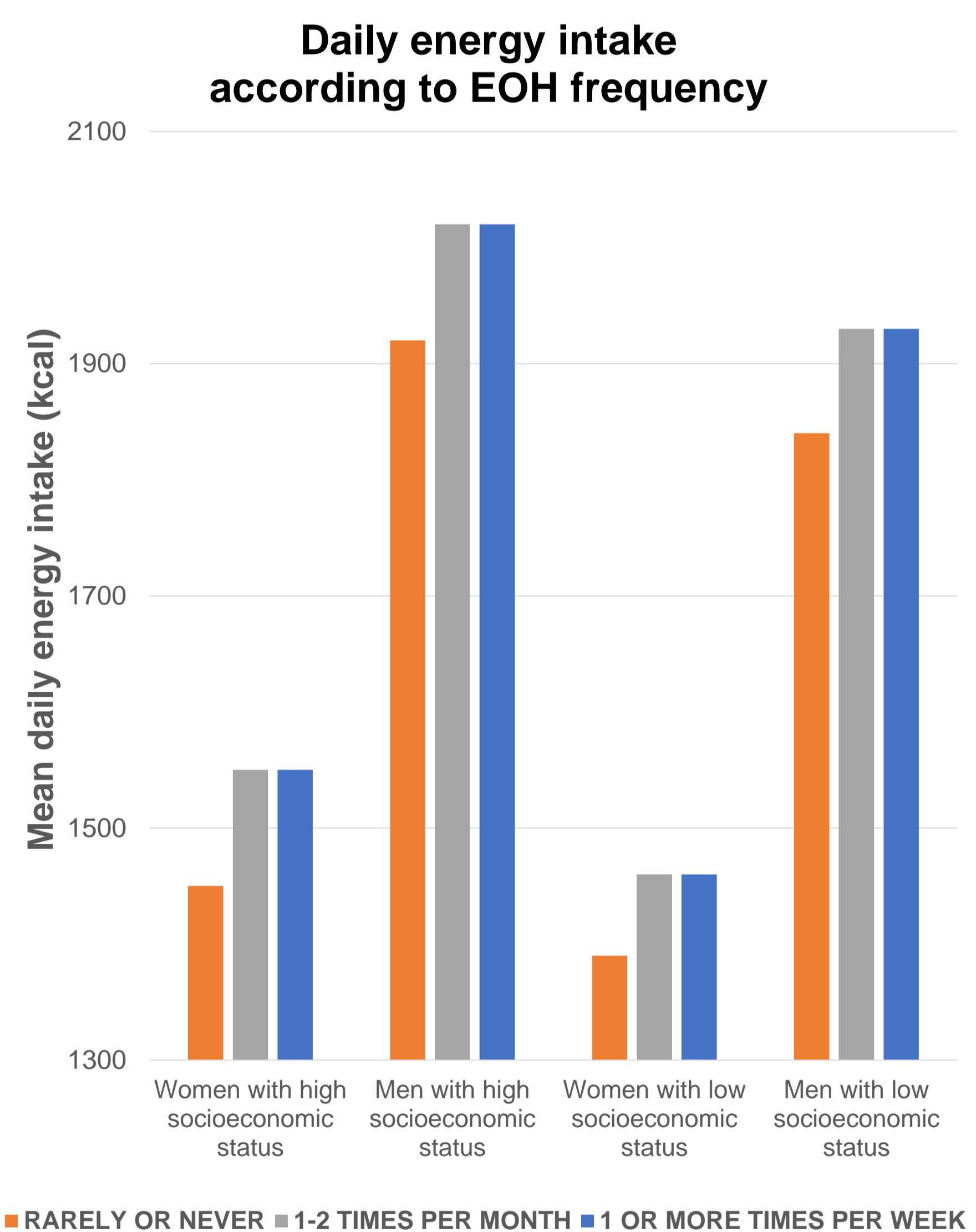


Figure 2: Daily energy intake of different groups according to gender, socio-economic status and frequency of EOH. Modified from Goffe L., et al, 2017.

CONCLUSIONS

This review provides a general view on EOH current situation. It may be used for describing the complexity of the topic and the consumer profile. Socioeconomic and anthropometric variables, along with dietary habits, influence significantly EOH, but other factors like “why”, “where”, “when” or “how” do people EOH in their general lifestyle context should be taken into account in future analysis.

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