

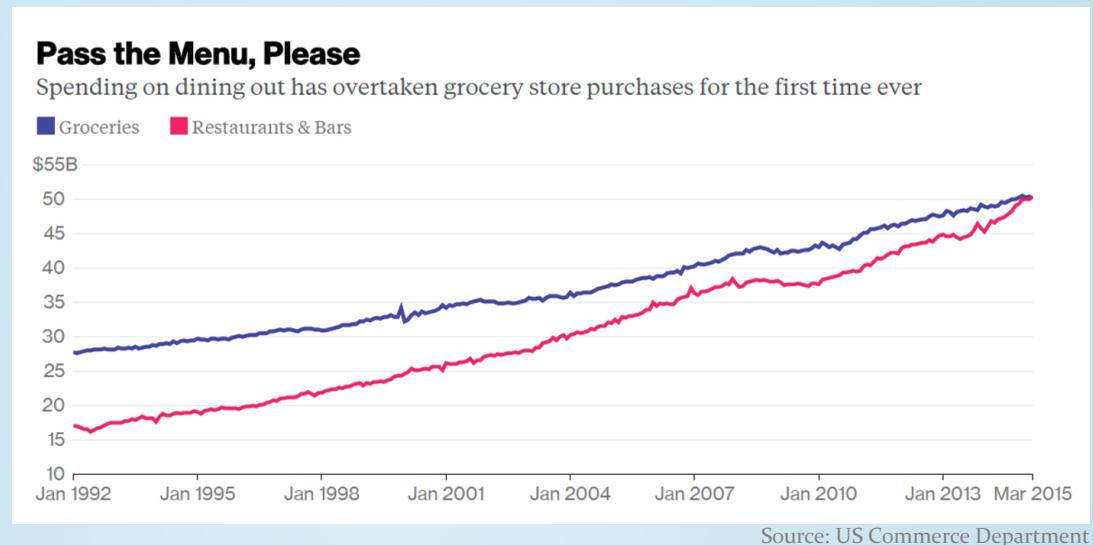


Why Restaurants Matter

We are eating at restaurants more than ever

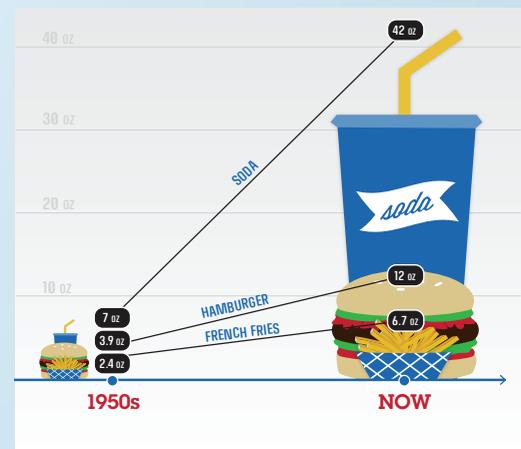
Los Angeles residents dine out or pick up food 5.9 times a week, which is more than the national average of 4.8 meals per week.

We spend more than half of our food budget eating out



The amount of food we are served and eat at restaurants has increased drastically

- **1/3 of our calories** come from food made away from home
- For an average adult, one meal away from home **increases calories eaten each day** by about 134 calories
- **Portion sizes have greatly increased** over the last few decades



You can be a leader in creating healthy communities. Join the Choose Health LA Restaurant program today!

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