Informed Dining **(i)**



Introduction

An evaluation of Informed Dining in Health Care was conducted in November 2017 to measure the impact of the program on health care food retail customers. Health care staff completed an online survey. Hospital cafeteria customers were interviewed face-to-face immediately after they made a purchase. Key findings from both groups are presented below.

HEALTH CARE STAFF

Program awareness



Informed Dining before



Program understanding



found the nutrition information easy to understand



oticed the daily calorie and sodium requirements

Interest in nutrition information



Nearly All look at nutrition information at least some of the time when eating out



look at nutrition at least half of the time



to check the nutrition information the next time they visit a participating outlet



said they definitely would check

Purchase & dining habits



buy food or

HOSPITAL CAFETERIA CUSTOMERS

Program awareness

Z IN

were <mark>aware</mark> of Informed Dining

Purchase & dining habits

buy food or beverages onsite

Access to nutrition information



noticed the nutrition informatio<u>n</u> before ordering



reported it was y to find or access



looked at the available nutrition information before ordering

Nearly all reported the nutrition information was easy to use

Influence on purchase decisions

who looked at the nutrition information reported that it ha

nfluence on what they ordered*



a strong influence

Menu

Customers used the nutrition information to

make a menu selection

Compare the calories of a menu item to the daily calorie requirement for a healthy adult

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