# Eating Out Habits and Health Awareness

# Findings & Observations:

1. Over half of the respondents consume outside food regularly, with most acknowledging the related health risks and expressing the belief that reducing such frequency would contribute to better health maintenance.

A screenshot of a computer

AI-generated content may be incorrect.

1. Survey results indicate that individuals between the ages of 26 and 30 exhibit a higher frequency of eating outside compared to other age groups.

A graph of different colored bars

AI-generated content may be incorrect.

1. Interestingly, all survey participants prefer to have home-cooked food on a daily basis rather than outside food.

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# Conclusion:

To conclude, people generally prefer home-cooked food due to health concerns and are making efforts to limit their outside food consumption. However, they also choose outside food at times for its convenience and taste.