# EATING OUT HABITS AND HEALTH AWARENESS

This project aims to study the patterns of eating out habits among different age groups and understand its impact on their lifestyle and health.

I did one survey and collect all raw data with asking several questions to my friends and family related to this. Later on i did analysis and got some key findings.

Dining out has become very common nowadays due to many reasons mostly I found due to work commitments ,convenience and social culture.

* People frequently eating out choose restaurants, cafes or street vendors.
* Teens mostly choose street vendors while adults depend on their food choices and time of the meal.
* They are mostly focusing on cravings, taste, availability, time rather than nutritional value.

# Impact on lifestyle:

* Increased convenience and time saving for individuals with busy routines .
* Increasing their social circle
* Reducing cooking skills and time
* More sedentary lifestyle

# Health impact:

* Increased risk of health issues like weight gain, bloating, diabetes, hypertension due to high calorie intake
* Eating out in more unhygienic
* Poor nutrition value adding to the food what they are consuming

# Suggestions :

A combination of mindful choices and eating out in moderation can balance convenience and health at the same time.

Eating balanced diet home cooked food will help with several health benefits.

Eating out with addition of some physical activity will help in check of the calorie count.