



SNACKING SURVEY RESULTS

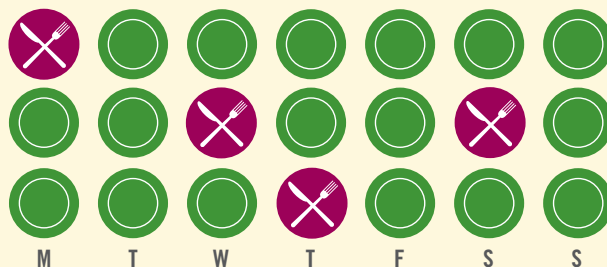
We asked 2,000 UK adults...

53%
of adults



SKIPPING MEALS

The average adult skips 4 meals a week



SNACKING



of UK adults chose to snack all day rather than eating 3 separate meals

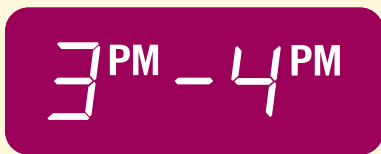
WEEKEND SNACKING

Adults will only manage to get 3 full meals inside them on 1 day of their weekend



ENERGY SLUMPS

British women have their biggest energy slump between



The most popular place to eat on the move is...



TOP 5

things people do whilst eating are...



1. Driving



2. Make up & hair



3. Bath



4. Toilet



5. School run

SIZE MATTERS

Nearly three quarters of respondents felt that frequent, smaller meals suited their lifestyle better than three main meals.



9 out of 10

workers said they would welcome healthy snacking alternatives rather than crisps or biscuits

