YouGov Survey: Meals and Eating

YouGov

Sample	1106 U.S. adult citizens
Conducted	January 9 - 13, 2025
Margin of Error	±4%

1. Which meal generally is your favorite?

Breakfast	23%
Lunch	19%
Dinner	50%
Not sure	9%

2. Which meal generally is your least favorite?

Breakfast	35%
Lunch	31%
Dinner	11%
Not sure	23%

3. How often do you eat...?

	Always	Usually	Sometimes	Rarely	Never
Breakfast	31%	25%	25%	16%	3%
Lunch	29%	30%	29%	11%	1%
Dinner	56%	30%	12%	2%	0%

4. When you eat the following meal, is it most often...?

	Prepared fresh by me	Prepared fresh by someone else in my household	Obtained from a restaurant or delivery service	Obtained from a workplace or school cafeteria	Ready to eat from a package	Other	Not asked - never eats this meal
Breakfast	57%	15%	7%	3%	13%	3%	3%
Lunch	48%	13%	17%	5%	13%	3%	1%
Dinner	53%	28%	6%	2%	7%	3%	0%

5. Other than you, who in your household typically prepares meals for you?
Among people who say someone else in their household typically prepares either breakfast, lunch, or dinner for them

My spouse or partner	54%
My parents	26%
My children	4%
My roommate	5%
Someone else	9%
Not sure	2%

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6. When you eat the following meal, is it most often...?

	Alone	With family	With coworkers or classmates	With friends or roommates	Other	Not asked - never eats this meal
Breakfast	53%	36%	2%	4%	1%	3%
Lunch	52%	26%	14%	6%	1%	1%
Dinner	33%	55%	2%	7%	2%	0%

7. Where do you most often eat the following meal?
Respondents saw more options; several have been combined for presentation

	Table	Couch or recliner	Kitchen counter	Bed	Desk	Other	Not asked - never eats this meal
Breakfast	39%	18%	13%	7%	8%	11%	3%
Lunch	36%	20%	9%	5%	16%	14%	1%
Dinner	51%	25%	7%	7%	5%	5%	0%

8. How long do you typically take to eat the following meal?

	Less than 5 minutes	5-10 minutes	11-20 minutes	21-30 minutes	31-45 minutes	46-60 minutes	More than an hour	Not asked - never eats this meal
Breakfast	10%	34%	33%	14%	5%	1%	0%	3%
Lunch	6%	26%	41%	21%	3%	2%	1%	1%
Dinner	2%	15%	35%	30%	13%	4%	1%	0%

9. Around what time do you typically eat breakfast?

Earlier than 6 am	2%
6:00 am	3%
6:30 am	4%
7:00 am	12%
7:30 am	10%
8:00 am	15%
8:30 am	7%
9:00 am	13%
9:30 am	6%
10:00 am	13%
Later than 10 am	13%
Not asked - never eats breakfast	3%

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10. Around what time do you typically eat lunch?

Earlier than 11 am	1%
11:00 am	2%
11:30 am	7%
12:00 pm	17%
12:30 pm	14%
1:00 pm	20%
1:30 pm	9%
2:00 pm	12%
2:30 pm	5%
3:00 pm	6%
Later than 3 pm	5%
Not asked - never eats lunch	1%

11. Around what time do you typically eat dinner?

Earlier than 5 pm	3%
5:00 pm	8%
5:30 pm	10%
6:00 pm	14%
6:30 pm	13%
7:00 pm	17%
7:30 pm	9%
8:00 pm	9%
8:30 pm	5%
9:00pm	6%
Later than 9 pm	6%
Not asked - never eats dinner	0%

12. When you eat breakfast, do you typically do any of the following at the same time? Select all that apply.

Watch TV	47%
Look at my phone	34%
Work or study	6%
Read	10%
Talk on the phone	5%
Talk to people I'm with	26%
Drive or commute	4%
Play video games	5%
Listen to music or podcasts	17%
Do household chores	4%
None of the above	13%
Not asked - never eats breakfast	3%

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13. When you eat lunch, do you typically do any of the following at the same time? Select all that apply.

Watch TV 46%
Look at my phone 35%
Work or study 11%
Read 10%
Talk on the phone 7%
Talk to people I'm with 33%
Drive or commute 3%
Play video games 5%
Listen to music or podcasts 18%
Do household chores 4%
None of the above 10%
Not asked - never eats lunch 1%

14. When you eat dinner, do you typically do any of the following at the same time? Select all that apply.

Watch TV 63%
Look at my phone 28%
Work or study 4%
Read 8%
Talk on the phone 6%
Talk to people I'm with 41%
Drive or commute 1%
Play video games 6%
Listen to music or podcasts 16%
Do household chores 3%
None of the above 9%
Not asked - never eats dinner 0%

15. When it comes to preparing meals, how do you feel about the following step?

	Love it	Like it	Neutral	Dislike it	Hate it	Not sure
Planning the meal	15%	29%	37%	10%	7%	2%
Shopping for ingredients	14%	29%	35%	12%	7%	2%
Preparing ingredients	15%	34%	31%	13%	4%	2%
Making the meal	24%	36%	25%	9%	4%	2%
Cleaning up after making the meal	8%	12%	32%	25%	21%	2%

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Interviewing Dates	January 9 - 13, 2025
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.047, with a mean of one and a standard deviation of 0.893.
Number of respondents	1106
Margin of error	$\pm$ 4% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	87 questions not reported.

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1. Favorite Meal

Which meal generally is your favorite?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Breakfast	23%	20%	25%	19%	23%	22%	27%	25%	27%	14%	11%
Lunch	19%	19%	19%	32%	22%	14%	10%	15%	22%	32%	27%
Dinner	50%	51%	48%	41%	46%	57%	52%	52%	36%	51%	52%
Not sure	9%	10%	7%	8%	9%	7%	11%	8%	16%	3%	9%
Totals	101%	100%	99%	100%	100%	100%	100%	100%	101%	100%	99%
Unweighted N	(1,106)	(541)	(565)	(272)	(206)	(359)	(269)	(629)	(179)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Breakfast	23%	22%	22%	23%	22%	25%	24%	20%	24%	29%	22%	20%	24%
Lunch	19%	24%	16%	18%	21%	18%	17%	20%	23%	20%	16%	20%	20%
Dinner	50%	49%	49%	52%	49%	50%	53%	51%	47%	43%	55%	51%	46%
Not sure	9%	5%	13%	7%	8%	8%	6%	9%	6%	8%	8%	9%	10%
Totals	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%	101%	100%	100%
Unweighted N	(1,106)	(392)	(385)	(329)	(450)	(403)	(452)	(329)	(203)	(188)	(221)	(434)	(263)

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2. Least Favorite Meal
Which meal generally is your least favorite?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Breakfast	35%	31%	39%	36%	36%	41%	26%	35%	33%	42%	30%
Lunch	31%	33%	29%	25%	27%	33%	36%	31%	32%	27%	28%
Dinner	11%	10%	12%	17%	13%	7%	10%	12%	10%	10%	9%
Not sure	23%	26%	20%	21%	23%	20%	28%	21%	26%	22%	32%
Totals	100%	100%	100%	99%	99%	101%	100%	99%	101%	101%	99%
Unweighted N	(1,103)	(538)	(565)	(272)	(205)	(358)	(268)	(628)	(178)	(164)	(133)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Breakfast	35%	35%	33%	38%	37%	37%	35%	36%	36%	32%	35%	38%	33%
Lunch	31%	26%	31%	34%	31%	30%	32%	29%	35%	27%	31%	28%	37%
Dinner	11%	13%	10%	11%	11%	12%	8%	15%	15%	19%	10%	9%	11%
Not sure	23%	25%	27%	16%	22%	22%	24%	20%	14%	23%	24%	25%	19%
Totals	100%	99%	101%	99%	101%	101%	99%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,103)	(391)	(383)	(329)	(449)	(403)	(451)	(329)	(202)	(188)	(221)	(432)	(262)

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3A. Frequency of Eating Meals — Breakfast
How often do you eat. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	31%	32%	31%	34%	29%	22%	44%	32%	29%	32%	29%
Usually	25%	26%	23%	26%	27%	25%	21%	25%	24%	25%	22%
Sometimes	25%	26%	24%	23%	33%	24%	20%	24%	28%	29%	24%
Rarely	16%	14%	18%	14%	9%	25%	13%	17%	15%	11%	25%
Never	3%	2%	4%	2%	2%	4%	2%	3%	4%	3%	1%
Totals	100%	100%	100%	99%	100%	100%	100%	101%	100%	100%	101%
Unweighted N	(1,106)	(541)	(565)	(272)	(206)	(359)	(269)	(629)	(179)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Always	31%	35%	29%	30%	35%	37%	28%	31%	37%	44%	31%	26%	30%
Usually	25%	24%	24%	25%	22%	21%	23%	29%	21%	19%	23%	24%	32%
Sometimes	25%	21%	29%	24%	23%	22%	27%	20%	24%	21%	21%	30%	24%
Rarely	16%	17%	15%	17%	17%	17%	18%	15%	16%	15%	20%	17%	12%
Never	3%	3%	2%	4%	3%	2%	4%	4%	1%	1%	5%	3%	2%
Totals	100%	100%	99%	100%	100%	99%	100%	99%	99%	100%	100%	100%	100%
Unweighted N	(1,106)	(392)	(385)	(329)	(450)	(403)	(452)	(329)	(203)	(188)	(221)	(434)	(263)

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3B. Frequency of Eating Meals — Lunch
How often do you eat. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	29%	32%	25%	39%	27%	28%	22%	26%	28%	42%	31%
Usually	30%	30%	30%	28%	35%	26%	32%	30%	24%	26%	42%
Sometimes	29%	25%	33%	26%	30%	29%	34%	31%	32%	27%	15%
Rarely	11%	12%	11%	8%	8%	17%	10%	12%	15%	5%	12%
Never	1%	1%	1%	0%	0%	0%	2%	1%	0%	0%	0%
Totals	100%	100%	100%	101%	100%	100%	100%	100%	99%	100%	100%
Unweighted N	(1,105)	(541)	(564)	(272)	(205)	(359)	(269)	(629)	(179)	(163)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Always	29%	34%	23%	30%	29%	33%	24%	30%	36%	31%	26%	30%	27%
Usually	30%	35%	31%	24%	35%	27%	28%	31%	32%	27%	27%	32%	30%
Sometimes	29%	26%	33%	29%	28%	29%	32%	27%	25%	27%	32%	27%	31%
Rarely	11%	5%	12%	16%	8%	10%	15%	12%	7%	13%	14%	10%	11%
Never	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	0%
Totals	100%	101%	99%	100%	101%	100%	100%	100%	101%	99%	100%	100%	99%
Unweighted N	(1,105)	(392)	(384)	(329)	(450)	(403)	(452)	(329)	(202)	(188)	(221)	(434)	(262)

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3C. Frequency of Eating Meals — Dinner
How often do you eat. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	56%	60%	53%	57%	53%	53%	63%	56%	55%	57%	58%
Usually	30%	27%	33%	21%	29%	36%	30%	32%	30%	17%	32%
Sometimes	12%	11%	12%	21%	15%	8%	5%	10%	13%	21%	10%
Rarely	2%	2%	2%	1%	3%	2%	1%	2%	2%	5%	0%
Never	0%	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%
Totals	100%	100%	100%	100%	101%	99%	99%	100%	101%	101%	100%
Unweighted N	(1,104)	(541)	(563)	(271)	(206)	(359)	(268)	(628)	(179)	(164)	(133)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Always	56%	58%	54%	56%	61%	56%	56%	54%	60%	56%	59%	57%	52%
Usually	30%	28%	29%	33%	30%	31%	32%	29%	29%	27%	31%	31%	30%
Sometimes	12%	12%	14%	8%	8%	10%	11%	14%	10%	11%	7%	11%	17%
Rarely	2%	1%	3%	2%	1%	3%	2%	2%	1%	6%	2%	1%	1%
Never	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Totals	100%	100%	100%	99%	100%	100%	101%	100%	100%	100%	99%	100%	101%
Unweighted N	(1,104)	(391)	(385)	(328)	(450)	(403)	(451)	(328)	(203)	(187)	(220)	(434)	(263)

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4A. Source of Meals — Breakfast
When you eat the following meal, is it most often. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Prepared fresh by me	57%	51%	62%	52%	47%	56%	70%	58%	49%	54%	58%
Prepared fresh by someone else in my household	15%	19%	11%	19%	22%	10%	9%	13%	19%	21%	10%
Obtained from a restaurant or delivery service	7%	10%	4%	7%	8%	9%	3%	6%	8%	9%	11%
Obtained from a workplace or school cafeteria	3%	4%	3%	6%	4%	4%	0%	3%	5%	4%	2%
Ready to eat from a package	13%	12%	13%	10%	14%	14%	12%	15%	9%	6%	16%
Other	3%	2%	3%	3%	2%	2%	3%	2%	5%	2%	2%
Not asked - never eats this meal	3%	2%	4%	2%	2%	4%	2%	3%	4%	3%	1%
Totals	101%	100%	100%	99%	99%	99%	99%	100%	99%	99%	100%
Unweighted N	(1,103)	(540)	(563)	(272)	(206)	(358)	(267)	(626)	(179)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Prepared fresh by me	57%	58%	59%	52%	58%	54%	57%	56%	51%	62%	54%	52%	63%
Prepared fresh by someone else in my household	15%	13%	14%	16%	12%	16%	10%	22%	16%	15%	14%	16%	13%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Obtained from a restaurant or delivery service	7%	6%	7%	8%	8%	8%	7%	6%	9%	7%	7%	7%	7%
Obtained from a workplace or school cafeteria	3%	5%	3%	3%	2%	4%	3%	4%	5%	7%	2%	3%	2%
Ready to eat from a package	13%	12%	12%	14%	12%	13%	17%	7%	15%	5%	17%	16%	9%
Other	3%	3%	2%	3%	4%	3%	3%	2%	2%	2%	2%	3%	4%
Not asked - never eats this meal	3%	3%	2%	4%	3%	2%	4%	4%	1%	1%	5%	3%	2%
Totals	101%	100%	99%	100%	99%	100%	101%	101%	99%	99%	101%	100%	100%
Unweighted N	(1,103)	(390)	(385)	(328)	(449)	(402)	(451)	(328)	(202)	(187)	(221)	(433)	(262)

4B. Source of Meals — Lunch

When you eat the following meal, is it most often. . . ?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Prepared fresh by me	48%	41%	54%	32%	32%	58%	64%	51%	34%	44%	48%
Prepared fresh by someone else in my household	13%	17%	9%	22%	15%	8%	8%	11%	14%	18%	18%
Obtained from a restaurant or delivery service	17%	18%	17%	26%	26%	12%	9%	16%	22%	23%	15%
Obtained from a workplace or school cafeteria	5%	7%	2%	7%	8%	4%	1%	3%	15%	3%	7%
Ready to eat from a package	13%	14%	13%	9%	18%	15%	10%	15%	11%	7%	8%
Other	3%	2%	4%	5%	1%	2%	7%	3%	3%	3%	4%
Not asked - never eats this meal	1%	1%	1%	0%	0%	0%	2%	1%	0%	0%	0%
Totals	100%	100%	100%	101%	100%	99%	101%	100%	99%	98%	100%
Unweighted N	(1,094)	(536)	(558)	(271)	(205)	(353)	(265)	(622)	(177)	(162)	(133)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Prepared fresh by me	48%	49%	48%	46%	54%	51%	46%	44%	51%	44%	53%	45%	50%
Prepared fresh by someone else in my household	13%	10%	13%	15%	10%	12%	11%	15%	14%	10%	11%	16%	10%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Obtained from a restaurant or delivery service	17%	18%	16%	19%	17%	20%	15%	19%	17%	27%	16%	15%	18%
Obtained from a workplace or school cafeteria	5%	4%	6%	5%	3%	4%	6%	4%	6%	10%	2%	5%	5%
Ready to eat from a package	13%	15%	16%	9%	13%	8%	16%	15%	10%	5%	15%	15%	14%
Other	3%	4%	2%	4%	3%	4%	5%	3%	1%	3%	2%	4%	4%
Not asked - never eats this meal	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	0%
Totals	100%	101%	101%	99%	101%	100%	100%	100%	100%	100%	100%	101%	101%
Unweighted N	(1,094)	(389)	(380)	(325)	(447)	(398)	(445)	(327)	(202)	(187)	(219)	(427)	(261)

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4C. Source of Meals — Dinner
When you eat the following meal, is it most often. . . ?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Prepared fresh by me	53%	44%	62%	41%	47%	56%	65%	54%	46%	44%	71%
Prepared fresh by someone else in my household	28%	38%	19%	42%	27%	26%	22%	27%	31%	40%	19%
Obtained from a restaurant or delivery service	6%	5%	8%	6%	11%	4%	5%	6%	10%	7%	3%
Obtained from a workplace or school cafeteria	2%	3%	2%	3%	4%	2%	0%	3%	2%	1%	0%
Ready to eat from a package	7%	8%	6%	6%	6%	11%	4%	8%	5%	6%	3%
Other	3%	2%	3%	2%	3%	2%	3%	2%	6%	2%	5%
Not asked - never eats this meal	0%	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%
Totals	99%	100%	100%	100%	99%	101%	99%	100%	101%	101%	101%
Unweighted N	(1,102)	(541)	(561)	(271)	(206)	(359)	(266)	(627)	(178)	(164)	(133)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Prepared fresh by me	53%	58%	54%	48%	59%	47%	60%	47%	48%	52%	55%	49%	58%
Prepared fresh by someone else in my household	28%	23%	27%	35%	23%	34%	21%	34%	35%	27%	29%	34%	21%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Obtained from a restaurant or delivery service	6%	8%	8%	3%	8%	4%	7%	5%	7%	9%	6%	5%	8%
Obtained from a workplace or school cafeteria	2%	2%	2%	3%	1%	3%	2%	2%	3%	4%	1%	3%	1%
Ready to eat from a package	7%	7%	6%	9%	5%	11%	7%	11%	4%	7%	7%	7%	8%
Other	3%	2%	3%	3%	3%	1%	3%	1%	3%	2%	3%	2%	4%
Not asked - never eats this meal	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Totals	99%	101%	100%	101%	99%	100%	100%	101%	100%	101%	101%	100%	101%
Unweighted N	(1,102)	(390)	(385)	(327)	(449)	(402)	(450)	(328)	(202)	(187)	(220)	(434)	(261)

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5. Who Prepares Meals

Other than you, who in your household typically prepares meals for you?

Among people who say someone else in their household typically prepares either breakfast, lunch, or dinner for them

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
My spouse or partner	54%	59%	46%	22%	*	70%	*	67%	*	*	*
My parents	26%	23%	32%	57%	*	3%	*	16%	*	*	*
My children	4%	2%	8%	0%	*	5%	*	5%	*	*	*
My roommate	5%	4%	5%	8%	*	5%	*	3%	*	*	*
Someone else	9%	10%	7%	8%	*	14%	*	9%	*	*	*
Not sure	2%	2%	2%	3%	*	3%	*	1%	*	*	*
Totals	100%	100%	100%	98%	*	100%	*	101%	*	*	*
Unweighted N	(385)	(247)	(138)	(132)	(82)	(104)	(67)	(197)	(76)	(77)	(35)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
My spouse or partner	54%	60%	41%	62%	72%	73%	37%	61%	*	*	*	51%	*
My parents	26%	18%	40%	18%	15%	12%	35%	19%	*	*	*	32%	*
My children	4%	2%	3%	7%	3%	7%	7%	5%	*	*	*	3%	*
My roommate	5%	8%	2%	4%	3%	2%	8%	4%	*	*	*	1%	*
Someone else	9%	10%	9%	7%	6%	5%	12%	8%	*	*	*	10%	*
Not sure	2%	1%	4%	1%	0%	2%	0%	3%	*	*	*	3%	*
Totals	100%	99%	99%	99%	99%	101%	99%	100%	*	*	*	100%	*
Unweighted N	(385)	(138)	(125)	(122)	(151)	(137)	(130)	(124)	(86)	(68)	(70)	(163)	(84)

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6A. Company During Meals — Breakfast
When you eat the following meal, is it most often. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Alone	53%	56%	51%	47%	41%	60%	63%	53%	57%	45%	65%
With family	36%	33%	39%	41%	49%	27%	32%	37%	30%	42%	25%
With coworkers or classmates	2%	2%	2%	4%	3%	1%	0%	2%	0%	5%	1%
With friends or roommates	4%	6%	3%	4%	5%	6%	2%	4%	6%	3%	6%
Other	1%	1%	2%	1%	1%	2%	1%	1%	2%	2%	2%
Not asked - never eats this meal	3%	2%	4%	2%	2%	4%	2%	3%	4%	4%	1%
Totals	99%	100%	101%	99%	101%	100%	100%	100%	99%	101%	100%
Unweighted N	(1,098)	(539)	(559)	(271)	(205)	(359)	(263)	(625)	(178)	(163)	(132)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Alone	53%	52%	55%	53%	58%	53%	57%	52%	43%	55%	55%	48%	59%
With family	36%	37%	36%	35%	34%	36%	32%	37%	49%	36%	35%	38%	35%
With coworkers or classmates	2%	2%	2%	2%	1%	3%	2%	2%	2%	4%	1%	2%	1%
With friends or roommates	4%	5%	3%	4%	2%	4%	5%	3%	5%	4%	3%	6%	2%
Other	1%	1%	2%	1%	1%	2%	1%	3%	0%	1%	1%	2%	1%
Not asked - never eats this meal	3%	3%	2%	4%	3%	2%	4%	4%	1%	1%	5%	3%	2%
Totals	99%	100%	100%	99%	99%	100%	101%	101%	100%	101%	100%	99%	100%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Unweighted N	(1,098)	(388)	(383)	(327)	(446)	(401)	(446)	(328)	(203)	(188)	(219)	(430)	(261)

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6B. Company During Meals — Lunch
When you eat the following meal, is it most often. . . ?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Alone	52%	58%	46%	42%	40%	61%	59%	50%	63%	47%	55%
With family	26%	23%	30%	24%	32%	22%	30%	28%	17%	27%	24%
With coworkers or classmates	14%	12%	16%	22%	21%	10%	3%	13%	13%	19%	12%
With friends or roommates	6%	6%	7%	10%	6%	5%	5%	6%	6%	4%	8%
Other	1%	1%	1%	2%	1%	1%	1%	1%	1%	3%	2%
Not asked - never eats this meal	1%	1%	1%	0%	0%	0%	2%	1%	0%	0%	0%
Totals	100%	101%	101%	100%	100%	99%	100%	99%	100%	100%	101%
Unweighted N	(1,096)	(538)	(558)	(272)	(204)	(355)	(265)	(622)	(178)	(162)	(134)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Alone	52%	47%	56%	51%	51%	48%	59%	48%	38%	51%	54%	50%	53%
With family	26%	25%	25%	30%	25%	29%	25%	27%	30%	27%	25%	31%	21%
With coworkers or classmates	14%	20%	13%	9%	19%	13%	8%	17%	26%	15%	11%	11%	20%
With friends or roommates	6%	6%	5%	7%	3%	5%	6%	6%	5%	6%	9%	6%	4%
Other	1%	1%	1%	2%	1%	2%	1%	2%	1%	0%	1%	1%	2%
Not asked - never eats this meal	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	0%
Totals	100%	100%	100%	100%	100%	98%	100%	100%	101%	100%	101%	100%	100%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Unweighted N	(1,096)	(391)	(381)	(324)	(449)	(399)	(447)	(327)	(200)	(188)	(219)	(429)	(260)

6C. Company During Meals — Dinner
When you eat the following meal, is it most often. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Alone	33%	38%	29%	34%	26%	36%	37%	30%	42%	32%	51%
With family	55%	50%	60%	47%	59%	55%	59%	58%	45%	57%	42%
With coworkers or classmates	2%	2%	1%	4%	2%	1%	0%	2%	1%	5%	0%
With friends or roommates	7%	7%	7%	11%	10%	6%	1%	8%	7%	2%	3%
Other	2%	2%	3%	4%	2%	2%	2%	2%	4%	3%	4%
Not asked - never eats this meal	0%	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%
Totals	99%	99%	100%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,098)	(539)	(559)	(271)	(206)	(357)	(264)	(624)	(178)	(163)	(133)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Alone	33%	30%	38%	31%	29%	32%	43%	32%	11%	37%	34%	32%	33%
With family	55%	57%	52%	57%	65%	59%	45%	57%	78%	53%	55%	55%	57%
With coworkers or classmates	2%	2%	2%	1%	0%	2%	2%	2%	1%	1%	1%	4%	1%
With friends or roommates	7%	9%	5%	8%	5%	4%	8%	6%	8%	5%	9%	6%	8%
Other	2%	1%	3%	3%	0%	3%	2%	3%	1%	4%	2%	3%	1%
Not asked - never eats this meal	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Totals	99%	100%	100%	100%	99%	100%	100%	101%	99%	100%	101%	100%	101%

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Unweighted N	(1,098)	(388)	(382)	(328)	(446)	(401)	(448)	(325)	(203)	(186)	(220)	(430)	(262)

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7A. Location of Meals — Breakfast
Where do you most often eat the following meal?
Respondents saw more options; several have been combined for presentation

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Table	39%	44%	35%	45%	33%	37%	43%	38%	33%	48%	50%
Couch or recliner	18%	15%	21%	5%	16%	24%	24%	21%	12%	11%	15%
Kitchen counter	13%	11%	15%	15%	18%	10%	12%	14%	16%	12%	9%
Bed	7%	5%	9%	10%	7%	8%	4%	6%	11%	9%	7%
Desk	8%	11%	6%	6%	11%	7%	8%	9%	12%	3%	5%
Other	11%	13%	9%	16%	12%	10%	6%	10%	11%	13%	13%
Not asked - never eats this meal	3%	2%	4%	2%	2%	4%	2%	3%	4%	4%	1%
Totals	99%	101%	99%	99%	99%	100%	99%	101%	99%	100%	100%
Unweighted N	(1,101)	(539)	(562)	(272)	(206)	(357)	(266)	(625)	(179)	(163)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Table	39%	35%	41%	41%	38%	45%	32%	43%	49%	46%	36%	37%	43%
Couch or recliner	18%	16%	19%	18%	18%	15%	26%	15%	9%	18%	20%	19%	15%
Kitchen counter	13%	15%	14%	11%	14%	13%	13%	13%	14%	14%	16%	11%	14%
Bed	7%	13%	4%	6%	5%	5%	9%	5%	6%	9%	6%	7%	7%
Desk	8%	8%	7%	10%	9%	7%	9%	6%	9%	8%	7%	10%	8%
Other	11%	10%	12%	10%	12%	11%	7%	14%	12%	4%	11%	14%	11%
Not asked - never eats this meal	3%	3%	2%	4%	3%	2%	4%	4%	1%	1%	5%	3%	2%
Totals	99%	100%	99%	100%	99%	98%	100%	100%	100%	100%	101%	101%	100%
Unweighted N	(1,101)	(391)	(385)	(325)	(448)	(401)	(449)	(328)	(202)	(187)	(220)	(433)	(261)

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7B. Location of Meals — Lunch
Where do you most often eat the following meal?
Respondents saw more options; several have been combined for presentation

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Table	36%	36%	35%	45%	29%	32%	40%	35%	29%	41%	41%
Couch or recliner	20%	17%	22%	8%	18%	25%	25%	23%	15%	12%	16%
Kitchen counter	9%	7%	11%	7%	9%	7%	13%	9%	8%	6%	12%
Bed	5%	5%	5%	5%	4%	9%	1%	4%	11%	9%	2%
Desk	16%	20%	13%	18%	21%	16%	10%	16%	19%	18%	13%
Other	14%	15%	13%	17%	19%	11%	9%	13%	17%	13%	15%
Not asked - never eats this meal	1%	1%	1%	0%	0%	0%	2%	1%	0%	0%	0%
Totals	101%	101%	100%	100%	100%	100%	100%	101%	99%	99%	99%
Unweighted N	(1,101)	(540)	(561)	(272)	(204)	(359)	(266)	(626)	(179)	(163)	(133)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Table	36%	35%	35%	37%	35%	37%	30%	38%	40%	38%	36%	34%	37%
Couch or recliner	20%	17%	21%	20%	19%	20%	27%	19%	11%	15%	21%	20%	22%
Kitchen counter	9%	9%	9%	8%	9%	8%	9%	7%	9%	6%	13%	8%	7%
Bed	5%	8%	3%	5%	4%	3%	8%	4%	1%	2%	3%	8%	5%
Desk	16%	17%	17%	14%	19%	17%	13%	16%	26%	19%	14%	17%	17%
Other	14%	12%	15%	14%	14%	15%	12%	15%	13%	18%	12%	14%	13%
Not asked - never eats this meal	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	0%
Totals	101%	99%	100%	99%	101%	101%	100%	99%	101%	99%	100%	102%	101%
Unweighted N	(1,101)	(391)	(382)	(328)	(449)	(401)	(450)	(328)	(202)	(188)	(221)	(432)	(260)

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7C. Location of Meals — Dinner
Where do you most often eat the following meal?
Respondents saw more options; several have been combined for presentation

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Table	51%	55%	47%	55%	47%	45%	59%	50%	54%	53%	50%
Couch or recliner	25%	22%	27%	13%	20%	33%	27%	27%	18%	19%	21%
Kitchen counter	7%	4%	9%	7%	10%	5%	6%	7%	8%	6%	9%
Bed	7%	6%	9%	12%	6%	9%	2%	6%	9%	13%	10%
Desk	5%	7%	4%	8%	5%	5%	4%	6%	3%	4%	5%
Other	5%	6%	5%	6%	11%	2%	2%	5%	9%	4%	4%
Not asked - never eats this meal	0%	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%
Totals	100%	100%	101%	101%	100%	99%	100%	101%	102%	100%	99%
Unweighted N	(1,101)	(541)	(560)	(271)	(206)	(358)	(266)	(626)	(179)	(164)	(132)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Table	51%	51%	51%	49%	57%	52%	44%	52%	59%	49%	54%	48%	53%
Couch or recliner	25%	22%	27%	24%	23%	25%	32%	21%	20%	25%	24%	24%	26%
Kitchen counter	7%	8%	5%	7%	8%	7%	7%	8%	8%	8%	8%	7%	5%
Bed	7%	9%	6%	7%	4%	5%	8%	6%	6%	6%	3%	9%	10%
Desk	5%	4%	4%	8%	3%	6%	6%	5%	2%	6%	7%	6%	2%
Other	5%	5%	6%	5%	4%	5%	3%	7%	5%	7%	4%	7%	3%
Not asked - never eats this meal	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Totals	100%	100%	99%	100%	99%	100%	100%	100%	100%	101%	100%	101%	100%
Unweighted N	(1,101)	(389)	(385)	(327)	(448)	(403)	(449)	(327)	(203)	(187)	(220)	(434)	(260)

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8A. Length of Meals — Breakfast
How long do you typically take to eat the following meal?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Less than 5 minutes	10%	10%	9%	9%	8%	12%	9%	12%	5%	3%	9%
5-10 minutes	34%	35%	33%	41%	33%	34%	29%	32%	30%	41%	45%
11-20 minutes	33%	33%	33%	28%	30%	37%	34%	32%	38%	31%	34%
21-30 minutes	14%	14%	15%	16%	17%	8%	18%	15%	16%	12%	10%
31-45 minutes	5%	6%	4%	4%	5%	4%	6%	4%	6%	6%	2%
46-60 minutes	1%	0%	2%	1%	4%	0%	1%	1%	1%	4%	0%
More than an hour	0%	0%	0%	0%	1%	0%	0%	0%	1%	0%	0%
Not asked - never eats this meal	3%	2%	4%	2%	2%	4%	2%	3%	4%	3%	1%
Totals	100%	100%	100%	101%	100%	99%	99%	99%	101%	100%	101%
Unweighted N	(1,099)	(540)	(559)	(272)	(206)	(356)	(265)	(622)	(179)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Less than 5 minutes	10%	7%	10%	12%	8%	11%	10%	7%	13%	5%	10%	11%	9%
5-10 minutes	34%	35%	39%	27%	35%	32%	36%	36%	31%	35%	29%	35%	37%
11-20 minutes	33%	34%	32%	33%	34%	34%	30%	33%	37%	38%	32%	29%	36%
21-30 minutes	14%	14%	13%	16%	14%	14%	13%	16%	10%	16%	17%	15%	8%
31-45 minutes	5%	6%	3%	5%	4%	5%	6%	3%	4%	2%	5%	5%	5%
46-60 minutes	1%	0%	1%	3%	0%	2%	1%	1%	5%	2%	1%	1%	3%
More than an hour	0%	1%	0%	0%	1%	0%	1%	0%	0%	1%	0%	0%	1%
Not asked - never eats this meal	3%	3%	2%	4%	3%	2%	4%	4%	1%	1%	5%	3%	2%
Totals	100%	100%	100%	100%	99%	100%	101%	100%	101%	100%	99%	99%	101%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Unweighted N	(1,099)	(390)	(384)	(325)	(449)	(398)	(450)	(325)	(202)	(188)	(219)	(430)	(262)

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8B. Length of Meals — Lunch
How long do you typically take to eat the following meal?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Less than 5 minutes	6%	7%	4%	7%	5%	6%	5%	5%	5%	5%	10%
5-10 minutes	26%	28%	24%	27%	26%	28%	23%	25%	26%	31%	32%
11-20 minutes	41%	39%	43%	40%	39%	45%	38%	43%	38%	34%	34%
21-30 minutes	21%	20%	22%	22%	25%	16%	23%	20%	25%	25%	19%
31-45 minutes	3%	3%	3%	3%	2%	3%	6%	3%	4%	2%	2%
46-60 minutes	2%	2%	2%	1%	1%	3%	3%	2%	1%	3%	3%
More than an hour	1%	0%	1%	0%	1%	0%	0%	1%	1%	0%	0%
Not asked - never eats this meal	1%	1%	1%	0%	0%	0%	2%	1%	0%	0%	0%
Totals	101%	100%	100%	100%	99%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,102)	(540)	(562)	(271)	(205)	(359)	(267)	(627)	(179)	(162)	(134)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Less than 5 minutes	6%	3%	8%	6%	2%	4%	9%	3%	1%	3%	7%	7%	5%
5-10 minutes	26%	24%	30%	24%	25%	23%	27%	30%	20%	27%	19%	28%	30%
11-20 minutes	41%	38%	39%	45%	40%	48%	37%	41%	53%	46%	45%	36%	42%
21-30 minutes	21%	28%	18%	18%	24%	17%	19%	21%	19%	18%	24%	22%	19%
31-45 minutes	3%	4%	3%	3%	4%	4%	4%	2%	5%	4%	3%	3%	3%
46-60 minutes	2%	2%	1%	3%	2%	2%	2%	2%	2%	2%	1%	3%	2%
More than an hour	1%	1%	0%	1%	1%	0%	1%	0%	0%	1%	0%	1%	0%
Not asked - never eats this meal	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	0%
Totals	101%	101%	99%	101%	99%	99%	100%	99%	101%	102%	100%	101%	101%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Unweighted N	(1,102)	(390)	(384)	(328)	(448)	(402)	(450)	(329)	(202)	(188)	(221)	(433)	(260)

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8C. Length of Meals — Dinner
How long do you typically take to eat the following meal?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Less than 5 minutes	2%	3%	1%	3%	1%	2%	2%	2%	2%	0%	5%
5-10 minutes	15%	14%	16%	24%	15%	13%	8%	14%	13%	20%	18%
11-20 minutes	35%	36%	34%	33%	36%	37%	32%	34%	33%	37%	36%
21-30 minutes	30%	29%	31%	24%	28%	34%	31%	31%	31%	24%	27%
31-45 minutes	13%	14%	12%	12%	11%	10%	20%	13%	16%	11%	12%
46-60 minutes	4%	3%	5%	5%	6%	2%	5%	4%	2%	7%	2%
More than an hour	1%	1%	2%	0%	2%	1%	3%	2%	2%	0%	0%
Not asked - never eats this meal	0%	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%
Totals	100%	100%	101%	101%	100%	99%	101%	100%	100%	100%	100%
Unweighted N	(1,094)	(536)	(558)	(271)	(204)	(358)	(261)	(622)	(178)	(162)	(132)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Less than 5 minutes	2%	2%	2%	2%	1%	1%	3%	1%	0%	1%	2%	3%	1%
5-10 minutes	15%	17%	16%	12%	12%	13%	17%	15%	10%	14%	10%	17%	17%
11-20 minutes	35%	31%	36%	36%	33%	37%	35%	39%	31%	42%	36%	30%	36%
21-30 minutes	30%	29%	28%	33%	33%	31%	30%	28%	30%	28%	33%	30%	27%
31-45 minutes	13%	16%	12%	11%	15%	13%	8%	13%	20%	9%	14%	14%	13%
46-60 minutes	4%	3%	5%	5%	4%	4%	5%	2%	6%	5%	4%	4%	4%
More than an hour	1%	2%	1%	1%	2%	1%	2%	0%	3%	1%	1%	2%	1%
Not asked - never eats this meal	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Totals	100%	101%	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Unweighted N	(1,094)	(389)	(382)	(323)	(447)	(398)	(447)	(327)	(201)	(186)	(218)	(429)	(261)

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9. Time of Breakfast
Around what time do you typically eat breakfast?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Earlier than 6 am	2%	3%	2%	1%	1%	4%	3%	3%	1%	2%	1%
6:00 am	3%	4%	2%	2%	3%	4%	2%	3%	2%	1%	3%
6:30 am	4%	7%	2%	3%	5%	4%	5%	5%	2%	3%	3%
7:00 am	12%	14%	10%	13%	13%	12%	10%	12%	7%	12%	18%
7:30 am	10%	12%	8%	17%	8%	8%	8%	10%	8%	11%	10%
8:00 am	15%	14%	17%	20%	20%	10%	14%	16%	12%	12%	17%
8:30 am	7%	6%	7%	7%	7%	5%	10%	8%	5%	6%	4%
9:00 am	13%	13%	12%	10%	11%	15%	14%	12%	19%	14%	11%
9:30 am	6%	5%	6%	4%	6%	7%	6%	5%	8%	8%	1%
10:00 am	13%	9%	16%	10%	15%	13%	12%	10%	14%	20%	17%
Later than 10 am	13%	11%	14%	12%	10%	14%	14%	13%	16%	7%	14%
Not asked - never eats breakfast	3%	2%	4%	2%	2%	4%	2%	3%	4%	3%	1%
Totals	101%	100%	100%	101%	101%	100%	100%	100%	98%	99%	100%
Unweighted N	(1,103)	(538)	(565)	(271)	(205)	(359)	(268)	(627)	(178)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Earlier than 6 am	2%	2%	3%	2%	2%	3%	3%	2%	3%	1%	4%	2%	2%
6:00 am	3%	2%	5%	2%	3%	4%	4%	2%	3%	1%	3%	4%	3%
6:30 am	4%	4%	4%	5%	3%	5%	4%	6%	3%	6%	5%	4%	2%
7:00 am	12%	13%	11%	11%	12%	13%	7%	17%	19%	16%	9%	9%	17%
7:30 am	10%	10%	9%	10%	11%	10%	8%	12%	11%	12%	8%	11%	9%
8:00 am	15%	14%	13%	19%	13%	17%	14%	14%	17%	18%	15%	17%	11%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
8:30 am	7%	6%	8%	6%	6%	9%	8%	6%	7%	5%	9%	5%	8%
9:00 am	13%	14%	12%	13%	16%	11%	12%	12%	17%	5%	17%	12%	14%
9:30 am	6%	5%	6%	6%	7%	7%	5%	6%	5%	8%	3%	6%	6%
10:00 am	13%	13%	14%	11%	12%	10%	16%	11%	9%	13%	11%	14%	12%
Later than 10 am	13%	13%	14%	10%	13%	9%	16%	9%	7%	15%	10%	12%	14%
Not asked - never eats breakfast	3%	3%	2%	4%	3%	2%	4%	4%	1%	1%	5%	3%	2%
Totals	101%	99%	101%	99%	101%	100%	101%	101%	102%	101%	99%	99%	100%
Unweighted N	(1,103)	(392)	(383)	(328)	(449)	(402)	(451)	(328)	(203)	(188)	(221)	(431)	(263)

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10. Time of Lunch

Around what time do you typically eat lunch?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Earlier than 11 am	1%	2%	1%	0%	1%	2%	1%	1%	0%	1%	2%
11:00 am	2%	3%	1%	1%	1%	3%	2%	2%	2%	1%	3%
11:30 am	7%	8%	6%	4%	5%	10%	10%	7%	7%	6%	8%
12:00 pm	17%	18%	16%	15%	13%	19%	21%	17%	9%	26%	17%
12:30 pm	14%	13%	15%	11%	11%	19%	15%	15%	11%	18%	11%
1:00 pm	20%	20%	21%	15%	17%	25%	22%	22%	17%	14%	21%
1:30 pm	9%	7%	11%	14%	10%	5%	9%	10%	8%	7%	2%
2:00 pm	12%	13%	12%	14%	18%	9%	10%	11%	19%	12%	14%
2:30 pm	5%	6%	3%	9%	8%	2%	2%	3%	13%	3%	7%
3:00 pm	6%	4%	8%	11%	8%	4%	3%	5%	8%	7%	8%
Later than 3 pm	5%	5%	6%	6%	8%	3%	4%	5%	6%	5%	7%
Not asked - never eats lunch	1%	1%	1%	0%	0%	0%	2%	1%	0%	0%	0%
Totals	99%	100%	101%	100%	100%	101%	101%	99%	100%	100%	100%
Unweighted N	(1,103)	(539)	(564)	(271)	(205)	(358)	(269)	(627)	(179)	(163)	(134)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Earlier than 11 am	1%	2%	1%	1%	1%	1%	2%	0%	2%	0%	1%	1%	2%
11:00 am	2%	2%	3%	1%	2%	2%	2%	1%	2%	1%	3%	3%	1%
11:30 am	7%	5%	9%	7%	7%	9%	6%	9%	7%	6%	7%	8%	7%
12:00 pm	17%	16%	19%	16%	18%	18%	19%	14%	19%	13%	17%	17%	19%
12:30 pm	14%	14%	12%	16%	13%	17%	13%	15%	13%	20%	18%	13%	10%
1:00 pm	20%	18%	21%	21%	22%	23%	19%	24%	20%	15%	25%	20%	19%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
1:30 pm	9%	9%	6%	12%	10%	9%	9%	9%	8%	9%	9%	8%	11%
2:00 pm	12%	17%	10%	12%	13%	9%	12%	12%	15%	14%	10%	14%	11%
2:30 pm	5%	4%	5%	6%	3%	4%	6%	5%	1%	5%	2%	8%	3%
3:00 pm	6%	9%	6%	4%	6%	4%	7%	7%	5%	11%	4%	4%	9%
Later than 3 pm	5%	3%	8%	3%	4%	3%	4%	3%	7%	5%	4%	4%	8%
Not asked - never eats lunch	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	0%
Totals	99%	100%	100%	100%	100%	100%	100%	99%	100%	100%	101%	101%	100%
Unweighted N	(1,103)	(392)	(383)	(328)	(450)	(402)	(451)	(329)	(202)	(188)	(221)	(432)	(262)

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11. Time of Dinner

Around what time do you typically eat dinner?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Earlier than 5 pm	3%	3%	3%	3%	2%	4%	4%	3%	3%	8%	1%
5:00 pm	8%	8%	8%	4%	8%	7%	13%	8%	2%	11%	11%
5:30 pm	10%	10%	10%	6%	2%	14%	17%	11%	4%	12%	9%
6:00 pm	14%	14%	15%	8%	10%	19%	17%	17%	8%	8%	8%
6:30 pm	13%	13%	13%	11%	9%	15%	16%	12%	13%	17%	13%
7:00 pm	17%	16%	18%	17%	19%	17%	15%	18%	17%	16%	10%
7:30 pm	9%	7%	10%	10%	13%	7%	5%	9%	12%	5%	4%
8:00 pm	9%	12%	6%	12%	13%	5%	7%	7%	17%	11%	11%
8:30 pm	5%	3%	6%	10%	5%	4%	1%	4%	9%	3%	5%
9:00pm	6%	7%	6%	11%	10%	5%	0%	5%	8%	4%	20%
Later than 9 pm	6%	7%	5%	8%	9%	4%	3%	6%	6%	4%	9%
Not asked - never eats dinner	0%	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%
Totals	100%	100%	100%	100%	101%	101%	98%	100%	100%	100%	101%
Unweighted N	(1,102)	(539)	(563)	(270)	(206)	(359)	(267)	(626)	(179)	(164)	(133)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Earlier than 5 pm	3%	3%	5%	2%	3%	3%	4%	4%	0%	3%	3%	3%	4%
5:00 pm	8%	6%	10%	8%	5%	8%	9%	7%	9%	4%	11%	9%	6%
5:30 pm	10%	9%	11%	10%	9%	11%	12%	7%	8%	9%	13%	9%	10%
6:00 pm	14%	12%	12%	19%	17%	21%	12%	19%	15%	17%	14%	14%	15%
6:30 pm	13%	14%	11%	14%	16%	13%	13%	13%	12%	11%	12%	15%	11%
7:00 pm	17%	19%	16%	16%	20%	18%	16%	16%	19%	17%	17%	19%	13%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
7:30 pm	9%	10%	8%	7%	11%	6%	7%	8%	14%	6%	10%	8%	10%
8:00 pm	9%	9%	8%	9%	8%	9%	8%	9%	8%	11%	10%	7%	10%
8:30 pm	5%	4%	5%	5%	3%	2%	7%	2%	4%	5%	4%	5%	4%
9:00pm	6%	7%	5%	6%	6%	5%	6%	8%	7%	6%	2%	7%	9%
Later than 9 pm	6%	6%	8%	4%	2%	3%	6%	6%	4%	9%	4%	5%	7%
Not asked - never eats dinner	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Totals	100%	100%	99%	100%	100%	99%	100%	100%	100%	98%	100%	101%	100%
Unweighted N	(1,102)	(391)	(384)	(327)	(450)	(402)	(449)	(328)	(203)	(187)	(220)	(433)	(262)

12. Multitasking During Breakfast
When you eat breakfast, do you typically do any of the following at the same time? Select all that apply.

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Watch TV	47%	45%	49%	41%	49%	47%	52%	46%	52%	47%	49%
Look at my phone	34%	30%	37%	40%	41%	33%	22%	32%	40%	39%	33%
Work or study	6%	7%	6%	8%	9%	6%	2%	6%	5%	7%	6%
Read	10%	12%	8%	9%	8%	11%	11%	11%	5%	4%	19%
Talk on the phone	5%	5%	6%	9%	8%	3%	3%	6%	5%	5%	3%
Talk to people I'm with	26%	23%	29%	28%	39%	21%	18%	28%	26%	18%	18%
Drive or commute	4%	5%	4%	6%	5%	5%	1%	5%	5%	3%	2%
Play video games	5%	6%	4%	6%	7%	4%	2%	5%	5%	3%	5%
Listen to music or podcasts	17%	17%	16%	20%	30%	11%	7%	16%	28%	11%	15%
Do household chores	4%	2%	6%	2%	9%	3%	1%	4%	4%	7%	4%
None of the above	13%	15%	12%	15%	10%	11%	19%	12%	13%	15%	19%
Not asked - never eats breakfast	3%	2%	4%	2%	2%	4%	2%	3%	4%	3%	1%
Unweighted N	(1,106)	(541)	(565)	(272)	(206)	(359)	(269)	(629)	(179)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Watch TV	47%	51%	46%	44%	46%	42%	50%	45%	44%	45%	50%	45%	49%
Look at my phone	34%	35%	35%	32%	34%	29%	28%	35%	41%	37%	34%	30%	38%
Work or study	6%	7%	7%	4%	6%	6%	4%	5%	13%	8%	3%	6%	8%
Read	10%	11%	10%	9%	12%	10%	9%	11%	11%	5%	12%	9%	13%
Talk on the phone	5%	5%	4%	7%	4%	6%	4%	3%	8%	7%	6%	5%	4%
Talk to people I'm with	26%	28%	24%	27%	27%	27%	24%	24%	35%	19%	29%	25%	29%

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
						continued from previous page							
Drive or commute	4%	3%	6%	4%	6%	5%	2%	5%	7%	2%	6%	5%	3%
Play video games	5%	5%	4%	6%	3%	6%	5%	4%	7%	7%	6%	5%	2%
Listen to music or podcasts	17%	18%	17%	15%	18%	14%	15%	16%	18%	18%	13%	17%	18%
Do household chores	4%	4%	5%	3%	2%	5%	4%	2%	8%	2%	7%	3%	4%
None of the above	13%	9%	16%	13%	10%	14%	15%	11%	11%	15%	12%	15%	10%
Not asked - never eats breakfast	3%	3%	2%	4%	3%	2%	4%	4%	1%	1%	5%	3%	2%
Unweighted N	(1,106)	(392)	(385)	(329)	(450)	(403)	(452)	(329)	(203)	(188)	(221)	(434)	(263)

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13. Multitasking During Lunch
When you eat lunch, do you typically do any of the following at the same time? Select all that apply.

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Watch TV	46%	42%	49%	40%	46%	47%	49%	45%	46%	46%	49%
Look at my phone	35%	34%	37%	44%	41%	37%	19%	35%	45%	29%	36%
Work or study	11%	11%	10%	9%	20%	10%	5%	10%	16%	10%	9%
Read	10%	10%	10%	10%	7%	9%	15%	11%	10%	5%	12%
Talk on the phone	7%	6%	9%	8%	9%	7%	5%	7%	8%	3%	11%
Talk to people I'm with	33%	26%	39%	35%	44%	29%	23%	36%	32%	19%	28%
Drive or commute	3%	1%	5%	1%	5%	4%	2%	4%	1%	2%	1%
Play video games	5%	6%	4%	6%	5%	4%	4%	5%	2%	4%	4%
Listen to music or podcasts	18%	22%	14%	21%	29%	14%	8%	18%	23%	12%	15%
Do household chores	4%	2%	6%	3%	7%	5%	2%	4%	5%	3%	4%
None of the above	10%	12%	9%	9%	6%	10%	16%	10%	8%	15%	7%
Not asked - never eats lunch	1%	1%	1%	0%	0%	0%	2%	1%	0%	0%	0%
Unweighted N	(1,105)	(541)	(564)	(272)	(205)	(359)	(269)	(629)	(179)	(163)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Watch TV	46%	50%	41%	47%	47%	39%	48%	50%	33%	42%	48%	47%	44%
Look at my phone	35%	38%	33%	36%	37%	33%	31%	38%	35%	41%	36%	34%	34%
Work or study	11%	9%	14%	9%	13%	9%	7%	11%	22%	12%	12%	10%	10%
Read	10%	10%	11%	8%	12%	10%	6%	13%	11%	8%	12%	9%	11%
Talk on the phone	7%	6%	7%	8%	5%	7%	6%	9%	6%	5%	9%	7%	6%
Talk to people I'm with	33%	35%	29%	34%	31%	36%	29%	33%	40%	23%	34%	30%	42%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Drive or commute	3%	2%	3%	4%	3%	4%	3%	2%	5%	0%	3%	4%	4%
Play video games	5%	4%	4%	5%	3%	5%	6%	4%	5%	4%	7%	4%	3%
Listen to music or podcasts	18%	15%	20%	18%	17%	18%	16%	17%	20%	20%	13%	20%	18%
Do household chores	4%	4%	4%	5%	2%	4%	5%	4%	4%	2%	7%	4%	3%
None of the above	10%	8%	15%	7%	10%	9%	11%	8%	8%	10%	11%	11%	8%
Not asked - never eats lunch	1%	1%	0%	1%	1%	1%	1%	0%	1%	1%	1%	1%	0%
Unweighted N	(1,105)	(392)	(384)	(329)	(450)	(403)	(452)	(329)	(202)	(188)	(221)	(434)	(262)

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14. Multitasking During Dinner
When you eat dinner, do you typically do any of the following at the same time? Select all that apply.

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Watch TV	63%	60%	65%	60%	59%	66%	64%	62%	65%	62%	61%
Look at my phone	28%	27%	29%	42%	34%	24%	14%	27%	38%	26%	29%
Work or study	4%	4%	3%	7%	5%	2%	2%	4%	5%	3%	5%
Read	8%	9%	7%	9%	7%	8%	8%	8%	9%	5%	13%
Talk on the phone	6%	6%	6%	8%	10%	3%	3%	6%	11%	3%	4%
Talk to people I'm with	41%	36%	47%	38%	45%	44%	36%	48%	30%	25%	28%
Drive or commute	1%	1%	2%	2%	2%	2%	0%	1%	3%	0%	3%
Play video games	6%	6%	5%	9%	6%	6%	1%	5%	6%	8%	3%
Listen to music or podcasts	16%	18%	15%	24%	23%	13%	5%	16%	18%	16%	13%
Do household chores	3%	3%	3%	2%	3%	5%	1%	2%	4%	5%	1%
None of the above	9%	11%	8%	10%	9%	6%	14%	8%	13%	15%	6%
Not asked - never eats dinner	0%	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%
Unweighted N	(1,076)	(530)	(546)	(270)	(202)	(343)	(261)	(611)	(175)	(158)	(132)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Watch TV	63%	71%	55%	64%	65%	62%	63%	67%	59%	58%	61%	63%	67%
Look at my phone	28%	29%	28%	28%	26%	23%	26%	27%	31%	27%	25%	32%	26%
Work or study	4%	2%	5%	3%	2%	5%	4%	4%	3%	3%	2%	5%	4%
Read	8%	9%	7%	9%	6%	7%	8%	9%	7%	9%	8%	7%	8%
Talk on the phone	6%	6%	4%	8%	5%	6%	7%	3%	7%	10%	8%	3%	5%
Talk to people I'm with	41%	43%	37%	45%	46%	44%	36%	43%	53%	34%	44%	39%	47%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Drive or commute	1%	0%	1%	3%	0%	2%	1%	1%	2%	0%	2%	3%	0%
Play video games	6%	6%	7%	4%	4%	5%	6%	4%	8%	6%	5%	6%	6%
Listen to music or podcasts	16%	17%	16%	15%	14%	14%	18%	13%	14%	19%	11%	18%	15%
Do household chores	3%	4%	3%	3%	3%	2%	5%	1%	3%	2%	4%	4%	1%
None of the above	9%	6%	12%	10%	8%	8%	10%	6%	7%	10%	7%	10%	10%
Not asked - never eats dinner	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%
Unweighted N	(1,076)	(386)	(372)	(318)	(438)	(391)	(436)	(321)	(198)	(185)	(212)	(421)	(258)

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15A. Meal Preparation Steps — Planning the meal
When it comes to preparing meals, how do you feel about the following step?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Love it	15%	12%	17%	24%	16%	13%	6%	14%	18%	17%	13%
Like it	29%	31%	27%	19%	32%	29%	34%	29%	31%	22%	33%
Neutral	37%	37%	37%	36%	36%	34%	43%	37%	33%	42%	37%
Dislike it	10%	11%	10%	8%	10%	13%	9%	11%	9%	9%	13%
Hate it	7%	7%	8%	8%	4%	10%	7%	9%	4%	5%	4%
Not sure	2%	2%	2%	5%	2%	0%	1%	1%	5%	5%	0%
Totals	100%	100%	101%	100%	100%	99%	100%	101%	100%	100%	100%
Unweighted N	(1,104)	(541)	(563)	(272)	(205)	(358)	(269)	(627)	(179)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Love it	15%	15%	12%	18%	14%	15%	17%	14%	14%	16%	16%	15%	11%
Like it	29%	30%	24%	33%	31%	33%	25%	30%	36%	28%	29%	29%	29%
Neutral	37%	38%	42%	30%	36%	35%	40%	36%	31%	41%	37%	32%	42%
Dislike it	10%	8%	13%	10%	11%	8%	11%	11%	8%	7%	9%	14%	8%
Hate it	7%	8%	5%	8%	7%	7%	6%	8%	9%	3%	8%	8%	8%
Not sure	2%	1%	4%	1%	1%	1%	1%	1%	1%	4%	1%	2%	1%
Totals	100%	100%	100%	100%	100%	99%	100%	100%	99%	99%	100%	100%	99%
Unweighted N	(1,104)	(392)	(385)	(327)	(450)	(402)	(450)	(329)	(203)	(187)	(221)	(433)	(263)

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15B. Meal Preparation Steps — Shopping for ingredients
When it comes to preparing meals, how do you feel about the following step?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Love it	14%	10%	19%	22%	17%	13%	6%	13%	19%	19%	6%
Like it	29%	29%	29%	26%	31%	28%	32%	27%	30%	28%	47%
Neutral	35%	36%	33%	32%	31%	37%	38%	37%	31%	35%	24%
Dislike it	12%	15%	10%	11%	7%	15%	16%	14%	7%	8%	15%
Hate it	7%	8%	7%	4%	10%	7%	7%	8%	7%	5%	4%
Not sure	2%	3%	2%	5%	4%	0%	1%	1%	6%	5%	4%
Totals	99%	101%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,102)	(540)	(562)	(270)	(204)	(359)	(269)	(628)	(179)	(161)	(134)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Love it	14%	21%	9%	14%	13%	16%	11%	17%	20%	13%	11%	12%	21%
Like it	29%	27%	26%	34%	32%	32%	29%	28%	36%	31%	32%	28%	27%
Neutral	35%	34%	41%	28%	38%	30%	35%	35%	29%	32%	34%	36%	35%
Dislike it	12%	10%	11%	16%	11%	16%	14%	13%	10%	14%	12%	12%	11%
Hate it	7%	7%	8%	6%	5%	6%	9%	6%	5%	5%	9%	8%	5%
Not sure	2%	0%	5%	1%	2%	1%	1%	2%	0%	4%	1%	3%	1%
Totals	99%	99%	100%	99%	101%	101%	99%	101%	100%	99%	99%	99%	100%
Unweighted N	(1,102)	(389)	(385)	(328)	(448)	(403)	(450)	(329)	(202)	(188)	(220)	(433)	(261)

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15C. Meal Preparation Steps — Preparing ingredients
When it comes to preparing meals, how do you feel about the following step?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Love it	15%	11%	18%	22%	15%	14%	8%	14%	19%	18%	10%
Like it	34%	34%	35%	30%	32%	35%	41%	34%	36%	33%	35%
Neutral	31%	33%	30%	31%	38%	27%	31%	31%	32%	32%	36%
Dislike it	13%	14%	12%	9%	6%	19%	15%	16%	4%	9%	13%
Hate it	4%	5%	3%	2%	4%	5%	5%	5%	4%	2%	2%
Not sure	2%	3%	2%	6%	4%	0%	1%	1%	6%	6%	4%
Totals	99%	100%	100%	100%	99%	100%	101%	101%	101%	100%	100%
Unweighted N	(1,104)	(541)	(563)	(271)	(205)	(359)	(269)	(627)	(179)	(164)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Love it	15%	16%	11%	17%	13%	17%	14%	16%	14%	16%	13%	16%	13%
Like it	34%	33%	32%	39%	36%	38%	31%	38%	42%	39%	36%	32%	35%
Neutral	31%	33%	35%	26%	28%	29%	36%	28%	27%	29%	32%	30%	35%
Dislike it	13%	13%	12%	14%	17%	13%	13%	13%	12%	10%	14%	14%	13%
Hate it	4%	4%	5%	3%	4%	4%	4%	4%	4%	3%	4%	5%	3%
Not sure	2%	1%	5%	1%	2%	1%	2%	1%	2%	4%	2%	3%	1%
Totals	99%	100%	100%	100%	100%	102%	100%	100%	101%	101%	101%	100%	100%
Unweighted N	(1,104)	(391)	(385)	(328)	(450)	(403)	(451)	(328)	(203)	(188)	(221)	(433)	(262)

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15D. Meal Preparation Steps — Making the meal
When it comes to preparing meals, how do you feel about the following step?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Love it	24%	21%	27%	31%	26%	23%	15%	22%	32%	28%	14%
Like it	36%	38%	33%	30%	34%	34%	45%	34%	35%	34%	55%
Neutral	25%	27%	23%	25%	23%	26%	24%	27%	20%	25%	14%
Dislike it	9%	9%	10%	4%	9%	11%	12%	11%	5%	5%	11%
Hate it	4%	3%	6%	5%	4%	4%	4%	5%	3%	2%	3%
Not sure	2%	2%	2%	5%	3%	0%	1%	1%	5%	6%	4%
Totals	100%	100%	101%	100%	99%	98%	101%	100%	100%	100%	101%
Unweighted N	(1,099)	(539)	(560)	(271)	(203)	(359)	(266)	(625)	(178)	(163)	(133)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Love it	24%	27%	20%	24%	25%	23%	24%	23%	26%	25%	19%	25%	25%
Like it	36%	32%	35%	40%	34%	39%	35%	34%	43%	28%	41%	36%	35%
Neutral	25%	26%	27%	21%	26%	22%	26%	26%	16%	33%	23%	22%	26%
Dislike it	9%	9%	9%	10%	10%	11%	10%	10%	8%	7%	10%	10%	10%
Hate it	4%	5%	4%	5%	3%	4%	3%	6%	6%	5%	5%	4%	4%
Not sure	2%	1%	5%	0%	1%	1%	2%	1%	0%	3%	1%	3%	1%
Totals	100%	100%	100%	100%	99%	100%	100%	100%	99%	101%	99%	100%	101%
Unweighted N	(1,099)	(390)	(381)	(328)	(446)	(403)	(447)	(328)	(202)	(185)	(220)	(432)	(262)

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15E. Meal Preparation Steps — Cleaning up after making the meal
When it comes to preparing meals, how do you feel about the following step?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Love it	8%	7%	8%	12%	16%	2%	4%	6%	16%	7%	6%
Like it	12%	14%	11%	16%	15%	7%	14%	12%	17%	13%	9%
Neutral	32%	33%	31%	29%	26%	34%	38%	33%	31%	26%	37%
Dislike it	25%	24%	26%	24%	18%	28%	28%	25%	23%	24%	29%
Hate it	21%	22%	21%	15%	23%	29%	15%	23%	13%	24%	19%
Not sure	2%	1%	2%	4%	2%	0%	1%	1%	1%	7%	0%
Totals	100%	101%	99%	100%	100%	100%	100%	100%	101%	101%	100%
Unweighted N	(1,101)	(540)	(561)	(272)	(205)	(356)	(268)	(626)	(179)	(162)	(134)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Love it	8%	10%	7%	7%	7%	8%	5%	8%	10%	11%	4%	8%	8%
Like it	12%	15%	8%	14%	15%	13%	12%	14%	14%	15%	9%	13%	13%
Neutral	32%	31%	32%	33%	31%	31%	30%	33%	34%	32%	33%	30%	35%
Dislike it	25%	27%	28%	19%	29%	22%	26%	23%	23%	21%	30%	21%	27%
Hate it	21%	16%	22%	26%	16%	24%	26%	21%	19%	20%	23%	24%	17%
Not sure	2%	0%	2%	2%	1%	2%	1%	2%	0%	0%	0%	3%	1%
Totals	100%	99%	99%	101%	99%	100%	100%	101%	100%	99%	99%	99%	101%
Unweighted N	(1,101)	(390)	(383)	(328)	(448)	(401)	(449)	(329)	(202)	(187)	(220)	(432)	(262)

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Interviewing Dates	January 9 - 13, 2025
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.047, with a mean of one and a standard deviation of 0.893.
Number of respondents	1106
Margin of error	± 4% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	87 questions not reported.