

Daily Survey: Effect of Foods and Drinks on Health



Sample 1000 U.S. Adult Citizens
 Conducted June 21 - 29, 2022
 Margin of Error ±3.3%

1. Generally speaking, do you think that consuming the following in moderation is . . .

	Detrimen- tal to a person's health	Has no effect on a person's health	Beneficial to a person's health	Not sure
Red wine	14%	20%	46%	19%
Black coffee	14%	29%	36%	21%
Red meat	27%	18%	37%	17%
Sugar	59%	18%	9%	14%
Salt	44%	19%	23%	14%
Milk	11%	15%	61%	14%
Dark chocolate	5%	17%	64%	14%
Carrot	3%	6%	83%	8%
Spinach	3%	5%	83%	8%
Fish	5%	6%	79%	10%
Herbal tea	4%	18%	62%	17%
Diet soda	61%	16%	7%	16%
Olive oil	5%	17%	65%	14%
Bananas	4%	8%	81%	8%

2. For you personally, do you think that consuming the following in moderation is . . .

	Detrimen- tal to your health	Has no effect on your health	Beneficial to your health	Not sure
Red wine	13%	21%	47%	19%
Black coffee	14%	26%	38%	22%
Red meat	33%	22%	32%	13%
Sugar	62%	17%	8%	13%
Salt	46%	20%	20%	14%
Milk	10%	16%	62%	12%
Dark chocolate	6%	21%	59%	14%
Carrot	3%	5%	85%	6%
Spinach	3%	6%	85%	7%
Fish	4%	7%	81%	9%
Herbal tea	3%	22%	59%	15%
Diet soda	65%	16%	5%	14%
Olive oil	4%	17%	65%	14%
Bananas	3%	9%	80%	8%

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Interviewing Dates	June 21 - 29, 2022
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2018 American Community Study. Voter registration was imputed from the November 2018 Current Population Survey Registration and Voting Supplement.
Weighting	The sample was weighted based on gender, age, race, education, news interest, and 2020 Presidential vote (or non-vote). The weights range from 0.385 to 3.152, with a mean of one and a standard deviation of 0.356.
Number of respondents	1000
Margin of error	± 3.3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	90 questions not reported.