



NEWS RELEASE

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NEW MYPYRAMID PODCAST: DOES ANYONE EAT AT HOME ANYMORE?

WASHINGTON, Feb. 29, 2008 – With restaurant business booming in cities and towns across America, we have to ask ourselves, does anyone eat at home any more?

The fact is that among adults, about three-fourths (73.6%) of all evening meals were eaten at home according to recent analysis by the USDA Center for Nutrition Policy and Promotion (CNPP). “Most parents believe they can’t control what their family eats, but in reality, university studies show that somewhere between 70% and 75% of the food decisions the family makes are controlled by the person who purchases and prepares the food,” according to Dr. Brian Wansink, CNPP Executive Director.

In the third of a series of MyPyramid PodCasts released today, Wansink suggests how shoppers can make informed decisions while at the grocery store. The PodCast *Nutrition Gatekeeper -The Family Hero* provides simple and doable tips shoppers can use while at the store to help their family make healthy food choices.

In this PodCast, Wansink talks to shoppers at a local grocery store and offers the following tips: While at the store, buy the foods you want your family to eat; keep fruits and veggies in plain sight; and try whole grains and low fat milk.

For simple but often overlooked tips, go to www.mypyramid.gov and click on “MyPyramid PodCasts” for the latest information.

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Statistics: Adults age 19 and older, day 1 food intake data from the National Health and Nutrition Examination Survey, 2003-2004.