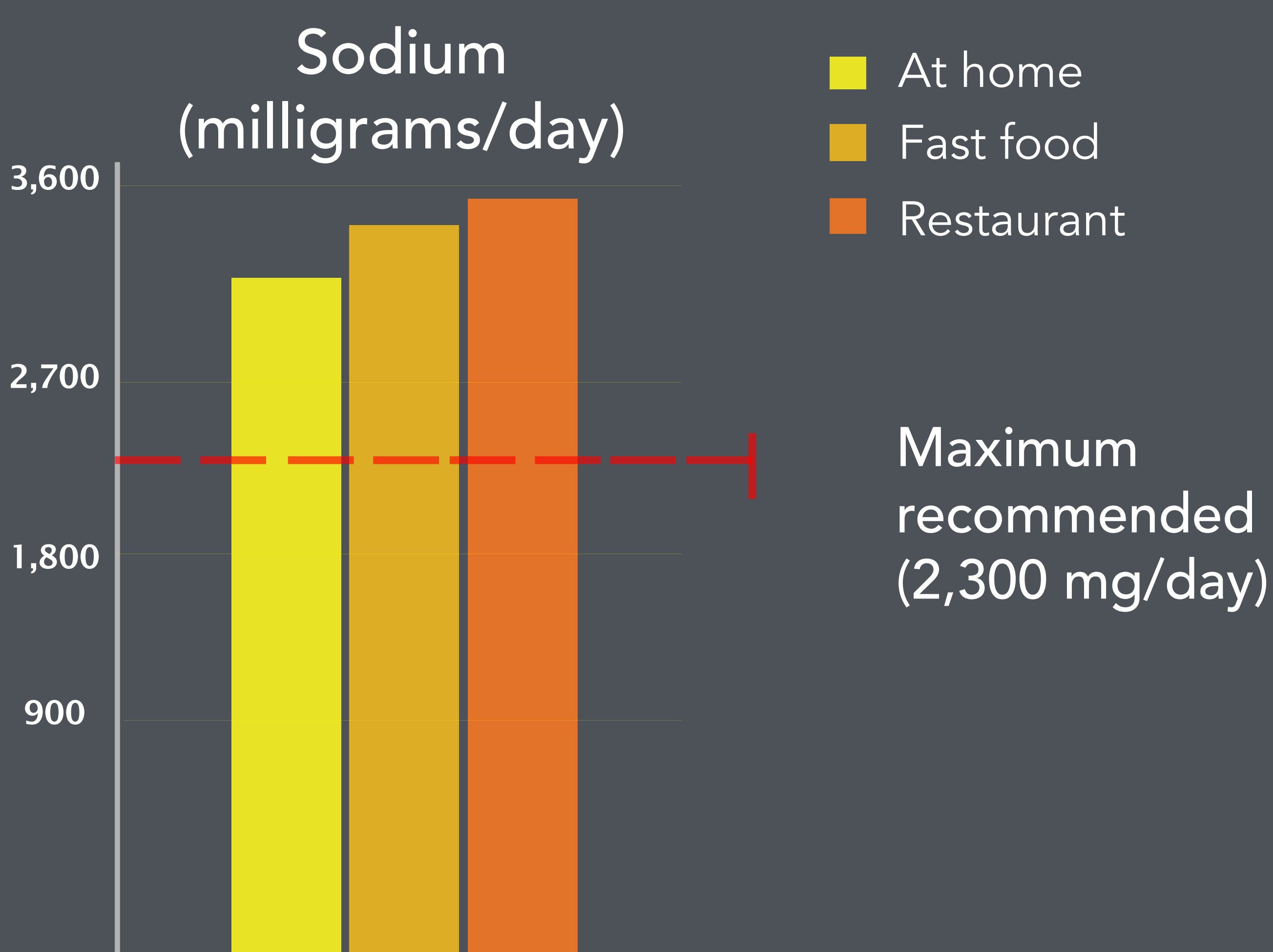
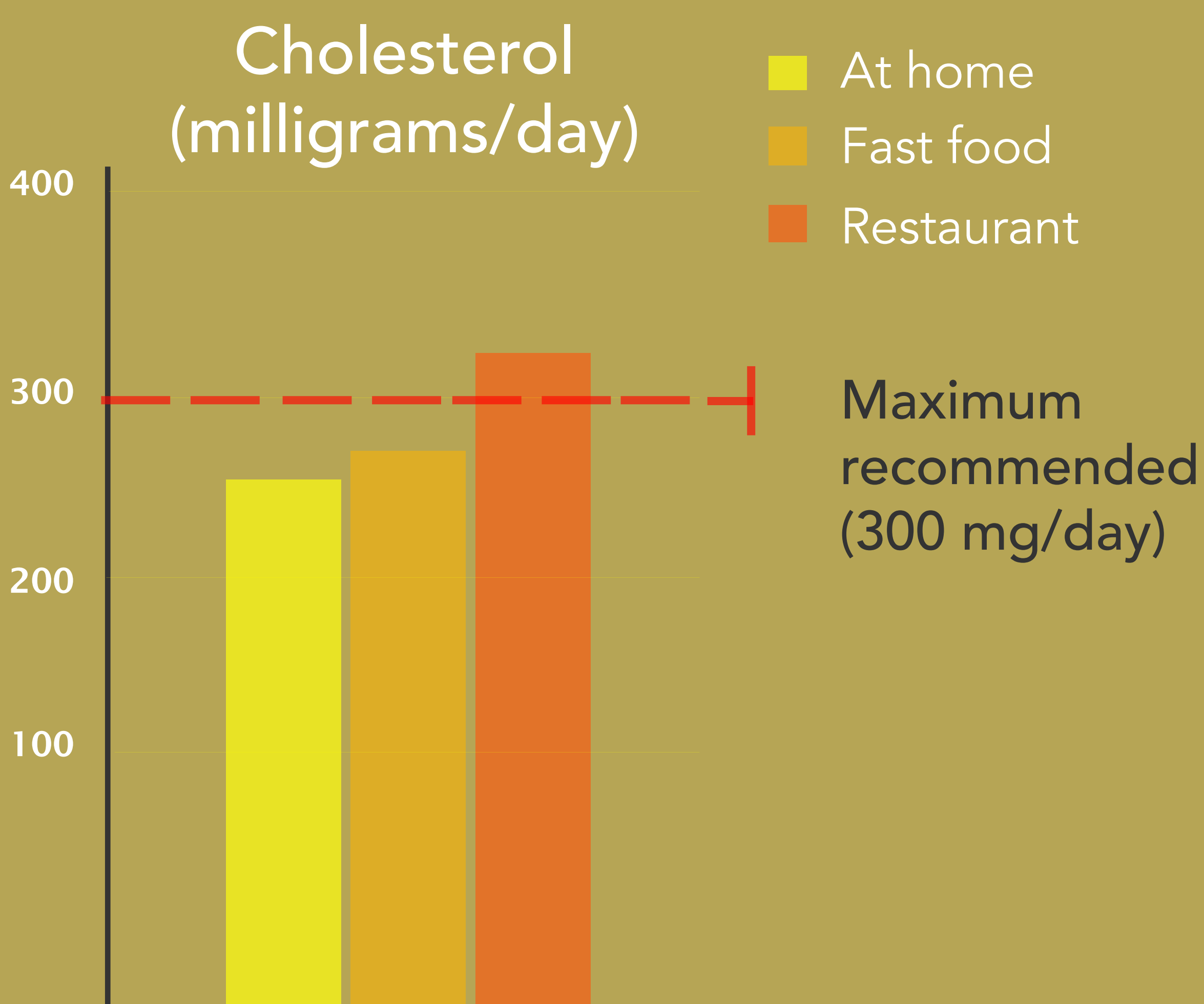
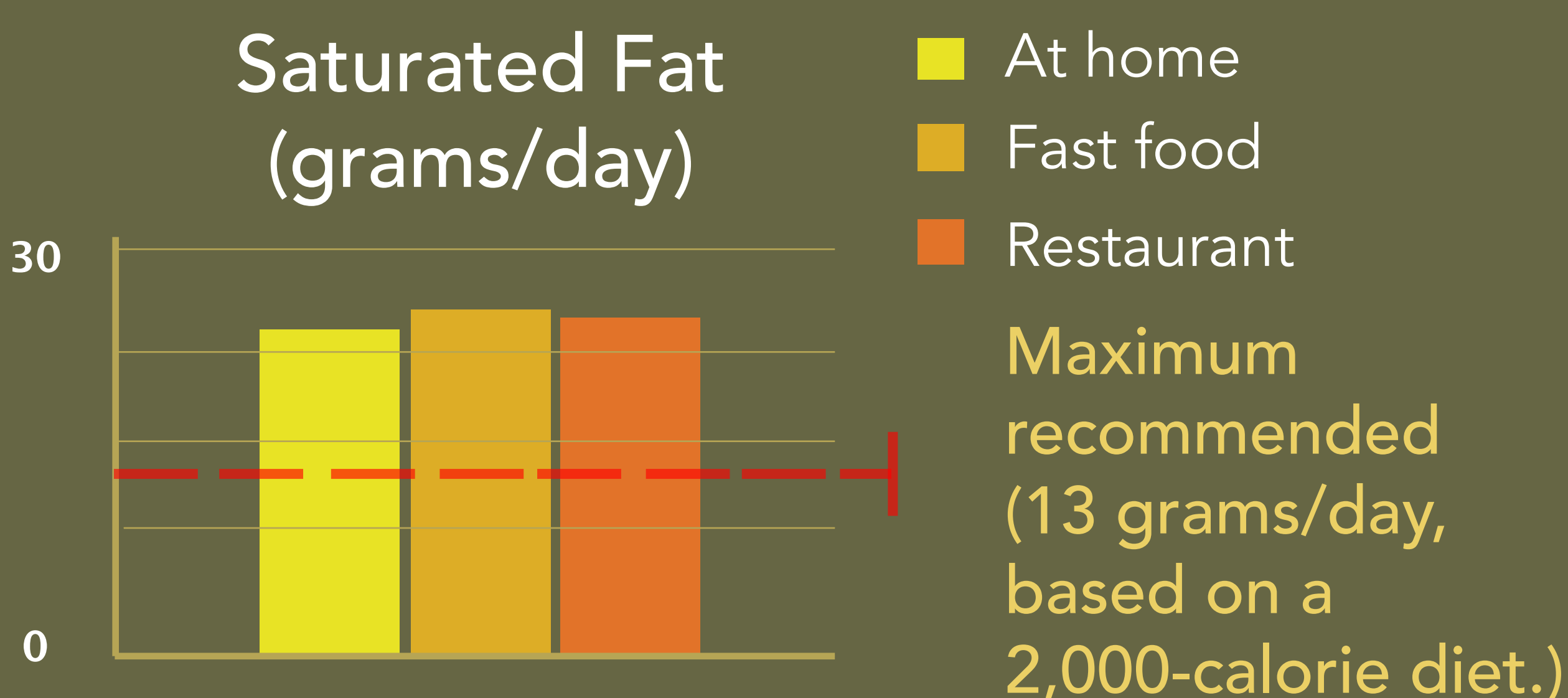
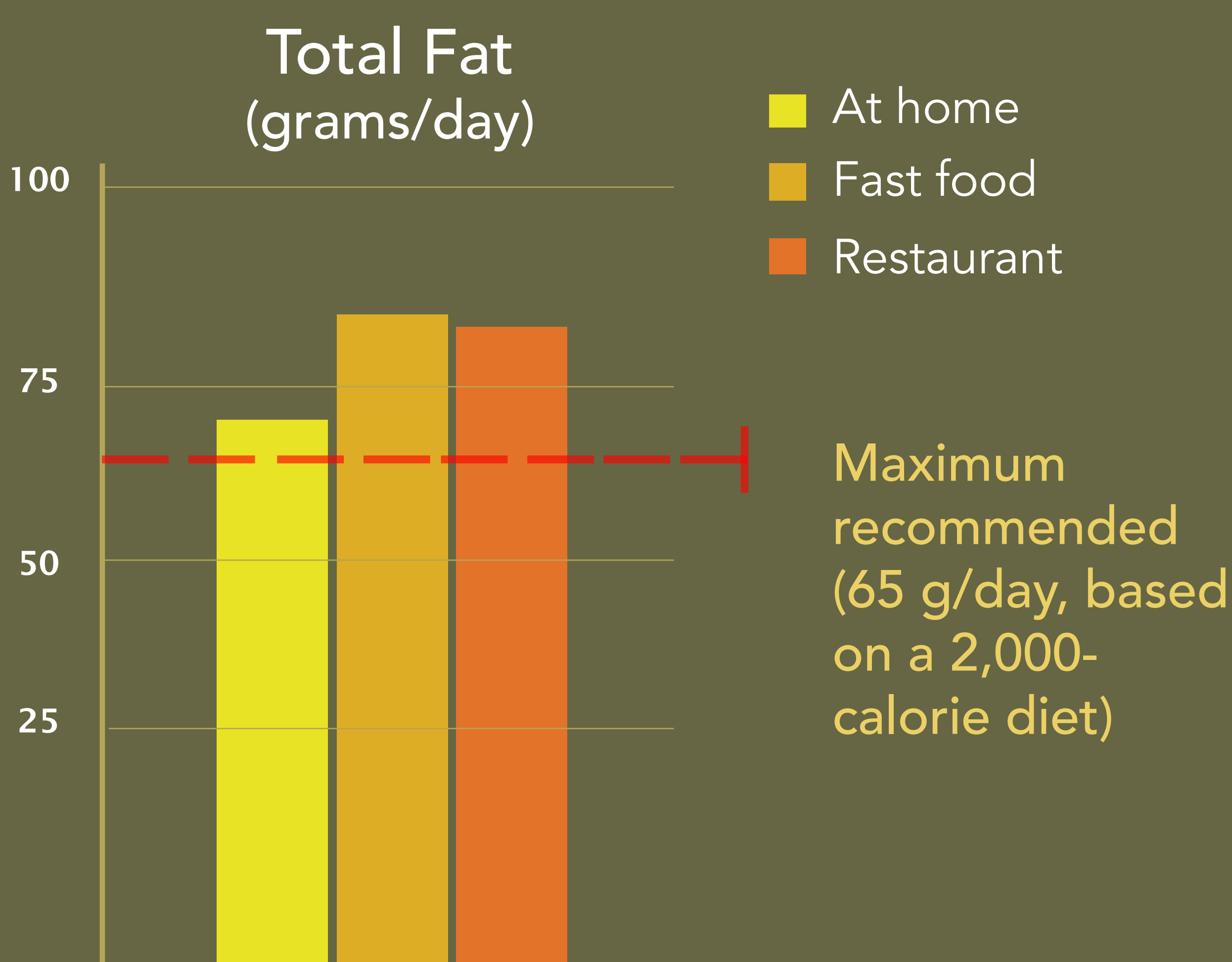


# WHERE YOU EAT MATTERS

## Staying Home Vs. Going Out for a Meal



### More information

Study: [Restaurant meals can be as bad for your waistline as fast food is](#)

Fast-Food and Full-Service Restaurant Consumption and Daily Energy and Nutrient Intakes in U.S. Adults