

The Impact of Food Choices on the Productivity, Mood and Concentration of America's Working Professionals

Survey Finds Disconnect Between Healthy Eating Know-How and Workplace Eating Habits

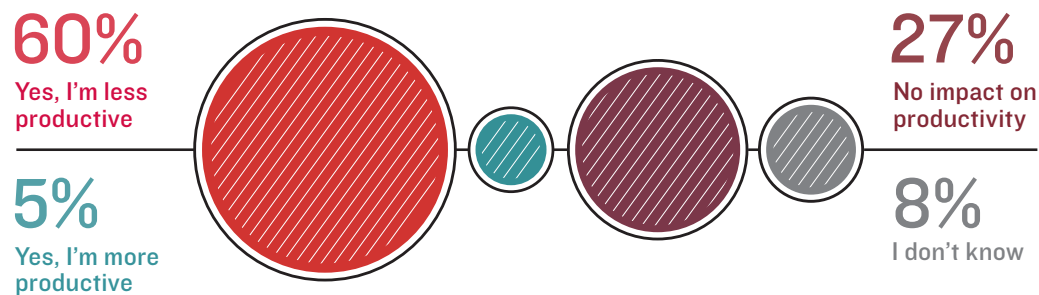
The difference between a sluggish staffer and a productive employee could possibly be attributed to at-work eating habits, according to a recent survey conducted by GrubHub Seamless. The survey reveals that professionals understand the power of food on their moods, productivity and ability to concentrate, but don't always make food choices that better their performance at the office. The survey also revealed that employers – by way of those ordering the food – aren't always helping the situation by inconsistently offering healthy and productivity-boosting food options for meetings, events and meals.

The nationwide survey polled nearly 1,000 full-time professionals who work for companies with 20 or more employees. Thirty-eight percent of all respondents work for companies with 500 or more employees.

Food Sometimes Takes a Back Seat

The survey shows that employees aren't always giving themselves the fuel they need to be productive. Although the majority (**60 percent**) of professionals feel less productive, moody and have a hard time concentrating when they skip lunch or breakfast, meal skipping happens frequently. Thirty percent often skip breakfast due to lack of time or a busy morning work schedule, while **40 percent** sometimes skip lunch due to heavy workloads.

Does skipping meals (breakfast and/or lunch) impact your productivity, mood or ability to concentrate?



MEAL SKIPPING



of professionals often skip breakfast due to lack of time or a busy morning work schedule



sometimes skip lunch due to heavy workloads

Role of Food at the Office Underplayed

Despite awareness that skipping meals has a negative impact on their productivity and mental prowess, many professionals are not always inclined to make the best food choices for themselves, or for their colleagues. When asked about ordering food for potential meetings and other work scenarios, **80 percent** admit that a food's popularity is a significant factor followed by food being "easy to get" (**70 percent**), and "easy to eat" (**65 percent**) and whether it "comes at the right price point" (**65 percent**).

Respondents confirmed those same sentiments when they indicated what foods they would most likely select for a meeting, if they were in charge of ordering:

- **Carb Loading** – for a breakfast meeting, **52 percent** would choose bagels, muffins, or crossaints, while just 28 percent would opt for the yogurt, granola, and oatmeal option.
- **Avoiding Veggies** – more than half (**63 percent**) of employees would order sandwiches for a lunch meeting, while only eight percent would select salads.
- **Less Health-Conscious After Hours** – pizza was the most popular choice for late nights at the office (**41 percent**).
- **Saved by Snacks** – for a brainstorm meeting, employees would most often chose fruit and nuts (**37 percent**), hummus and veggies (**19 percent**), and cupcakes and cookies (**16 percent**).

FOOD AT THE OFFICE

74%

of professionals indicate they would eat something they normally wouldn't, simply because it's in front of them, such as candy at a meeting

18%

of respondents indicate their employers always provide healthy food options when food is offered at the office

When food is provided at work, how often is there a healthy option?



An Opportunity and Challenge for Employers

The survey also found that employers may have more of an impact on employees eating habits than they may realize.

- The majority (**74 percent**) of professionals indicate they sometimes or always eat something they normally wouldn't, simply because it's in front

of them, such as candy at a meeting or a meal provided by the company.

- Only **18 percent** of respondents indicate that their employers always provide healthy food options when food is offered at the office.
- **Forty percent** noted they drink more caffeinated beverages during the week.
- **Seventy-seven percent** of respondents would eat more of certain foods, if they knew those foods would have a positive impact on their mental and physical sharpness, and it would support their work productivity.

While pizza, cookies and cupcakes are always well-received treats to boost morale, there is an opportunity for employers to encourage eating habits that boost productivity by offering healthy snacks at the office; meals that help break the meal-skipping cycle; and/or serving food items that positively support mental and physical sharpness. That, it turns out, might be the most well-received treat of all.

About GrubHub Seamless

GrubHub Seamless is the nation's leading online and mobile food-ordering company dedicated to connecting hungry diners with [local takeout restaurants](#). GrubHub Seamless owns a portfolio of brands that includes GrubHub (www.grubhub.com), Seamless (www.seamless.com), MenuPages (www.menupages.com) and Allmenus (www.allmenus.com). The organization's free online and mobile ordering platforms allow diners and 4,000+ corporate businesses to order directly from approximately 25,000 takeout restaurants in more than 500 U.S. cities and London, and every order is supported by the organization's 24/7 customer service. GrubHub Seamless is a privately held company with offices in Chicago, New York City, Salt Lake City and London.

FOOD IMPACTS PRODUCTIVITY

77%



of employees would eat more of certain foods, if they knew there would be a positive impact on their mental and physical sharpness and support their work productivity