



## Survey says people want healthy breakfast and lunch but blowout dinner

---

Monday, April 4th 2016, 15:36

 [Hotels](#), [Hotel News](#), [Chef](#), [Restaurants](#), [Pubs And Bars](#), and [Healthy Eating](#).

*By Brendan Coyne*

Outlets with menus that cater for both the blowout and the waist-conscious – and know when to push either variety – could drive sales, according to new research.

A survey of 756 people by HospitalityGEM found that 91% said they would be ‘sinful’ at the weekend, with 83% claiming they were more ‘saintly’ during the week.

However, saintliness tends to be for breakfast (71%) and lunch (77%), whereas dinner is the occasion when most (79%) of diners will opt for the extra helping of fats.

When eating with friends and family, diners are more likely to be sinful with friends (81%) than with their family (69%), according to the research.

HospitalityGEM boss Steven Pike said the survey findings suggested gaps in the market for restaurants and pubs that serve both healthy and less healthy foods, with this latest research identifying when they are most desired.