

GALLUP NEWS SERVICE

GALLUP POLL SOCIAL SERIES: CONSUMPTION HABITS

-- FINAL TOPLINE --

Timberline: 937614
GAL 048
Princeton Job #: 25-07-009

July 7-21, 2025

Results are based on telephone interviews conducted July 7-21, 2025, with a random sample of –1,002—adults, ages 18+, living in all 50 U.S. states and the District of Columbia. For results based on this sample of national adults, the margin of sampling error is ± 4 percentage points at the 95% confidence level.

For results based on the sample of –583—adults who drink alcoholic beverages, the maximum margin of sampling error is ± 5 percentage points.

Interviews are conducted with respondents on landline telephones and cellular phones, with interviews conducted in Spanish for respondents who are primarily Spanish-speaking. Each sample of national adults includes a minimum quota of 80% cell phone respondents and 20% landline respondents, with additional minimum quotas by time zone within region. Landline and cell phone telephone numbers are selected using random digit dial methods. Landline respondents are chosen at random within each household on the basis of which member has the next birthday.

Samples are weighted to correct for unequal selection probability, non-response, and double coverage of landline and cell users in the two sampling frames. They are also weighted to match the national demographics of gender, age, race, Hispanic ethnicity, education, region, population density, party identification, and phone status (cell phone-only/landline only/both and cell phone mostly). Demographic weighting targets are based on the most recent Current Population Survey figures for the aged 18 and older U.S. population. Phone status targets are based on the most recent National Health Interview Survey. Party identification targets are based on the average of the three most recent Gallup polls. Population density targets are based on the 2020 census. All reported margins of sampling error include the computed design effects for weighting.

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls. For questions about how this survey was conducted, please contact galluphelp@gallup.com.

Thinking about your own personal eating habits,

54. Overall, how healthy would you say your diet is -- very healthy, somewhat healthy, not too healthy, or not at all healthy?

	<u>Very healthy</u>	<u>Somewhat healthy</u>	<u>Not too healthy</u>	<u>Not at all healthy</u>	<u>No opinion</u>
2025 Jul 7-21	24	60	12	3	1
2013 Jul 10-14	26	60	10	2	1
2008 Jul 10-13	24	61	12	2	*
2007 Jul 12-15	25	60	13	2	*
2005 Jul 7-10	26	60	12	2	*
2004 Jul 8-11	24	60	13	2	1
2003 Jul 7-9	23	64	12	1	*
2001 Jul 19-22	25	59	14	2	*

55. How much attention do you pay to the food warnings and nutritional recommendations you hear or read about? Do you pay -- a lot of attention, a fair amount, some, not too much, or none at all?

	<u>A lot</u>	<u>Fair amount</u>	<u>Some</u>	<u>Not too much</u>	<u>None at all</u>	<u>No opinion</u>
2025 Jul 7-21	25	35	23	11	7	*
2007 Jul 12-15	28	37	19	10	6	--
2006 Dec 8-10 ^	33	38	15	9	4	--
2003 Jul 7-9	23	33	23	12	9	*
2002 Jul 9-11	22	33	21	16	8	*
1989 Sep 12-15	26	36	16	13	9	*

^ Asked of a half sample.

56. How much attention do you pay to the nutritional information that is printed on all food packages, including calories, and sugar, fat and vitamin content – a great deal, a fair amount, not much, or none at all?

	A great <u>deal</u>	A fair <u>amount</u>	Not <u>much</u>	None <u>at all</u>	No <u>opinion</u>
2025 Jul 7-21	33	42	15	9	*
2018 Jul 1-11	32	38	21	9	*
2013 Jul 10-14	32	36	18	14	1

57. *(Asked of those who pay a great deal or fair amount of attention to nutritional information on food packages)* What specific nutritional information do you look for on food packages? [OPEN-ENDED]

BASED ON - 763—ADULTS WHO PAY ATTENTION TO NUTRITIONAL INFORMATION ON FOOD PACKAGES; ±5 PCT PTS

2025 Jul 7-21

Sugar/Added sugar	47
Calories	37
Carbohydrates	17
Protein content	15
Fat/Fat levels	14
Ingredients (non-specific)	14
Sodium level	11
Salt content	7
Added dyes	5
Vitamin/mineral levels	4
Fiber content	4
Chemical content	3
Nutritional value/Macronutrients/Micronutrients	3
Artificial ingredients	3
Additives	2
Seed oil content/oils used	2
GMO/Bioengineered ingredients	2
Cholesterol	2
Serving size	2
Saturated fat content	2
High fructose corn syrup	2
Organic ingredients	1
Added preservatives	1
Processing/processed ingredients	1
Trans fat content	1
Other	10
No opinion	1

41. How confident are you that the food available at most grocery stores is safe to eat – very confident, somewhat confident, not too confident, not confident at all?

	<u>Very confident</u>	<u>Somewhat confident</u>	<u>Not too confident</u>	<u>Not at all confident</u>	<u>No opinion</u>
2025 Jul 7-21	24	49	20	7	*
2024 Jul 1-21	27	45	20	7	*
2019 Jul 1-12	31	50	15	3	*

42. How much confidence do you have in the federal government to ensure the safety of the food supply in the U.S., would you say you have -- a great deal, a fair amount, not much, or none at all?

	<u>A great deal</u>	<u>A fair amount</u>	<u>Not much</u>	<u>None at all</u>	<u>No opinion</u>
2025 Jul 7-21	12	41	34	12	1
2024 Jul 1-21	16	41	28	14	1
2019 Jul 1-12	15	53	25	7	*
2008 Jul 10-13	15	56	21	8	1
2007 Jul 12-15	18	53	21	8	*
2006 Dec 8-10	22	60	15	3	*
2006 Jul 6-9	22	54	18	6	*
2005 Jul 7-10	19	61	15	5	*
2004 Jul 8-11	31	54	11	3	1
2002 Jul 9-11	19	58	16	6	1
2001 Jul 19-22	21	61	13	4	1
2001 Mar 26-28	25	54	17	3	1
1999 Sep 23-26	15	61	19	5	*

43-53. NOT ASKED

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QN54: How healthy diet is BY Total + Gender + Race I + Age + Education + Party I.D. + Household Income

	Gender			Race I		Age			Education			Party I.D.			Household Income		
	Tot al	Mal e	Fema le	Whit e	Non - whit e	18- 34	35- 54	55 +	Colle ge Grad	Some Colle ge	HS Gra d or Les s	Republic an	Independ ent	Democr at	Less than \$50,0 00	\$50,00 0- 100,00 0	\$100,00 0+
Very healthy	24 %	23 %	26%	24%	25 %	23 %	22 %	26 %	30%	21%	20 %	26%	23%	25%	19%	21%	29%
Somewhat healthy	60 %	58 %	62%	61%	58 %	59 %	57 %	62 %	59%	64%	58 %	61%	58%	62%	54%	63%	62%
Not too healthy	12 %	14 %	10%	12%	13 %	16 %	15 %	9%	9%	12%	16 %	11%	14%	11%	17%	15%	8%
Not at all healthy	3%	4%	1%	3%	3%	2%	4%	2%	1%	2%	5%	2%	4%	1%	7%	1%	0%
(DK)/(Refused)	1%	1%	1%	1%	1%	0%	2%	1%	2%	-	1%	0%	2%	1%	2%	0%	0%

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QN55: Attention paid to food warnings and nutritional recommendations BY Total + Gender + Race I + Age + Education + Party I.D. + Household Income

	Gender			Race I		Age			Education			Party I.D.			Household Income		
	Tot al	Mal e	Fema le	Whit e	Non -	18- 34	35- 54	55 +	Colle ge Grad	Some Colle ge	HS Gra d or	Republic an	Independ ent	Democr at	Less than	\$50,00 0-	\$100,00 0+

					white						Less					\$50,000	100,000	
A lot of attention	25%	21%	29%	25%	25%	20%	25%	28%	26%	25%	23%	25%	23%	26%	25%	22%	26%	
A fair amount	35%	30%	39%	35%	34%	38%	34%	33%	39%	39%	27%	33%	36%	35%	27%	43%	35%	
Some	23%	29%	16%	23%	22%	22%	21%	25%	20%	20%	28%	21%	23%	24%	27%	19%	23%	
Not too much	11%	10%	11%	10%	12%	16%	10%	8%	11%	9%	12%	11%	11%	11%	11%	10%	11%	
None at all	7%	10%	4%	7%	7%	5%	10%	7%	4%	7%	10%	11%	7%	4%	10%	6%	6%	
(DK)/(Refused)	0%	0%	-	0%	-	-	-	0%	0%	-	-	-	0%	0%	0%	0%	-	

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QN56: Attention paid to nutritional information printed on food packages BY Total + Gender + Race I + Age + Education + Party I.D. + Household Income

		Gender		Race I		Age			Education			Party I.D.			Household Income		
	Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Less than \$50,000	\$50,000-100,000	\$100,000+
A great deal	33%	27%	41%	33%	34%	32%	34%	33%	39%	35%	26%	31%	30%	42%	31%	32%	38%
A fair amount	42%	43%	40%	43%	38%	45%	39%	42%	44%	39%	41%	47%	42%	37%	34%	44%	42%
Not much	15%	19%	12%	16%	15%	16%	17%	15%	13%	15%	18%	12%	18%	14%	19%	17%	12%
None at all	9%	12%	6%	7%	12%	7%	11%	10%	4%	10%	15%	10%	11%	6%	15%	7%	7%

(DK)/(Refused)	0%	0%	1%	0%	1%	-	0%	1%	0%	-	1%	-	0%	1%	0%	1%	0%
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\$QN57: What specific nutritional information do you look for on food packages? BY Total + Gender + Race I + Age + Education + Party I.D. + Household Income

		Gender		Race I		Age			Education			Party I.D.			Household Income		
	Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Less than \$50,000	\$50,000-100,000	\$100,000+
Sugar/added sugar	47%	46%	47%	44%	51%	40%	51%	50%	47%	51%	42%	40%	49%	48%	45%	46%	47%
Calories	37%	36%	37%	35%	40%	54%	28%	32%	36%	37%	37%	30%	38%	42%	36%	35%	41%
Carbohydrates	17%	18%	16%	21%	10%	11%	17%	21%	19%	22%	11%	17%	20%	12%	12%	18%	17%
Protein content	15%	15%	15%	18%	11%	18%	14%	15%	20%	14%	10%	14%	15%	16%	15%	11%	19%
Fat/fat levels	14%	13%	15%	17%	8%	14%	11%	16%	17%	14%	9%	10%	14%	18%	11%	17%	13%
Ingredients (non-specific)	14%	11%	16%	13%	16%	12%	22%	9%	16%	13%	11%	11%	16%	12%	12%	10%	18%
Sodium level	11%	7%	15%	11%	13%	11%	11%	11%	13%	10%	10%	7%	11%	16%	11%	10%	13%
Other	10%	7%	12%	11%	8%	6%	14%	9%	10%	9%	10%	13%	8%	10%	8%	14%	9%
Salt content	7%	6%	8%	7%	7%	2%	6%	11%	6%	10%	5%	5%	6%	10%	9%	9%	4%
Added dyes	5%	4%	5%	4%	5%	7%	4%	2%	4%	4%	5%	7%	5%	2%	6%	6%	3%
Vitamin/mineral levels	4%	5%	4%	4%	6%	3%	7%	3%	3%	6%	4%	6%	5%	3%	4%	7%	3%

Fiber content	4%	3%	5%	6%	1%	4%	4%	4%	6%	4%	1%	3%	3%	7%	2%	3%	5%
Chemical content	3%	4%	3%	4%	3%	3%	3%	5%	3%	4%	3%	8%	2%	2%	4%	4%	3%
Nutritional value/macro/micro nutrients	3%	3%	4%	4%	2%	7%	2%	2%	4%	1%	5%	4%	3%	4%	3%	3%	4%
Artificial ingredients/supplements	3%	4%	2%	3%	3%	3%	4%	2%	2%	2%	5%	4%	4%	1%	3%	4%	3%
Additives	2%	2%	3%	3%	2%	-	1%	4%	2%	2%	2%	4%	2%	1%	-	2%	4%
Seed oil content/oil used	2%	2%	3%	3%	2%	1%	5%	2%	2%	4%	1%	3%	3%	0%	2%	1%	3%
Whether it has GMO/bioengineered ingredients	2%	1%	3%	3%	1%	2%	5%	1%	3%	2%	2%	1%	3%	3%	2%	4%	2%
Cholesterol	2%	2%	2%	2%	3%	1%	1%	3%	2%	2%	2%	3%	1%	3%	2%	1%	3%
Serving size	2%	2%	2%	2%	2%	2%	4%	1%	2%	3%	0%	2%	1%	4%	2%	1%	3%
Saturated fat content	2%	3%	1%	2%	2%	-	2%	3%	3%	1%	2%	2%	3%	1%	2%	2%	2%
High fructose corn syrup	2%	2%	1%	2%	2%	3%	2%	2%	1%	3%	3%	2%	1%	3%	1%	4%	1%
Organic ingredients	1%	2%	1%	1%	2%	2%	2%	1%	1%	-	3%	2%	2%	1%	2%	2%	1%
Added preservatives	1%	2%	1%	1%	2%	1%	1%	2%	1%	2%	2%	2%	2%	0%	2%	1%	2%
Don't Know/Refused	1%	2%	1%	1%	1%	2%	1%	2%	1%	1%	3%	1%	2%	1%	2%	1%	1%
Processing/processed ingredients	1%	1%	1%	1%	1%	0%	2%	1%	1%	3%	0%	1%	1%	2%	2%	0%	1%
Trans fat content	1%	0%	1%	1%	0%	1%	0%	1%	1%	0%	0%	0%	1%	1%	0%	2%	0%

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QN41: How Confident Food at Grocery Stores Safe BY Total + Gender + Race I + Age + Education + Party I.D. + Household Income

	Total	Gender		Race I		Age			Education			Party I.D.			Household Income		
		Male	Female	White	Non - white	18-34	35-54	55 +	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Less than \$50,000	\$50,000-100,000	\$100,000+
Very confident	24%	26%	22%	29%	15%	21%	18%	29%	30%	26%	15%	20%	20%	32%	14%	23%	31%
Somewhat confident	49%	48%	49%	47%	52%	48%	44%	52%	46%	47%	53%	47%	50%	48%	55%	46%	46%
Not too confident	20%	19%	22%	19%	23%	24%	25%	15%	19%	19%	22%	28%	19%	16%	22%	24%	17%
Not confident at all	7%	7%	7%	6%	10%	7%	13%	4%	5%	8%	10%	5%	11%	3%	9%	7%	7%
DON'T KNOW/REFUSED	0%	-	0%	0%	-	-	-	0%	0%	-	-	0%	-	-	0%	-	-

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QN42: Confidence in Federal Government to Ensure Food Safety BY Total + Gender + Race I + Age + Education + Party I.D. + Household Income

	Gender	Race I	Age	Education	Party I.D.	Household Income
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	Total	Male	Female	White	Non-white	18-34	35-54	55+	College Grad	Some College	HS Grad or Less	Republican	Independent	Democrat	Less than \$50,000	\$50,000-100,000	\$100,000+
A great deal	12%	15%	9%	11%	14%	14%	8%	13%	13%	9%	13%	15%	12%	10%	11%	8%	15%
A fair amount	41%	45%	39%	45%	37%	36%	34%	51%	39%	46%	41%	47%	40%	38%	43%	40%	41%
Not much	34%	28%	39%	33%	36%	39%	39%	28%	36%	33%	32%	30%	33%	40%	32%	37%	34%
None at all	12%	11%	12%	10%	14%	12%	19%	7%	12%	11%	13%	6%	15%	12%	12%	15%	10%
DON'T KNOW/REFUSED	1%	1%	1%	1%	0%	-	1%	1%	1%	0%	1%	2%	0%	-	2%	1%	0%

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