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58% of Australians resolve to eat healthier in 2024

17 January 2024 | News

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With the New Year upon us, OpenTable has revealed brand new consumer insights that delve into Aussie's resolutions for 2024, with more than half (58 per cent) saying that eating healthier is their resolution for the New Year. In addition, 26 per cent of Aussies say they struggle to make healthy choices at restaurants.

To help diners stick to their resolutions while dining out, OpenTable has unveiled the inaugural Australia's Top 50 Restaurants with Healthy Bites, compiled from analysing over 300,000 Aussie diner reviews and diner metrics including ratings and the percentage of restaurant reviews where diners tagged the restaurant as healthy. The list offers a variety of venues representing a range of cuisine types including vegan (6), seafood (6) and Japanese (8).

While eating healthier is the most popular New Year's resolution for Australians, 40 per cent anticipate they will revert to their regular eating habits within three months, and just over a quarter (27 per cent) are unlikely to stick to theirs at all. Despite this, Australians remain optimistic with 79 per cent likely to consider eating healthier in 2024 compared to 2023.

Other highlights from the new OpenTable consumer research include:

Australians willing to spend more for a healthier meal - While half of Aussies (51 per cent) believe that eating healthily costs more, 93 per cent of Australians are willing to spend more when dining out if it means they can treat themselves to a healthier meal.

The not-so-truthful truth about resolutions â?? 38 per cent of Aussies surveyed said that they have lied once or more than once about breaking their New Year's resolutions

Plant-based power - To meet their healthy eating goals, 43 per cent of Australians are considering going vegan or vegetarian in 2024. "Many Aussies are doubtful they will keep to their healthy eating resolutions in 2024, with 40 per cent reporting

they're likely to give up on their resolutions before the 3-month mark. Although it may seem challenging at times, there's an array of things you can do to remain on track without forgoing dining out!" said Susie Burrell, leading Australian dietitian. "Navigating a restaurant menu to select healthier options can be as simple as adding a side of vegetables or salad to your main for a more balanced and mindful dining choice."