

Coordinator:

- National and Kapodistrian University of Athens

Work Package Leaders:

- FCNAUP – Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto / Faculty of Nutrition and Food Sciences, University of Porto, Portugal
- Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione / National Institute for Research on Food and Nutrition
- NutriFOODchem, Research group Food Chemistry and Human Nutrition, Universiteit Gent, Faculty of Bioscience Engineering
- National and Kapodistrian University of Athens
- School of Public Health Andrija Štampar, Medical School University of Zagreb
- TUM - Technische Universität München, Germany



The HECTOR Consortium: (Alphabetical)

- National and Kapodistrian University of Athens Medical School, Greece
- Agricultural University of Athens (AUA), Greece
- Associazione Iblea per la Ricerca Epidemiologica (Organizzazione non lucrativa di utilità sociale)/ Hyblean association for epidemiological research (non profit organization), Italy
- Coca-Cola European Union Group
- Consumers Association New Inka, Greece
- Croatian National Institute of Public Health, Croatia
- De Appelier BVBA, Gent, Belgium
- Department for Environment, Food and Rural Affairs, U.K.
- Department of Hygiene and Epidemiology, University of Porto Medical School, Portugal
- Department of Nutritional Sciences, University of Vienna, Austria
- Deutsches Institut fuer Ernahrungsforschung Potsdam-Rehbruecke (DIfE) / German Institute of Human Nutrition, Germany
- Division of Cancer Epidemiology, Nutritional Epidemiology, German Cancer Research Centre, Germany
- FCNAUP – Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto / Faculty of Nutrition and Food Sciences, University of Porto and FMUP
- Department of Hygiene and Epidemiology, University of Porto Medical School, Portugal
- Galaxy Catering S.I.A O.E., Greece
- Gastropol Group Sp.z o.o., Poland
- Il Mezzogiorno - cucina siciliana, Gent, Belgium
- Institute of community medicine, University of Tromsø, Norway
- International Agency for Research on Cancer (IARC-WHO)
- Institute of Statistics of Albania
- Istituto Nazionale di Ricerca per gli Alimenti e la Nutrizione/National Institute for Research on Food and Nutrition, Italy
- Kobatsiari Bros S.A., Greece / Αφοί Κοπατσιάρη Α.Ε.
- LTC Zagreb, Croatia
- McDonald's Europe Ltd.
- Ministry of Health, Department of Medical and Public Health Services, Cyprus
- National Consumer Research Centre, Finland
- National Food and Nutrition Institute, Poland
- National Institute of Food and Nutritional Sciences, Hungary
- NutriFOODchem, Research group Food Chemistry and Human Nutrition, Universiteit Gent, Faculty of Bioscience Engineering, Belgium
- School of Public Health Andrija Štampar, Medical School University of Zagreb, Croatia
- Studentsamskipnaden in Tromsø, Norway
- Três Tempos, Comida Caseira ao Domicílio, Lda
- TUM - Technische Universität München, Germany
- Unilever Research and Development Vlaardingen BV, The Netherlands
- UNISELF, Sociedade de Restaurantes Públicos e Privados, SA, Portugal
- ZHAW Zurich University of Applied Sciences, Switzerland



**Eating Out: Habits, Determinants,
and Recommendations
for Consumers and the European
Catering Sector**

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Eating Out: Habits, Determinants and Recommendations for Consumers and the European Catering Sector

EATING OUT IS NO LONGER JUST FOR SPECIAL OCCASIONS.

It appears that modern living has driven people to eat out more and more. Whether they choose a quick casual meal taken on the run, lunch from the school canteen, snacks at the bar, leisurely picnics or formal restaurant dining, it is clear that food is now readily available in great variety for people to eat beyond their dining rooms.

There is rising concern about the role of imprudent dietary choices in nutrition-related disorders and chronic diseases. What is limited are measures to assess and address how and what Europeans are choosing to eat out.



The HECTOR Project aims:

- >> To enhance knowledge on eating out in Europe
- >> To identify Europeans' dietary patterns when eating out, including meals, foods and nutrients
- >> To determine how various lifestyle factors influence the eating out choices of European consumers
- >> To evaluate the practices of catering-related enterprises of varying sizes and their potential impact on their customers' dietary choices
- >> To establish a methodological framework for monitoring the food choices of European consumers when they eat out
- >> To develop strategies and measures for promoting healthy eating out, not least through the creation of a network of medical doctors, public health professionals, nutritionists, epidemiologists, economists, food technologists, and catering professionals



HECTOR Work Packages:

- 1 Introductory Workshop: Plenary Workshop I
- 2 Data Systems Management Workshop: Retrieval of individual-based food consumption data. Management, harmonization and storage of data. Data analysis. Plenary workshop to overview and evaluate work progress
- 3 Case Studies in the Catering Sector: Case studies among European catering-related enterprises
- 4 Dietary Patterns Workshop: Out-of-home dietary patterns among European consumers: observations and recommendations. Comparison of out-of-home dietary patterns with dietary recommendations. Computation of optimal dietary patterns
- 5 Promotional Framework Workshop: Plenary workshop III: Strategic Framework for promoting healthy eating out behaviours
- 6 Educational Resources Development: Development of training and educational materials for increasing supply of and demand for healthy foods. Evaluation of effectiveness
- 7 Household Budget Surveys (HBS) Data Management: Retrieval and harmonization of HBS data
- 8 HBS Data Analysis: Estimation of out-of-home food choices based on HBS data. Comparison of estimates with other data related to out-of-home dietary patterns
- 9 Final workshop: Plenary workshop IV
- 10 Management Activities
- 11 Communication and Dissemination