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Food Delivery Apps and their Effect and Social Impact on Eating Habits and Health: A Study

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Abstract: Food delivery apps have revolutionized the way people access and consume meals, offering convenience and a vast array of dining choices at the tap of a screen. This study explores the effects and social impact of food delivery services on eating habits and overall health. The research examines how these apps influence dietary choices, portion sizes, and meal frequency, often promoting fast food consumption and sedentary lifestyles. While they provide benefits such as accessibility and time-saving advantages, they also contribute to health concerns like obesity and poor nutrition. Additionally, the study investigates how these platforms affect social interactions, local food businesses, and consumer spending patterns. By analyzing user behavior, health implications, and societal changes, this research aims to provide insights into the long-term impact of food delivery apps on public health and lifestyle trends.

Keywords*: Food Delivery Apps, Eating Habits, Health Impact, Nutrition, Dietary Choices, Convenience, Obesity, Sedentary Lifestyle, Social Impact, Consumer Behavior.*

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I. INTRODUCTION

The advent and explosive expansion of food delivery apps over the last ten years has fundamentally altered the way people across the world eat. These websites, which include Uber Eats, DoorDash, Swiggy, and Zomato among others, have completely changed the food sector by enabling customers to conveniently order meals from a huge selection of eateries while lounging in the comfort of their own homes or places of business. This industry has grown at an astounding rate, especially in cities where demand has been fueled by long workweeks, hectic lifestyles, and a need for convenience. The fact that Statista projects the worldwide meal delivery market to reach over $320 billion by 2029 shows how essential these services have grown to be in today's society. But this convenience has a number of social and health consequences that we are only now starting to fully understand.

Food delivery apps have certainly made a wide range of cuisines more accessible due to their convenience, but they have also raised awareness of issues with eating habits, nutrition, and general health. The main problem is that much of the food that is ordered on these platforms is rich in calories, high in fats, sugars, and salts, and poor in vital nutrients. When fast food or restaurant meals are readily available to them, consumers are more inclined to select selections that prioritize flavor and enjoyment over nutritious content. According to studies, those who regularly order food from food delivery services may be more likely to have unhealthy eating habits, which can result in a number of health problems like diabetes, obesity, and heart disease.

Furthermore, there is mounting evidence that suggests meal delivery apps may be a factor in the rise in unhealthy eating habits like "grazing" and impulsive consumption. Food delivery applications provide instant satisfaction and encourage on-demand consumption, in contrast to traditional home-cooked meals, which can require planning, preparation, and quantity management. Because of this ease, people are more prone to eat on the spur of the moment and order larger servings than they would normally in a dine-in situation. Additionally, applications usually offer free delivery and discounts to loyal users, which quietly promotes overconsumption.

The majority of the existing study on food delivery apps focuses on how these apps effect gig economy workers or how they help the restaurant business economically. Research on their wider social and health effects is conspicuously lacking, though. Particularly, not much research has been done to fully examine how these applications affect users' long-term health outcomes, eating habits, and nutritional preferences. By examining how food delivery apps affect

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eating patterns, possible health hazards, and the social ramifications of an increasing reliance on these platforms for daily meals, this study paper aims to close this vacuum in knowledge.

A. Changing Eating Habits:

Cooking and sharing meals has always been an important part of social contact and family life. Home-cooked meals are frequently linked to mindful eating, quantity control, and improved nutrition. Preparing food is a social activity that fosters cultural continuity and familial ties in many cultures. But the emergence of food delivery apps has changed how people eat, especially in cities and among younger generations. Many customers now rely on these applications to meet their daily food demands rather than planning and cooking meals, frequently choosing quick, easy, and accessible options.

Several significant modifications in eating patterns have been brought about by this transition. First of all, people are becoming less and less interested in traditional meal plans. Rather than consuming three set meals a day, consumers of food delivery applications can frequently "graze," placing smaller orders for meals or snacks throughout the day. This unstructured eating behavior can contribute to weight gain and poor nutritional choices by causing overconsumption and decreased awareness of calorie intake. Furthermore, the convenience of ordering food late at night has increased the amount of people who snack at midnight, which is frequently linked to poor eating habits and digestive problems.

Second, the instantaneous and convenient culture that meal delivery apps foster has an impact on people's perceptions of food. Rather of seeing meals as a chance to provide the body with necessary nutrients, food starts to be seen as a convenience item that is determined by availability, promotions, and cravings. Studies show that people are less likely to cook at home the more often they utilize meal delivery apps. This dependence on meals from restaurants can lead to a sharp drop in the intake of fruits, vegetables, and whole grains, which exacerbates the problem of low-quality diets.

Portion sizes have also been impacted by the growing usage of meal delivery applications. Restaurant portions are usually greater than those made at home, and customers may place orders through apps without realizing how much food they are eating. This can result in overindulgence, especially if you order from establishments that offer heavy, high-fat, calorie meals. The fact that many apps encourage users to order more food by offering combo offers, upselling strategies, and "family-sized" portions makes portion control difficult to implement and encourages users to eat more than they otherwise would.

B. Health Implications:

Frequent use of meal delivery apps has a number of troubling and complex health effects. Although these apps make food more accessible to people with hectic schedules or no cooking skills, they also add to the rising number of illnesses linked to poor eating. In particular, meal delivery apps may contribute to the exacerbation of obesity, a growing public health concern. When paired with a sedentary lifestyle, the high-fat, calorie-dense meals that are frequently purchased through these platforms can cause an energy imbalance in which people consume more calories than they burn. This imbalance eventually causes weight gain, which raises the risk of obesity and associated illnesses like type 2 diabetes and cardiovascular disease.

It's important to consider how meal delivery applications affect mental health in addition to physical health. These apps' ability to deliver fast satisfaction and their use of algorithms to forecast user preferences can lead to a dependency on convenience food. This may result in emotional eating, a behavior in which people turn to food as a sedentary diversion from stress or other upsetting feelings. Comfort foods and decadent meals are always available, which can worsen bad eating habits and lead to cycles of overeating and guilt. This can further aggravate a person's connection with food.

Furthermore, data points to the possibility that particular ethnicities are disproportionately impacted by meal delivery apps, which exacerbates health disparities. People with low incomes and communities with little access to grocery stores or fresh vegetables may rely mostly on food delivery apps for their meals. But the eateries that are listed on these platforms frequently serve fast food and other high-calorie options, which can have a negative impact on people's diets who already have trouble getting access to nutritious food. This begs the question of whether meal delivery services are causing a "nutrition gap," in which underprivileged groups have less access to healthy food options.

C. Social Impacts:

The social impact of meal delivery applications is just as important as the health concerns. Social connections around food are changing as a result of these platforms, especially among families. Meals have always been a time for family members to get together, exchange stories, and deepen their relationships. However, communal meal experiences are disappearing as a result of how convenient it is to order meals individually through food delivery applications. Families may now place separate orders, eat at different times, or dine alone rather than cooking and sharing meals together. This change may make families less cohesive and limit opportunities for deep social engagement.

Additionally, the way consumers interact with local businesses and communities is being altered by food delivery applications. Although these platforms give users access to a diverse selection of restaurants, they also play a part in the standardization of food culture by placing small establishments in direct competition with national and international chains for app platform prominence. Smaller, regional companies may find it difficult to compete with larger franchises that have the financial means to control app algorithms and promotions, which could result in their displacement. As a result, local eateries may close or change their menus to reflect trends influenced by app-based

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consumer behavior, thereby changing the social fabric of towns.

The emergence of food delivery apps signifies a profound change in the ways that people in contemporary society get, use, and view food. Although there is no denying the convenience these platforms provide, their influence on eating patterns and health outcomes raises serious concerns about the long-term implications for both individuals and society at large. In order to close a critical knowledge gap about how meal delivery apps are changing food consumption patterns, this study attempts to investigate the intricate relationship between dietary behavior, health, and food delivery apps. This study looks into the social, nutritional, and health effects of meal delivery apps in an effort to further the discussion about how convenience-driven lives and technology are affecting public health and well-being in the twenty-first century.

II. REVIEW OF LITERATURE

A. *Food Delivery Apps and the Negative Health Impacts for Americans*

Janna Stephens, Hailey Miller and Lisa Militello

The examination of meal delivery apps reveals their explosive expansion and growing impact on eating patterns. Nowadays, half of delivery trips are made for dinner and breakfast, thanks to digital food ordering. The industry has had rapid growth, rising by 23% in the last four years and currently valued at $26.8 billion, thanks to the notable expansion of companies such as GrubHub and UberEats. Although this convenience has helped restaurants by increasing their clientele, it has also had a detrimental effect on consumers' health, particularly in the United States.

The link between regular food delivery service use and poor eating practices is one of the main causes for concern. Research indicates that those who use delivery services often buy high-calorie, unhealthy foods like pizza, fries, and burgers. Increasing obesity rates are a result of this practice, especially among young adults (ages 19–29), who account for the majority of app users. Additionally, there is a high percentage of obesity in this group: 20.6% of teens and 35.7% of young adults are fat. This is alarming given the prevalence of meal delivery in these age groups.

The data also shows that for the past 30 years, fast food has increased in calories, sodium, and portion sizes, which has exacerbated the obesity issue. Those with lower incomes use apps more frequently than others, and they also tend to eat more fast food, which exacerbates health inequities. The text also addresses school meal delivery services, which can be costly and aren't available to all student populations evenly. Due to safety concerns, several schools are increasingly prohibiting these services, indicating the necessity for rules.

In order to fully understand the health implications of meal delivery apps, especially with relation to user demographics and behaviors, the report closes by urging further research. Additionally, it recommends that in order to lessen the detrimental effects of regular use on one's health, digital platforms should embrace moral design principles that encourage making better decisions.

B. *Adolescents Use of Online Food Delivery Applications and Perceptions of Healthy Food Options and Food Safety: A Cross- Sectional Study in the United Arab Emirates*

Sheima T. Saleh, Tareq M. Osaili, Ayoub Al-Jawaldeh, Haydar A. Hasan, Mona Hashim, Maysm N. Mohamad, Salma Abu Qiyas, Haleama Al Sabbah, Rameez Al Daour, Radhiya Al Rajaby, Emad Masuadi, Lily Stojanovska, Dimitrios Papandreou, Antonis Zampelas, Ayesha S. Al Dhaheri, Hanin Kassem and Leila Cheikh Ismail

The use of online food delivery applications (OFDAs) by teenagers in the United Arab Emirates (UAE) is examined in the study "Adolescents' use of online food delivery applications and perceptions of healthy food options and food safety." 532 teenagers participated in the cross-sectional survey, which sought to determine how often they used apps, what kinds of food they ordered, and how they felt about safe and healthy eating alternatives.

Important conclusions showed that 85.7% of participants preferred fast food over healthy options, and 65.4% of participants used OFDAs on a weekly basis. Price and visual appeal were important determinants of food choice, although flavor and cost discouraged many people from choosing healthier options. Merely 20.7% of the individuals regularly looked for nutritious eating selections. In addition, there was a lower likelihood of favorable perceptions of healthy food selections among younger and more frequent users.

In terms of food safety, those who were female and actively looking for healthy food showed a higher level of awareness. Finding healthy food alternatives on these platforms was difficult for more than half of the participants, and many of them reported eating more food and changing their eating habits—like eating late at night—after using OFDAs. According to the report, teenagers need to be encouraged to make healthy decisions. In particular, as these platforms grow more ingrained in daily life, this entails teaching young users about the value of balanced meals and food safety and improving the visibility of healthy options on OFDAs.

C. *Factors Associated with Food Delivery App Use among Young Adults*

Sarah A. Buettner, Keryn E. Pasch, and Natalie S. Poulos

Factors Associated with Food Delivery App Use Among Young Adults, looks at the growing trend of food delivery app (FDA) use, particularly among young adults in the US who are between the ages of 18 and 25. With an emphasis on variables including race, education level, food insecurity, and housing conditions, the study seeks to determine the

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sociodemographic, economic, and behavioral aspects that affect the frequency of FDA usage.

After conducting an online survey with 1,576 young individuals, the researchers found that participants used meal delivery apps roughly twice a week on average. Key findings showed that full-time students, those living alone or handling their own finances, and non-Hispanic Black and Hispanic respondents used the FDA at much higher rates. It's interesting to note that people who were food insecure were also more likely to use FDAs, indicating that these websites could be a convenient way to get food even when money is tight.

This finding has important ramifications, especially for public health. Concerns over the possibility of bad dietary choices and dependence on convenience meals are raised by the frequent use of FDAs, particularly among vulnerable communities. The authors stress the necessity of public health campaigns that support balanced eating practices in addition to healthier food selections offered by these delivery services. The study ends with a request for more investigation into the long-term consequences of meal delivery app dependence and how it affects young adults' eating habits, especially those who are struggling financially.

D. A Study Of Negative Effects Of Online Food Delivery Platforms On Restaurants Revenue And Customer Relations In Pune City

➢ *Prof. Ajim Shaikh*

This research adopts an exploratory approach to examine the complex relationships among restaurants, online delivery partners, and customers. The primary goal is to uncover malpractices within online food delivery services that negatively impact restaurant profitability and customer relations. By gathering qualitative feedback from industry professionals and entrepreneurs, the study highlights the detrimental effects of these practices. A specially designed questionnaire was used to collect relevant data, focusing on the adverse impacts of current business models employed by online delivery platforms.

➢ *Negative Impact on Customer Relationships*

Restaurants traditionally emphasize building strong customer relationships, extending beyond just providing good food to creating an overall experience that fosters loyalty. Customers often develop attachments to specific restaurants that cater to their culinary preferences. However, the rise of online food delivery has disrupted this dynamic. While delivery platforms increase visibility, they also introduce heightened competition. Customers now face numerous choices, often driven by convenience and enticing discounts, which can lead to a perception on that dining at their favorite restaurants is overpriced, ultimately undermining established loyalty.

➢ *Impact on Revenue*

Profitability is crucial in the food service industry. Initially, many restaurants welcomed online delivery platforms as a means to enhance sales. However, these platforms often charge high commissions—sometimes up to 30%—significantly eroding restaurant profits. This commission structure forces restaurants to offer discounts to remain competitive, further squeezing their margins. For instance, while customers may receive substantial discounts, the financial benefit for restaurants is minimal, as delivery charges and commissions diminish earnings.

➢ *Marketing Trap*

The marketing strategies employed by online delivery platforms further complicate matters. Restaurants often find themselves reliant on algorithms that dictate visibility, making it difficult for them to attract online traffic. To counteract visibility issues, restaurants are compelled to invest heavily in marketing, but such investments do not guarantee increased orders. Consequently, many restaurants find themselves bearing a disproportionate financial burden with little return on investment.

➢ *Competition and Ratings*

The competitive environment fostered by online food delivery platforms can be toxic. Restaurants are engaged in a race for online visibility and ratings, with only a few establishments dominating the ratings landscape. This creates a distorted perception of customer satisfaction on, as many quality restaurants remain overlooked. The pressure to achieve high ratings leads to increased marketing expenses, draining resources without ensuring success.

➢ *Conclusion*

The primary objective of online food delivery partners appears to be maximizing profits, often at the expense of restaurants. While these platforms provide new avenues for visibility and revenue, they also contribute to an environment that undermines the restaurant business. As restaurants increasingly rely on delivery platforms, the risk of these partners exerting greater control over the market rises, leading to higher commissions and diminished profitability. To rectify this imbalance, regulatory oversight is essential in the online food delivery sector. Such measures can promote fair revenue-sharing practices, allowing restaurants to thrive alongside delivery partners. A balanced ecosystem would enable restaurants to maintain customer relationships while benefiting from the convenience of delivery platforms. Only through equitable practices can the industry achieve a sustainable future for all stakeholders involved.

E. Healthy Food and Determinants of Food Choice on Online Food Delivery Applications

Tareq M. Osaili, Anas A. Al-Nabulsi, Asma’ O. Taybeh, Leila Cheikh Ismail, Sheima, T. Saleh

The "Healthy Food and Determinants of Food Choice on Online Food Delivery Applications" study investigates Jordanian consumers' food preferences and habits when utilizing OFD apps. The study, which involved 675 people, found that the majority (64%) utilized OFD applications at least once a week, and that the most popular cuisine (87.1%) was fast food. The majority of orders (67.3%) were placed during lunch, suggesting that mobile apps are heavily relied upon for convenience during busy mealtimes.

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Price, food presentation, delivery time, and the availability of healthy options were important determinants of eating choices. The survey discovered that just 18.1% of participants saw the availability of healthy options as a significant factor in their orders, despite the possibility of better options. The majority of consumers were swayed by food look (57%), and price (71%). Furthermore, 63.4% of participants said that there were little possibilities for finding healthy meals on these platforms.

High-fat diets were seen negatively, while vegetables (61.8%) and protein (52.4%) were considered to be the main components of healthy meals. Interestingly, 88.9% of respondents agreed that cleanliness ratings in applications would be helpful, highlighting the important role that food safety and hygiene play in influencing customer choices.

The study concludes that although OFD applications are very convenient, they often promote unhealthy eating behaviors, particularly in light of the prevalence of fast food and the scarcity of healthier alternatives. According to the authors, if these platforms offer more varied and easily available healthy food selections, they may encourage healthier eating habits. Users may be encouraged to make healthier decisions by public health initiatives and app-based rewards.

III. RESEARCH METHODOLOGY

This study is based on primary data. In this the primary data was obtained through a questionnaire which offers unique perspectives of different individuals.

A. Statement of Problem

The emergence of meal delivery applications has drastically changed dietary preferences and eating patterns across a range of groups. Although these platforms provide accessibility and convenience, they may also be a factor in the rise in processed food consumption, bad eating habits, and altered social connections surrounding food. The purpose of this study is to look into how meal delivery apps affect people's eating habits and general health in two ways. In particular, the research will investigate:

- Eating Habits: How have users' meal frequency, portion sizes, and food variety changed as a result of the availability of food delivery apps?
- Health Outcomes: How do the prevalence of conditions like obesity, diabetes, and cardiovascular diseases relate to the use of food delivery services?
- Social Dynamics: How have food delivery apps impacted communal eating customs and family dining experiences, as well as social interactions during meals?

In order to collect thorough data on these subjects and provide a detailed picture of how meal delivery apps affect contemporary eating habits and health effects, the research will combine qualitative and quantitative approaches.

B. Statement of Limitation

Food delivery apps have revolutionized meal access by providing convenience and variety. However, their impact on dietary habits and health has notable limitations:

- Promotion of Unhealthy Foods: Although healthy choices exist, these apps frequently highlight fast food and calorie-rich options through promotions, leading to increased consumption of unhealthy meals, which can foster poor eating habits.
- Lack of Nutritional Transparency: Many restaurants on these platforms do not offer comprehensive nutritional information, leaving consumers unaware of high levels of salt, fat, or sugar in their meals, potentially exacerbating health issues like obesity and hypertension.
- Encouragement of Sedentary Behavior: The convenience of food delivery can lead to decreased physical activity, as individuals may be less likely to cook or walk to stores or restaurants, fostering a more sedentary lifestyle.
- Larger Portions and Overeating: Meals ordered through delivery services often come in larger sizes than home-cooked meals, increasing the risk of overeating and contributing to weight gain over time.
- Impact on Social Dining and Food Culture: The ease of eating alone with delivered meals can reduce the social interactions typically associated with shared dining experiences, potentially affecting mental health as social isolation increases.
- Environmental and Ethical Concerns: The prevalence of single-use packaging in food deliveries raises environmental waste issues, and there are ongoing debates about the working conditions of delivery personnel, questioning the ethical sustainability of the industry.
- Higher Costs: Using these apps can be more costly than cooking at home, which may create financial strain for some users and limit access to healthy, affordable food options.
- Social Impact: The widespread adoption of food delivery apps has altered eating habits, often prioritizing convenience over health. This trend may have long-term consequences for public health, contributing to rising obesity rates and diet-related illnesses while undermining traditional social and cultural practices surrounding shared meals.

C. Objectives

- Investigate the influence of food delivery apps on eating habits, including meal timing, frequency, portion sizes, and cooking behaviors at home.
- Evaluate the nutritional content of frequently ordered meals to determine if they contain higher levels of calories, salt, and saturated fat compared to homemade meals.
- Study the relationship between the use of food delivery apps and health outcomes, focusing on factors such as nutritional intake, obesity, and BMI.
- Examine the broader impact of food delivery apps on societal behaviors related to meal preparation and

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consumption, as well as their influence on public health in general.

IV. DATA ANALYSIS AND INTERPRETATION

A. *Section 1: Demographic Information*

➢ *What is your Age Group?*

- Under 18
- 18–24
- 25–34
- 35–44
- 45 and above

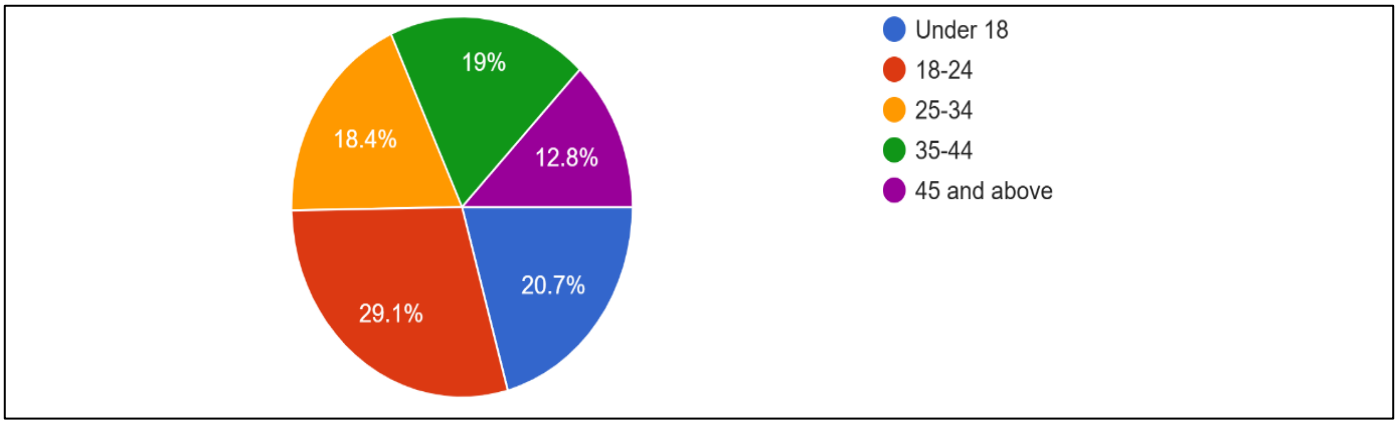

Fig 1: Age Group

This pie chart represents the age distribution of 179 respondents, out of which the largest group is the 18 – 24 age category (29.1%) followed by 25–34 (20.7%) and 35–44 (19%). The under-18 group accounts for 18.4%, while the smallest segment is 45 and above at 12.8%. This suggests that the majority of respondents are young adults, with fewer older participants.

➢ *What is your Gender?*

- Male
- Female
- Non-binary/Other
- Prefer not to say

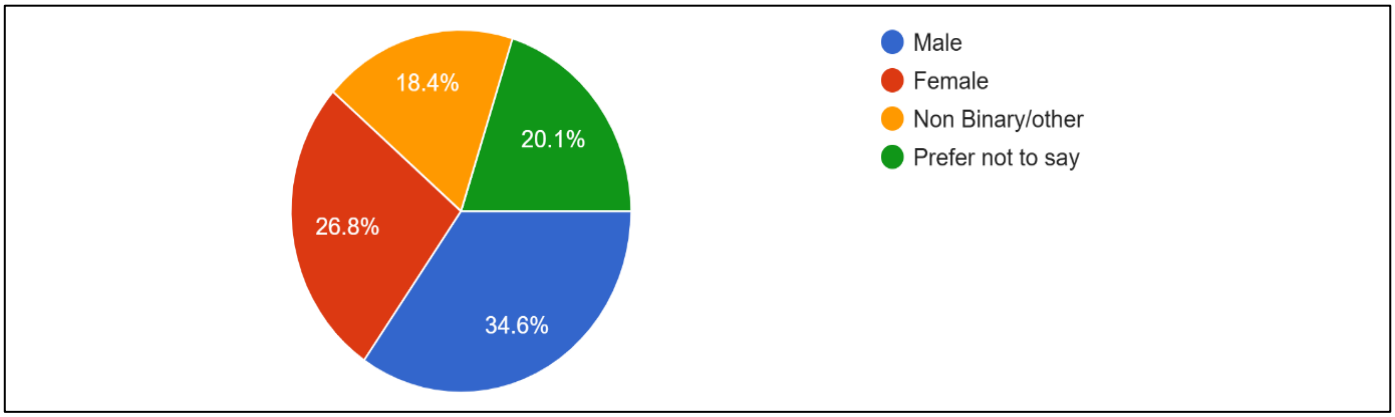

Fig 2: Gender

This pie chart represents the gender distribution of respondents which identifies 34.6% as male, making it the largest group. 26.8% identify as female, followed by 20.1% who prefer not to disclose their gender. Additionally, 18.4% identify as non-binary or other, highlighting significant diversity in gender representation. This suggests that the survey includes a broad spectrum of participants, making the insights more inclusive and reflective of different perspectives.

➢ *What is your Occupation?*

- Student
- Employed (full-time/part-time)
- Self-employed
- Unemployed
- Retired

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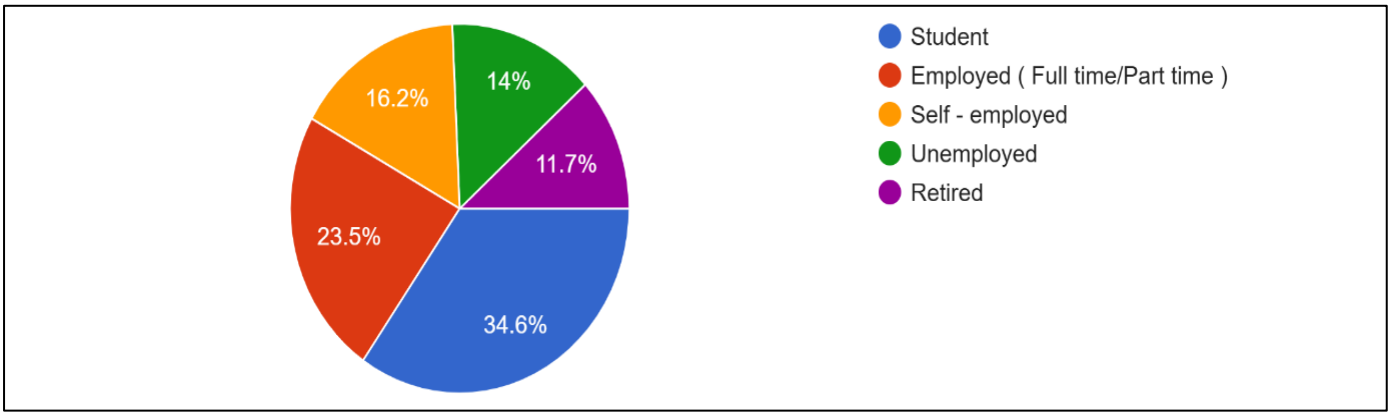

Fig 3: Occupation

This pie chart represents the occupation distribution showing that 34.6% of respondents are students, making them the largest group. 23.5% are employed (full-time or part-time), while 16.2% are self-employed. Additionally, 14% are unemployed, and 11.7% are retired. This indicates a mix of different career stages, with a strong representation of students and working professionals.

➢ *What is your Location?*

- Urban
- Suburban
- Rural

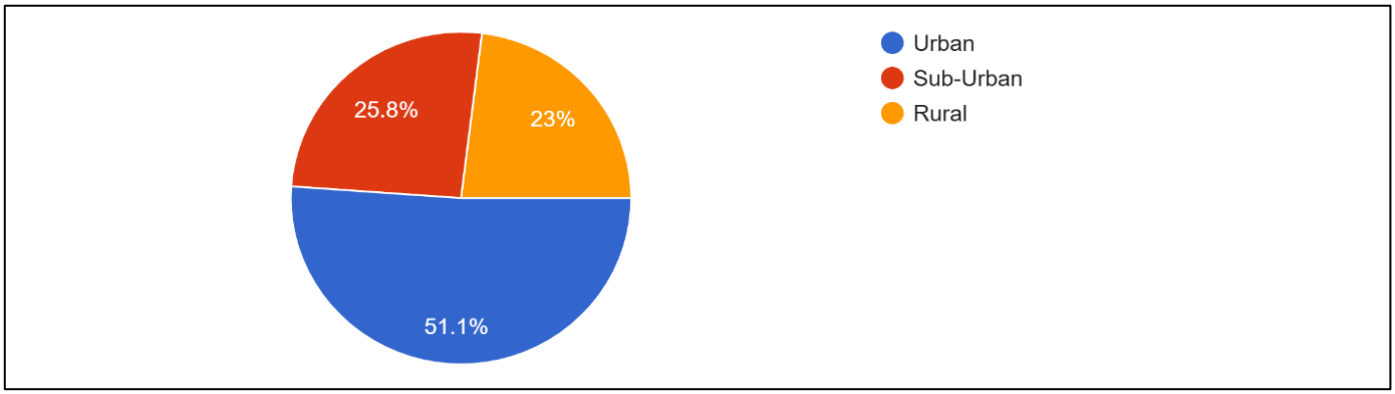

Fig 4: Location

The majority of respondents (51.1%) are from urban areas, indicating a strong representation from city dwellers. 25.8% belong to sub-urban regions, showing a significant portion from developing areas. 23% are from rural areas, suggesting that rural participation is relatively lower but still notable. This data highlights a diverse geographic distribution, with a dominant urban presence but a fair mix of suburban and rural respondents.

➢ *What is your Approximate Monthly Household Income?*

- Under ₹20,000
- ₹20,000–₹40,000
- ₹40,000–₹60,000
- ₹60,000–₹80,000
- ₹80,000 and above

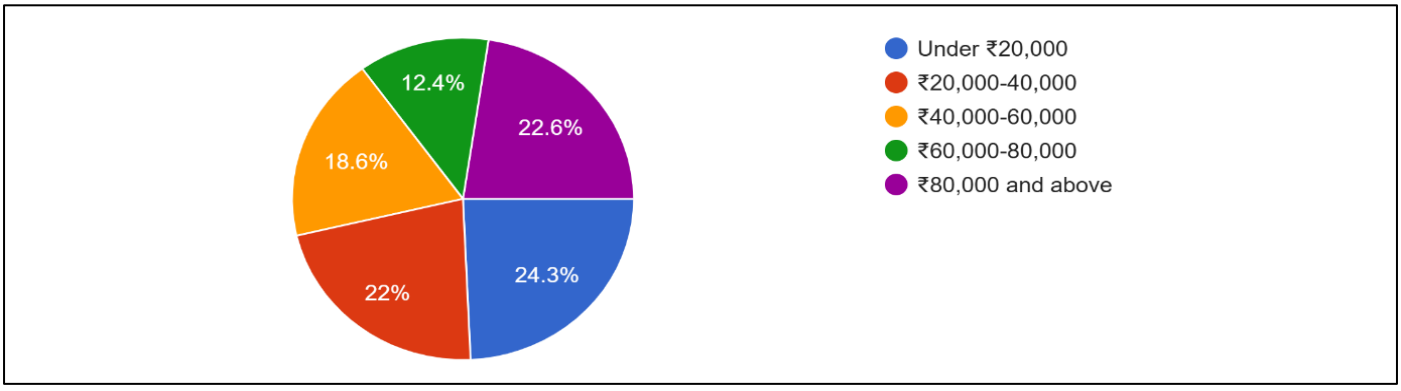

Fig 5: Monthly Household Income

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The income distribution is fairly spread out, with 24.3% of respondents earning under ₹20,000, making it the largest group. 22% fall in the ₹20,000-40,000 range, while 18.6% earn ₹40,000-60,000. Higher-income groups include 12.4% earning ₹60,000-80,000 and 22.6% earning ₹80,000 and above. This indicates a diverse economic background, with a significant portion belonging to both lower and higher income brackets.

B. Section 2: Usage of Food Delivery Apps

➢ *How Often do you use Food Delivery Apps?*

- Daily
- 2–3 times a week
- Once a week
- 2–3 times a month
- Once a month or less

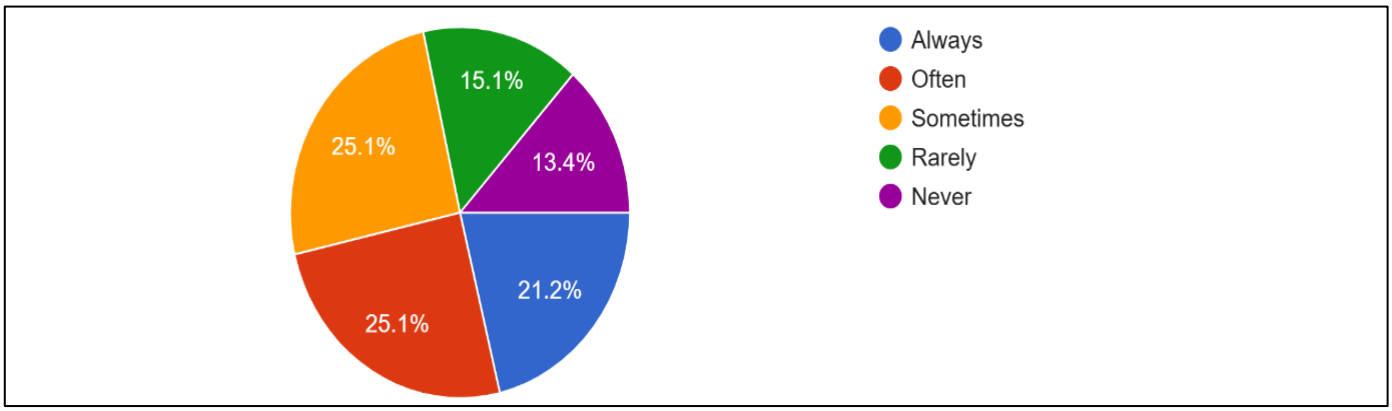

Fig 6: Uses of Food Delivery Apps

Food delivery app usage is quite balanced among respondents. 25.1% use them often, and another 25.1% use them sometimes, indicating that about half the users rely on these services frequently. 21.2% always use food delivery apps, showing a strong dependency. Meanwhile, 15.1% rarely use them, and 13.4% never use them, suggesting a smaller segment that prefers other food options. This data reflects a significant reliance on food delivery services, but also a portion of users who avoid them.

➢ *Which Food Delivery Apps do you use the Most? (Select all that Apply)*

- Zomato
- Swiggy
- Uber Eats
- Dunzo
- Other

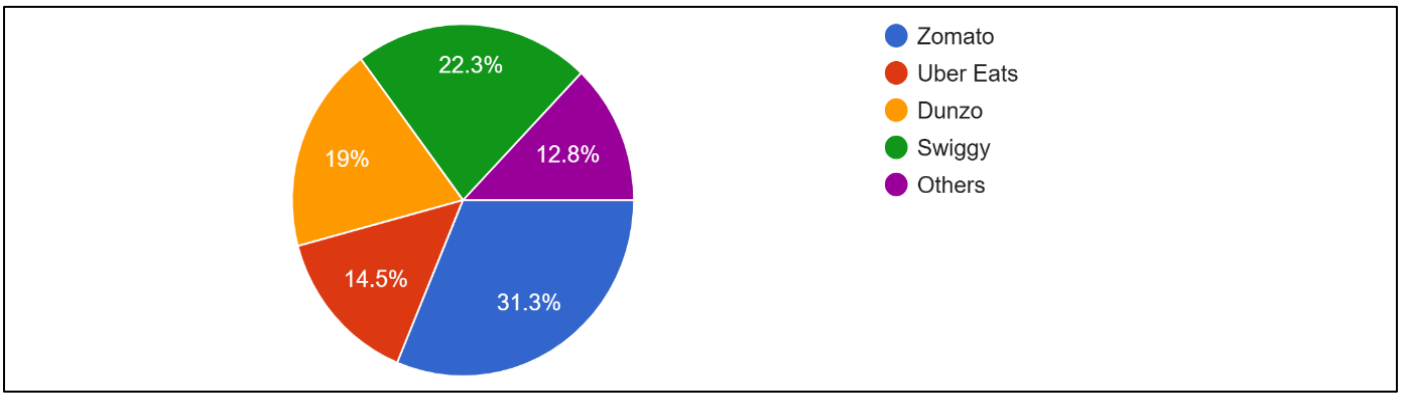

Fig 7: Most used Food Delivery Apps

Zomato is the most popular food delivery app, used by 31.3% of respondents, indicating its strong market presence. Swiggy follows closely with 22.3%, showing a competitive user base. Dunzo and Uber Eats have 19% and 14.5% of users, respectively, suggesting they are moderately preferred. 12.8% of respondents use other services, highlighting niche preferences or local alternatives. This data suggests that Zomato and Swiggy dominate the food delivery market among respondents.

➢ *What is your Primary Reason for using Food Delivery Apps? (Select up to 2)*

- Convenience
- Lack of time to cook
- Craving specific food
- Variety of options
- Promotions/Discounts

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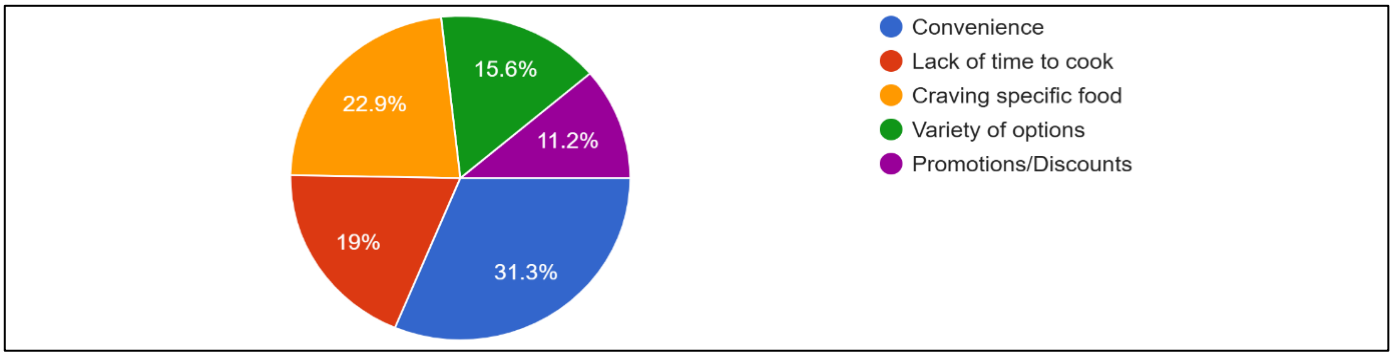

Fig 8: Primary Reason for using Food Delivery Apps

Convenience is the top reason for using food delivery apps, with 31.3% of respondents prioritizing it. 22.9% use these services to satisfy specific food cravings, showing a demand for variety. 19% order due to a lack of time to cook, highlighting busy lifestyles. 15.6% prefer food delivery for the variety of options available, while 11.2% are motivated by promotions and discounts. This indicates that ease of access and food cravings are the biggest drivers of food delivery usage.

➢ *At What Time of Day do you Most Frequently Order Food?*

- Breakfast
- Lunch
- Dinner
- Late-night snacks
- Any time of the day

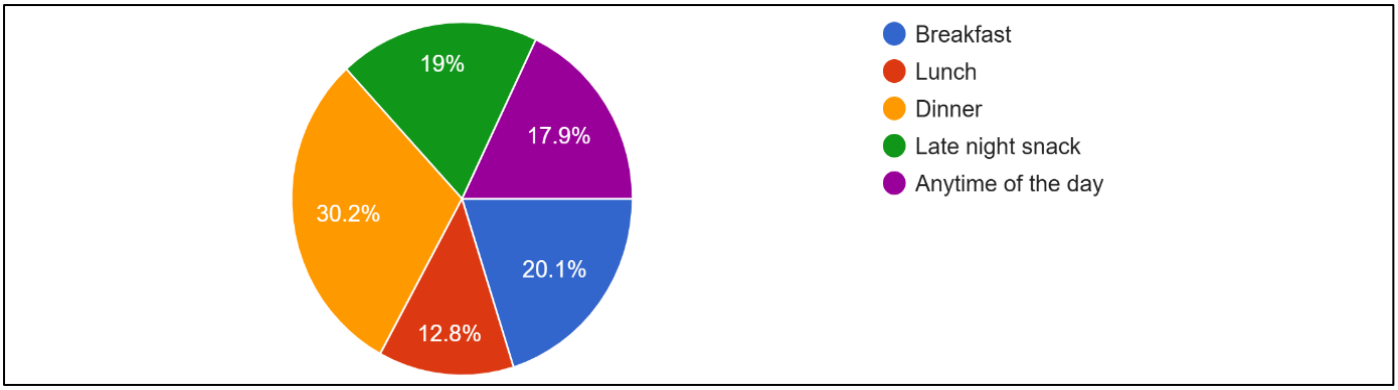

Fig 9: Time of Day when Frequently Order Food

Dinner is the most frequently ordered meal, with 30.2% of respondents preferring to order at this time. 20.1% order breakfast, showing a moderate demand for morning food deliveries. Late-night snacks account for 19%, indicating a significant number of people crave food after hours. 17.9% of respondents order at any time of the day, while lunch has the lowest share at 12.8%. This suggests that evening and late-night food delivery demand is higher than daytime orders.

➢ *On Average, How Much do you Spend on Food Delivery Per Order?*

- Under ₹200
- ₹200–₹500
- ₹500–₹800
- ₹800 and above

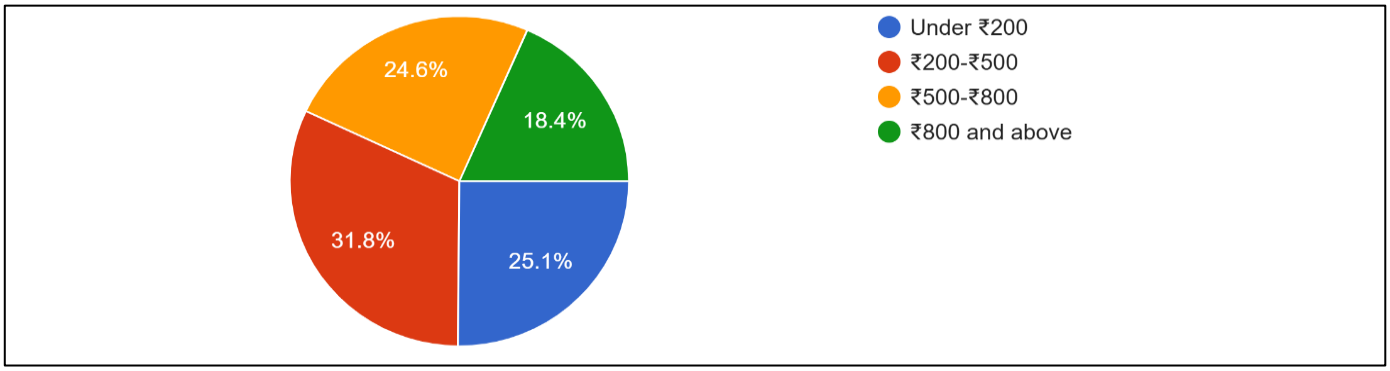

Fig 10: Spend on Food Delivery Per Order

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The majority of respondents (31.8%) spend between ₹200-₹500 per food delivery order, making it the most common spending range. 25.1% spend under ₹200, indicating a preference for budget-friendly meals. 24.6% of users spend between ₹500-₹800, while 18.4% spend ₹800 or more, representing a smaller segment of high-value orders. This suggests that most consumers prefer mid-range pricing, with fewer opting for very low or high expenditures per order.

➢ *How Much do you Spend on Food Delivery Apps Per Month?*

- Under ₹500
- ₹500–₹1,500
- ₹1,500–₹3,000
- ₹3,000 and above

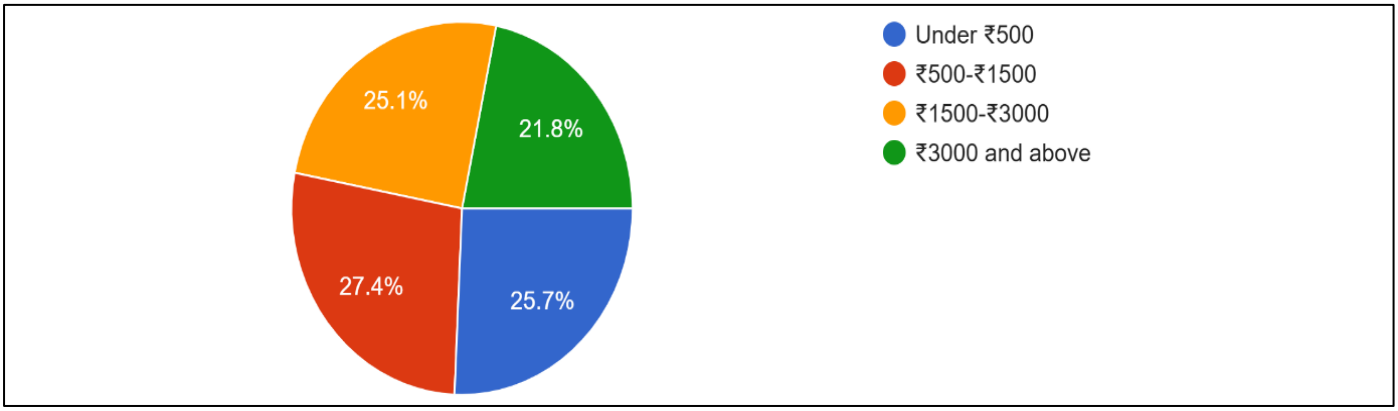

Fig 11: Spend on Food Delivery Apps Per Month

The spending on food delivery apps per month is fairly distributed across different ranges. The highest percentage (27.4%) of respondents spend between ₹500-₹1500, followed closely by 25.7% spending under ₹500. 25.1% of users spend between ₹1500-₹3000, while 21.8% spend ₹3000 and above. This indicates that most users keep their food delivery expenses moderate, but a significant portion is willing to spend more.

➢ *What Type of Food do you Usually Order? (Select all that Apply)*

- Fast food
- Healthy options
- Comfort food
- International cuisine
- Home-cooked style meals

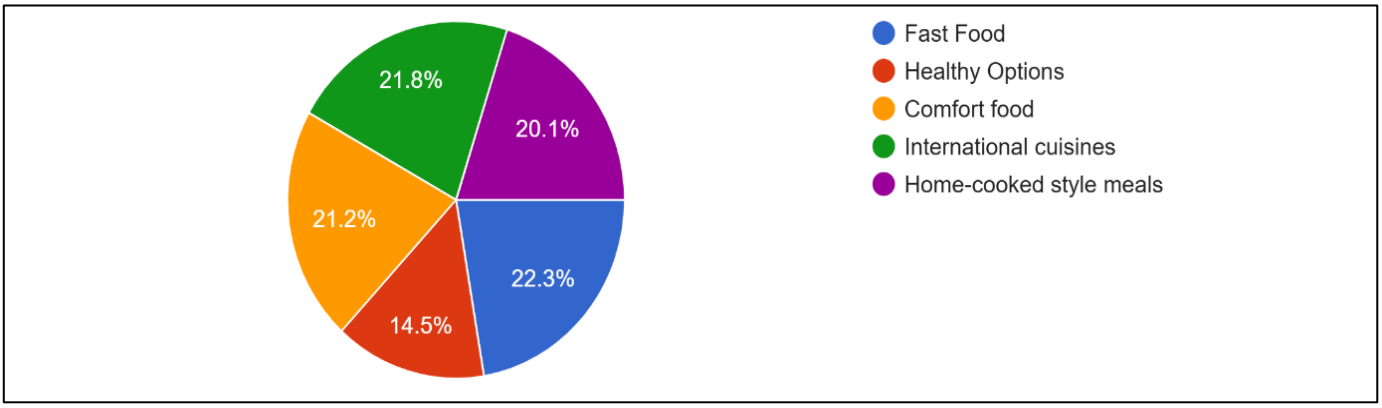

Fig 12: Type of Food Usually Order

The data indicates a diverse preference for food types among the 179 respondents. Fast food is the most commonly ordered category (22.3%), followed closely by international cuisines (21.8%) and comfort food (21.2%). Home-cooked style meals make up 20.1% of orders, while healthy options are the least preferred at 14.5%. This suggests that while convenience and indulgence play a significant role in food delivery choices, there is also a considerable interest in home-style and international dishes.

➢ *How Often do you Order Food from Delivery Apps?*

- Only on weekends
- Once or twice during the week
- Daily
- Only when I am too busy to cook

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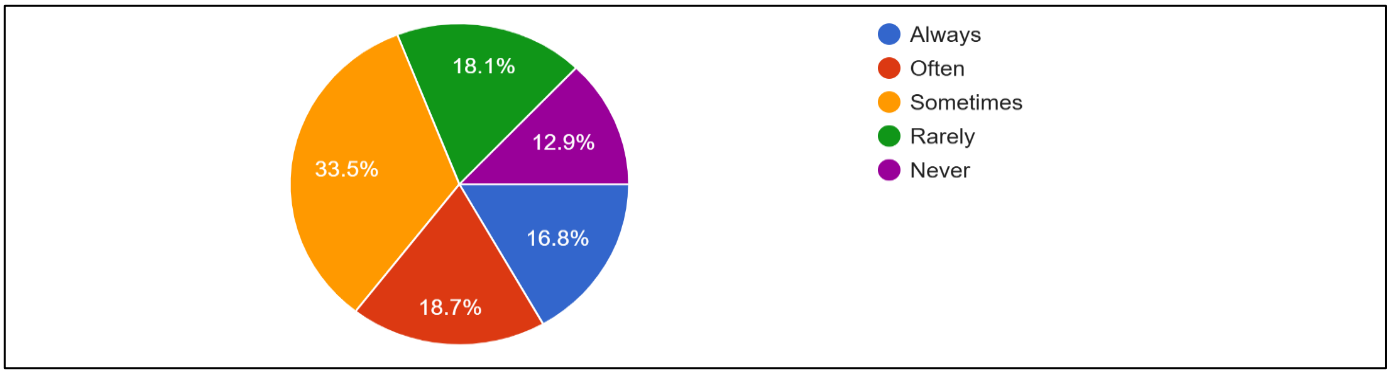

Fig 13: How often used Delivery Apps

Among the 155 respondents, the majority (33.5%) order food delivery "sometimes," indicating occasional usage. A smaller but notable percentage (18.7%) order "often," while only 16.8% order "always." Meanwhile, 18.1% of respondents "rarely" use food delivery apps, and 12.9% never use them. This suggests that while food delivery is common, it is not an everyday habit for most people, with many using it only occasionally.

➢ *What is the Maximum Amount you are Willing to Pay for a Single Order?*

- Less than ₹300
- ₹300–₹500
- ₹500–₹800
- Above ₹800

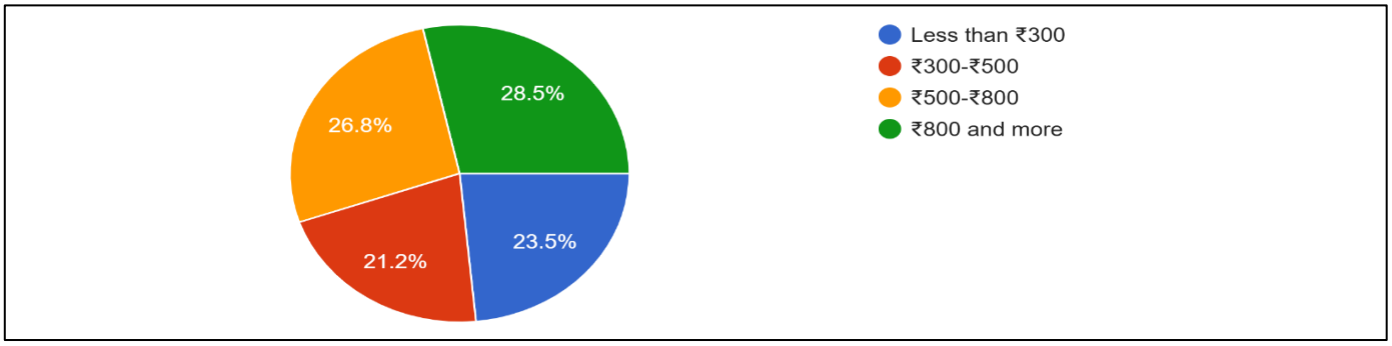

Fig 14: Maximum Amount willing to Pay for a Single Order

The data shows that spending preferences on food delivery apps vary among the 179 respondents. The largest group (28.5%) is willing to pay ₹800 or more, indicating a significant portion of users are open to higher spending. Meanwhile, 26.8% are comfortable spending ₹500–₹800, followed by 23.5% who prefer to keep their spending under ₹300. The smallest segment (21.2%) is willing to pay ₹300–₹500. This suggests a fairly even distribution, but with a notable share of users willing to spend on higher-priced orders.

➢ *What is your Most Preferred Payment Method?*

- Credit/Debit Card
- UPI
- Cash on delivery
- Wallets (Paytm, Google Pay, etc.)

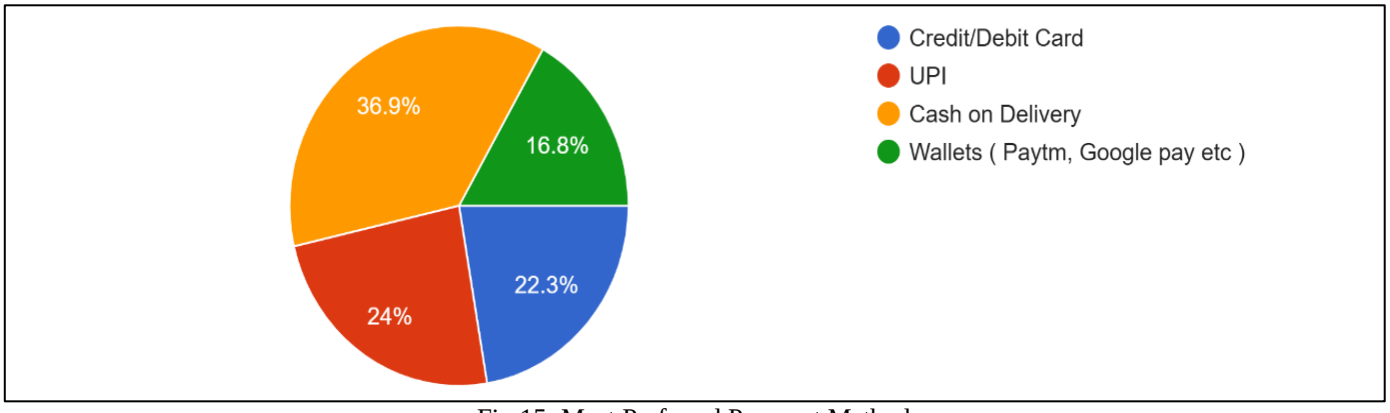

Fig 15: Most Preferred Payment Method

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The data reveals that among 179 respondents, cash on delivery (36.9%) is the most preferred payment method for food delivery apps. This suggests that a significant portion of users still favor traditional payment methods over digital alternatives. UPI (24%) is the second most popular choice, followed closely by credit/debit cards (22.3%). Digital wallets like Paytm and Google Pay (16.8%) have the lowest preference. This indicates that while digital transactions are growing, many users still rely on cash payments for food delivery.

➢ *Have you Noticed an Increase in your Food Delivery Usage Since the Pandemic?*

- Marginal Increase
- Marginal Decrease
- Drastically increased
- Drastically decreased

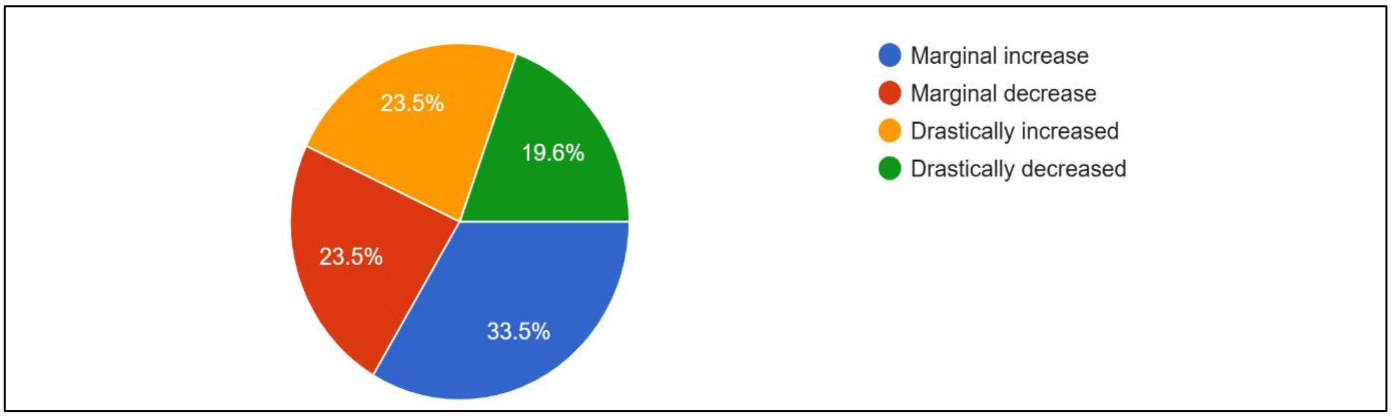

Fig 16: Increase in your Food Delivery Usage Since the Pandemic

This data shows that 33.5% of respondents noticed a marginal increase in their food delivery usage since the pandemic, while 23.5% reported a drastic increase. This suggests that more than half of the respondents (57%) increased their usage to some extent. On the other hand, 23.5% of respondents reported a marginal decrease, and 19.6% saw a drastic decrease. This indicates that a smaller portion of users reduced their reliance on food delivery services post-pandemic. Overall, the trend suggests that while food delivery saw a rise during the pandemic, some users have since cut back, possibly due to a return to dining out or cooking at home.

C. Section 3: Impact on Eating Habits

➢ *Has your usage of Food Delivery Apps Led you to Order Food More Frequently than before?*

- Yes
- No

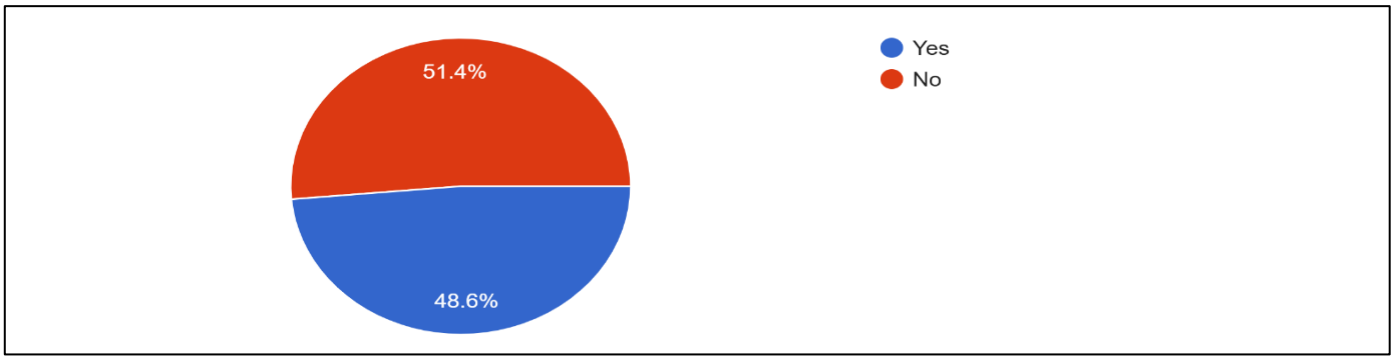

Fig 17: Usage of Food Delivery Apps Led you to Order Food More Frequently than before

This data indicates that 51.4% of respondents said their usage of food delivery apps has not led them to order food more frequently than before, while 48.6% said it has. This suggests that while food delivery apps provide convenience, they have not significantly increased ordering frequency for the majority of users. The nearly equal split also highlights that these apps may have a strong influence on purchasing habits, but other factors (such as budget, health concerns, or lifestyle changes) may moderate their impact.

➢ *Do you Feel that Food Delivery Apps Make it Easier to Access Unhealthy Food Options?*

- Yes
- No
- Sometimes

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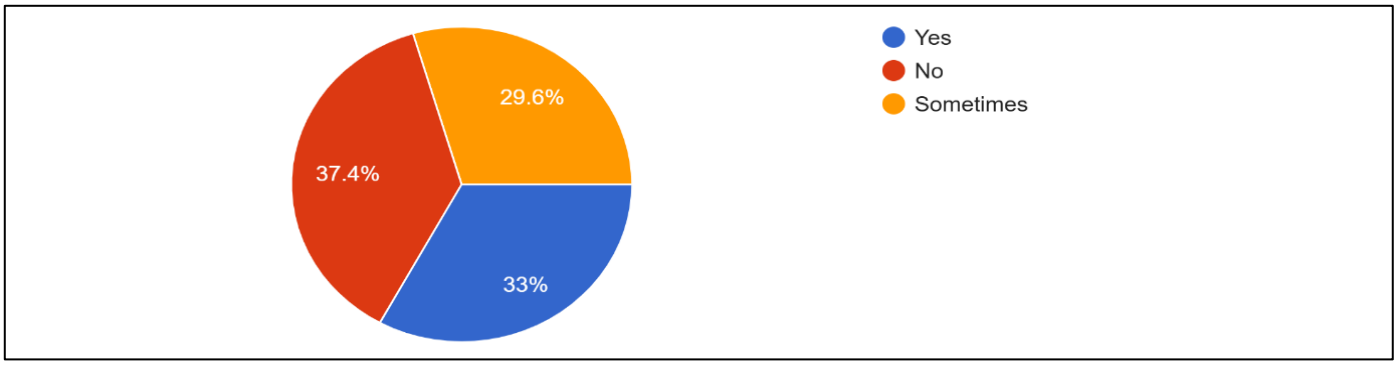

Fig 18: Food Delivery Apps Make it Easier to Access Unhealthy Food Options

This data shows that 33% of respondents believe food delivery apps do make it easier to access unhealthy food options, while 37.4% say they do not. The remaining 29.6% believe it sometimes does. This suggests a mixed perception—while a significant portion sees food delivery apps as enablers of unhealthy eating, an almost equal percentage disagrees. The middle group acknowledges that it depends on individual choices and app offerings, indicating that the availability of unhealthy options is noticeable but not necessarily the primary influence on food choices.

➢ *What Kind of Food do you Tend to Order Most Frequently?*

- Fast food
- Traditional Indian food
- Salads and healthy food
- Desserts
- Other

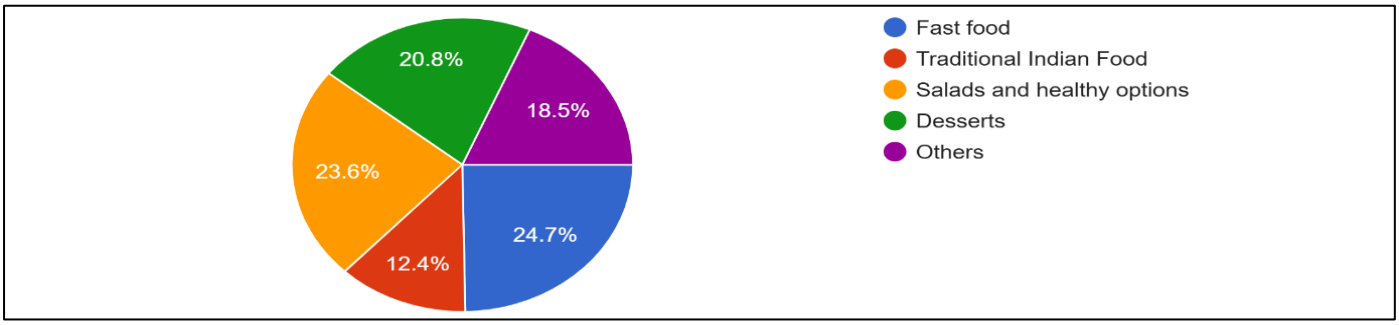

Fig 19: What Kind of Food do you Tend to Order Most Frequentl

This chart shows that the most frequently ordered food type is fast food (24.7%), followed closely by salads and healthy options (23.6%). Desserts (20.8%) and other foods (18.5%) also make up a significant portion, while traditional Indian food (12.4%) is the least ordered among the given options. This suggests a fairly diverse range of food preferences, with fast food remaining the most popular choice, but a considerable number of respondents also opting for healthier options.

➢ *How Often do you Consider the Nutritional Value of Food Before Placing an Order?*

- Always
- Often
- Sometimes
- Rarely
- Never

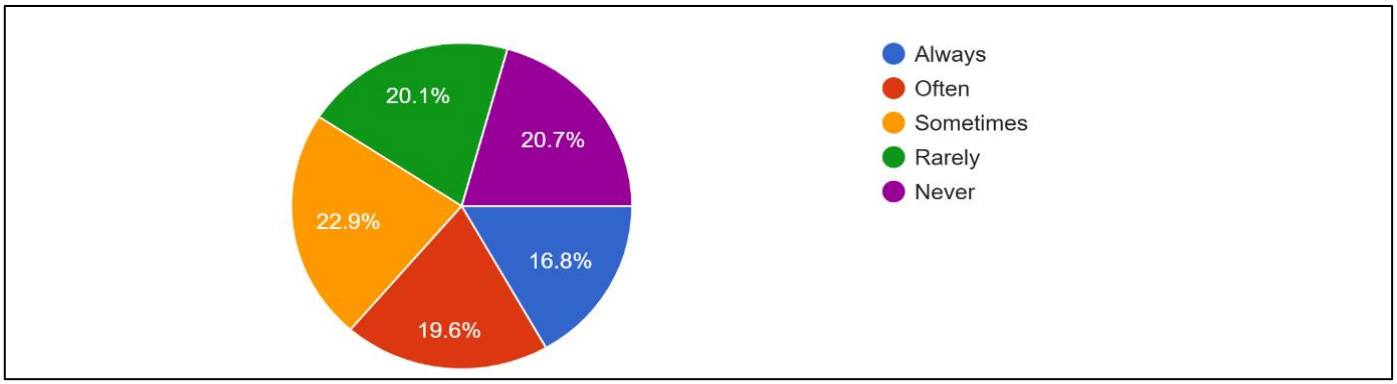

Fig 20: Nutritional Value of Food Before Placing an Order

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The chart reveals that consideration of nutritional value before ordering food is fairly balanced among respondents. While 16.8% always consider it, 19.6% do so often, and 22.9% sometimes take it into account. On the other hand, 20.1% rarely consider nutrition, and 20.7% never factor it in. This indicates that while a portion of users prioritize nutritional value, a significant number either rarely or never take it into account when using food delivery apps.

➢ *Do you Find Yourself Ordering Food when you're Not Hungry Due to App Notifications or Promotions?*

- Always
- Often
- Sometimes
- Rarely
- Never

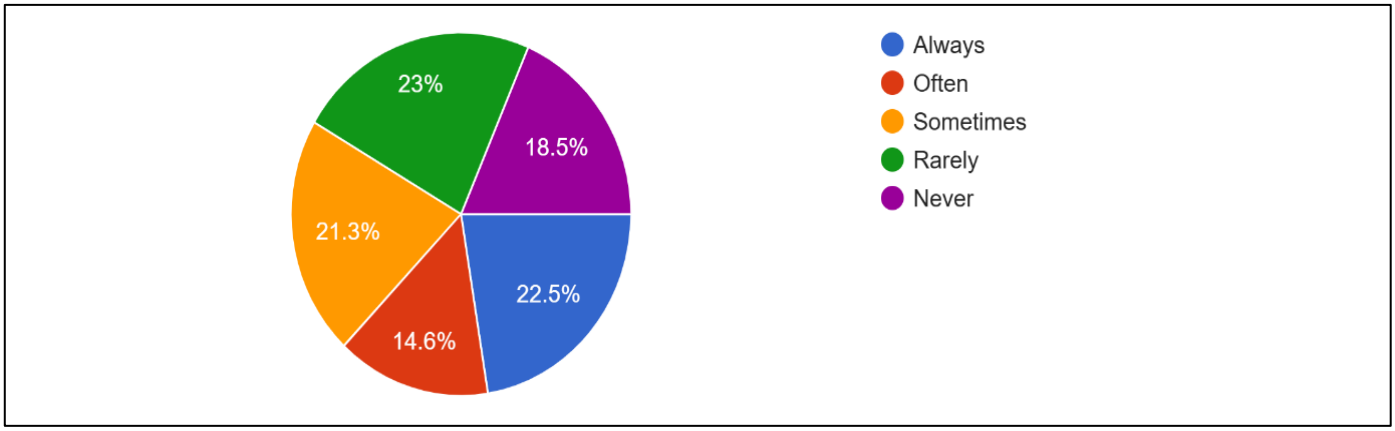

Fig 21: Ordering Food when you're Not Hungry Due to App Notifications or Promotions

The chart illustrates how often respondents order food when they are not hungry due to app notifications or promotions. 22.5% of respondents always fall for such prompts, while 14.6% often do. A significant portion, 21.3%, sometimes orders food under such influence, whereas 23% rarely do so. Meanwhile, 18.5% claim they never order food in response to app notifications or promotions. This suggests that while some users are highly influenced by app marketing strategies, a not able percentage remains resistant.

➢ *Do you Think Food Delivery Apps Encourage Overeating through Large Portion Sizes or Deals?*

- Always
- Often
- Sometimes
- Rarely
- Never

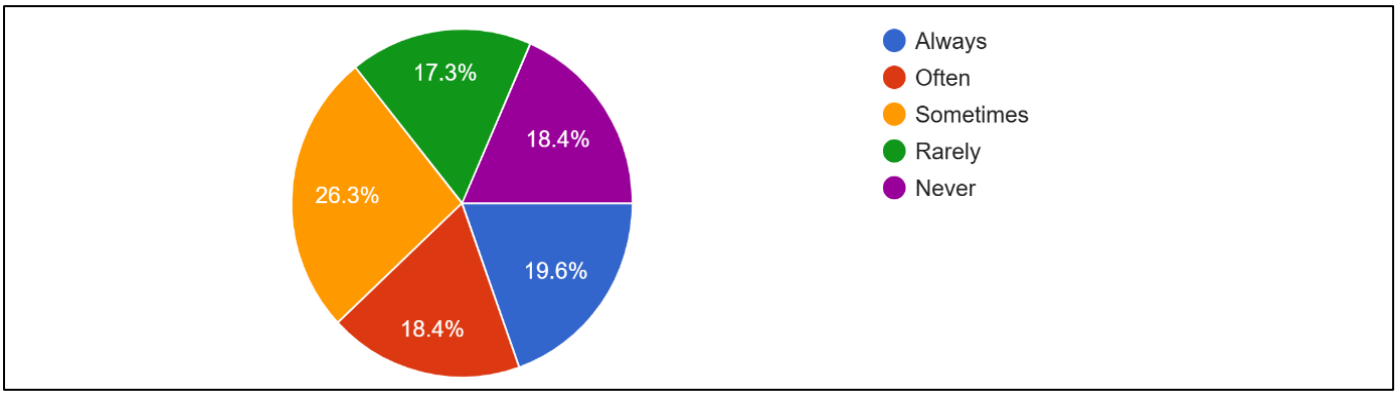

Fig 22: Food Delivery Apps Encourage Overeating through Large Portion Sizes or Deals

The chart illustrates respondents' views on whether food delivery apps encourage overeating through large portion sizes or deals. 19.6% of respondents believe this always happens, while 18.4% think it happens often. The largest portion, 26.3%, say it sometimes influences overeating, whereas 17.3% believe it rarely does. Lastly, 18.4% think food delivery apps never contribute to overeating. These responses indicate that while many users recognize the potential for overconsumption due to promotions and portion sizes, opinions are divided on the extent of its impact.

➢ *Do you Feel Guilty after Ordering Food from Delivery Apps?*

- Always
- Often
- Sometimes
- Rarely
- Never

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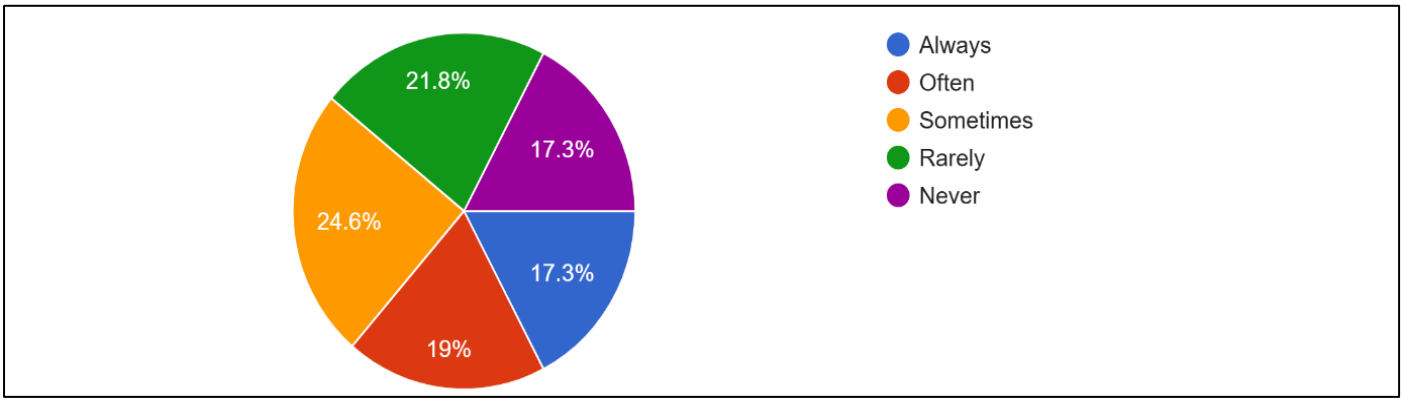

Fig 23: Feel Guilty after Ordering Food from Delivery Apps

The pie chart shows that 61% of respondents feel some level of guilt after ordering food from delivery apps, with "Sometimes" (24.6%) being the most common response. Meanwhile, 39% rarely or never feel guilty. The responses are fairly distributed, indicating mixed emotions. While guilt is prevalent, a significant portion remains unconcerned about their ordering habits.

➢ *Since using Food Delivery Apps, have you Noticed Changes in your Portion Sizes?*

- I eat larger portions
- I eat smaller portions
- No change

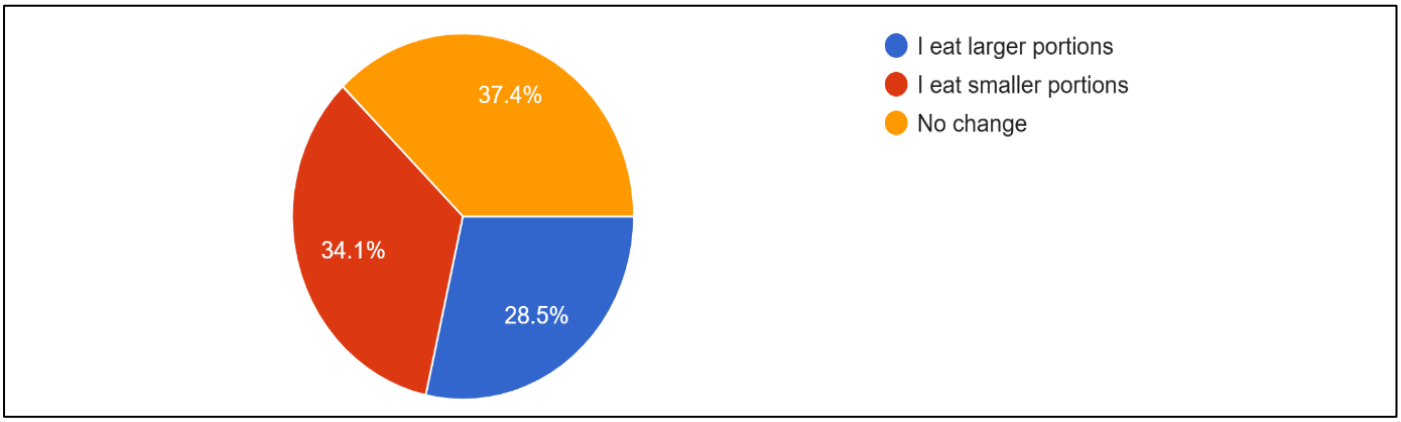

Fig 24: Changes in your Portion Sizes

The pie chart shows that 37.4% of respondents noticed no change in their portion sizes after using food delivery apps. Meanwhile, 34.1% reported eating smaller portions, and 28.5% said they eat larger portions. This indicates that food delivery impacts portion sizes differently for individuals. However, the majority (65.9%) have experienced some level of change.

➢ *How Often do you Try New Cuisines because of Food Delivery Apps?*

- Frequently
- Sometimes
- Rarely
- Never

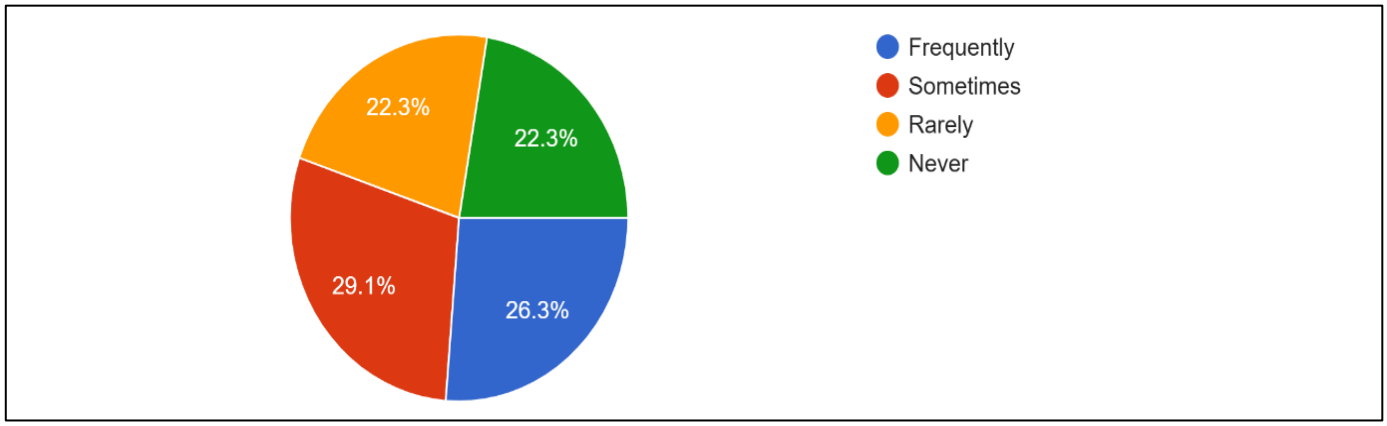

Fig 25: How Often do you Try New Cuisines because of Food Delivery Apps

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The pie chart shows that 55.4% of respondents try new cuisines at least sometimes due to food delivery apps, with 26.3% doing so frequently and 29.1% sometimes. Meanwhile, 22.3% rarely explore new cuisines, and another 22.3% never do. This indicates that food delivery apps encourage culinary exploration for many but not all users. The responses are fairly balanced, showing varied consumer behaviours.

➢ *Do Food Delivery Apps Affect How Often you Cook at Home?*

- Yes, I cook less frequently
- No change
- I cook more often
- I rarely cooked even before using apps

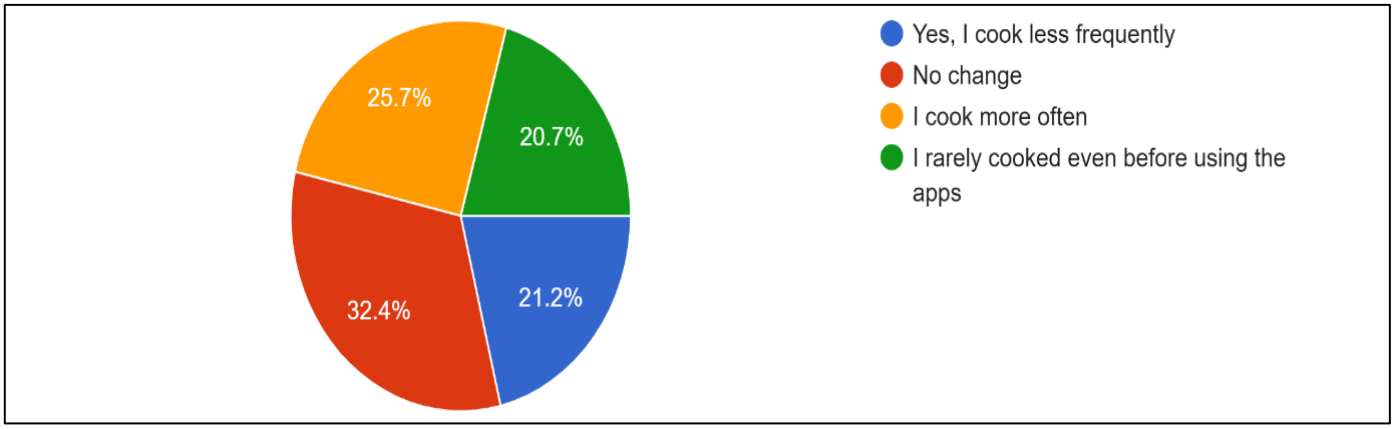

Fig 26: Food Delivery Apps Affect How Often you Cook at Home

The pie chart shows that 32.4% of respondents reported no change in their cooking habits due to food delivery apps. Meanwhile, 21.2% cook less frequently, while 25.7% cook more often. Additionally, 20.7% rarely cooked even before using the apps. This suggests that while food delivery apps impact cooking frequency, the effects vary among users.

➢ *How Often do you Skip Home-Cooked Meals to Order from a Food Delivery App?*

- Frequently
- Sometimes
- Rarely
- Never

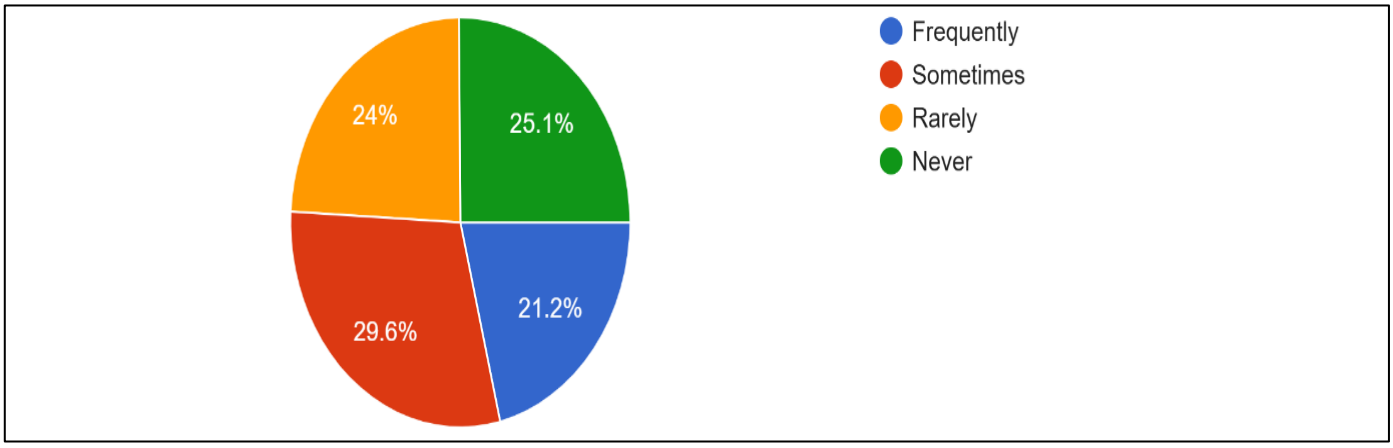

Fig 27: Skip Home-Cooked Meals to Order from a Food Delivery App

The pie chart shows that 50.8% of respondents skip home-cooked meals to order from food delivery apps at least sometimes, with 21.2% doing so frequently and 29.6% sometimes. Meanwhile, 25.1% never skip home-cooked meals, and 24% do so rarely. This indicates that food delivery apps influence meal choices, but many still prioritize home-cooked meals.

➢ *What Time of the Day are you Most Likely to Order Food?*

- Breakfast
- Lunch
- Dinner
- Late-night snacks

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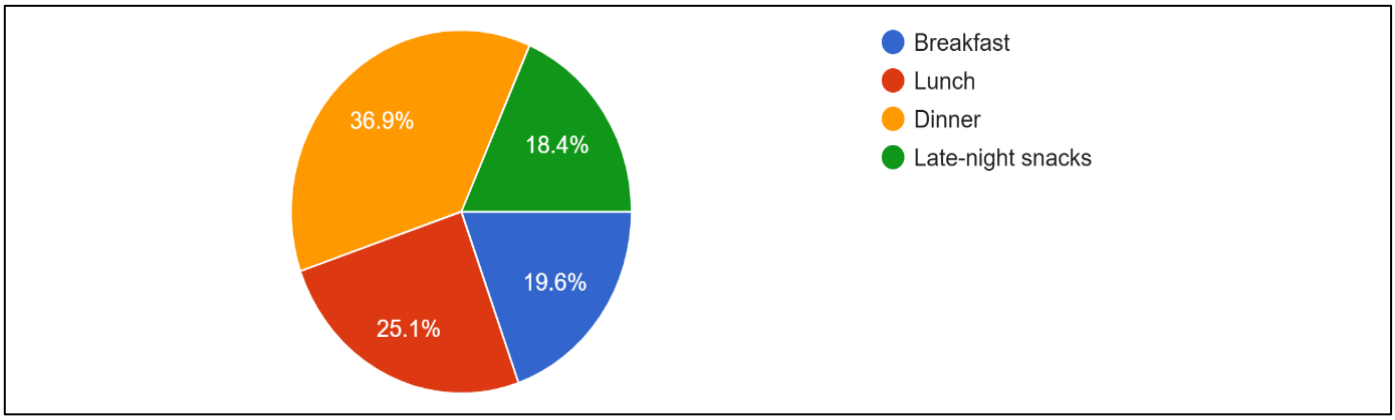

Fig 28: What Time of the Day are you Most Likely to Order Food

The pie chart shows that most respondents (36.9%) are likely to order food during dinner, followed by lunch (25.1%). Breakfast accounts for 19.6% of orders, while 18.4% prefer late-night snacks. This suggests that dinner is the most common meal for food delivery, with late-night orders being the least frequent.

D. Section 4: Health and Well-being

➢ *Since using Food Delivery Apps, have you Experienced any Noticeable Weight Changes?*

- Yes, I've gained weight
- Yes, I've lost weight
- No noticeable changes

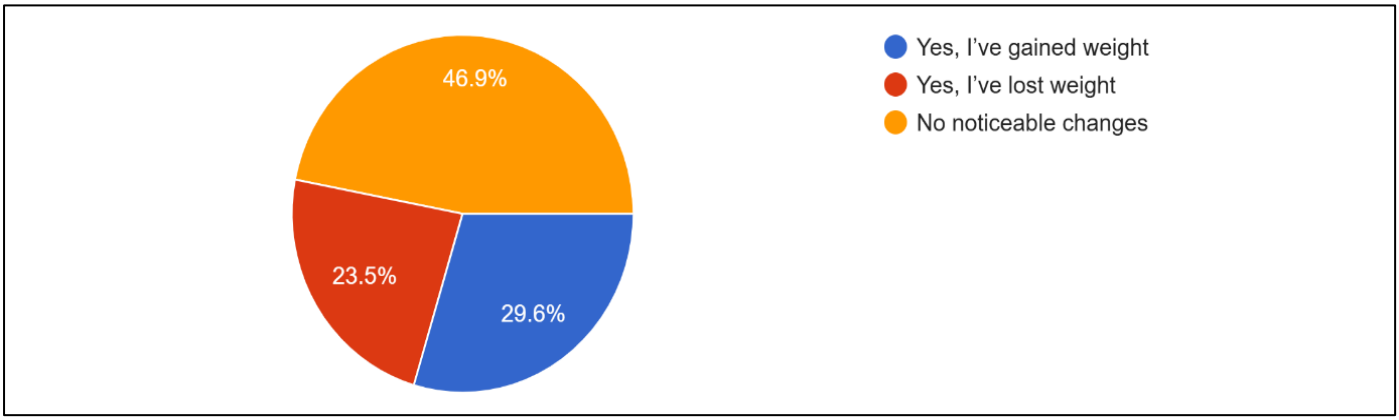

Fig 29: Experienced any Noticeable Weight Changes

The pie chart shows that 46.9% of respondents experienced no noticeable weight changes after using food delivery apps. Meanwhile, 29.6% reported weight gain, and 23.5% experienced weight loss. This indicates that while food delivery apps impact weight for some users, nearly half have not observed significant changes. The effects on weight vary among individuals.

➢ *Do you think Food Delivery Apps Have Negatively Impacted your Overall Health?*

- Yes
- No
- Not sure

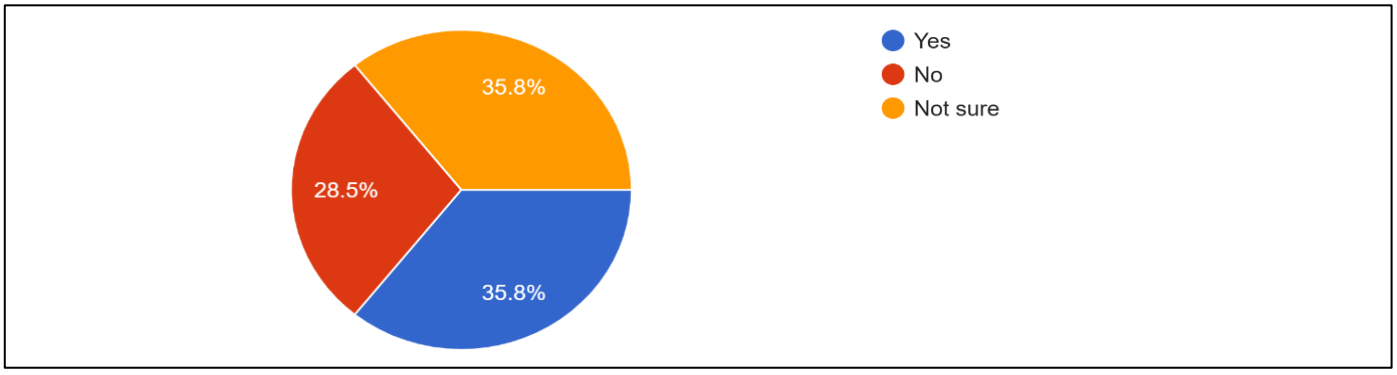

Fig 30: Negatively Impacted your Overall Health

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The pie chart shows that 35.8% of respondents believe food delivery apps have negatively impacted their health, while 28.5% think they have not. Another 35.8% are unsure about the impact. This indicates a divided perception, with many uncertain about the health effects of using food delivery apps.

➢ *In your Opinion, How Does Ordering from Food Delivery Apps Compare to Home-Cooked Meals in Terms of Nutrition?*

- Less healthy
- More healthy
- About the same

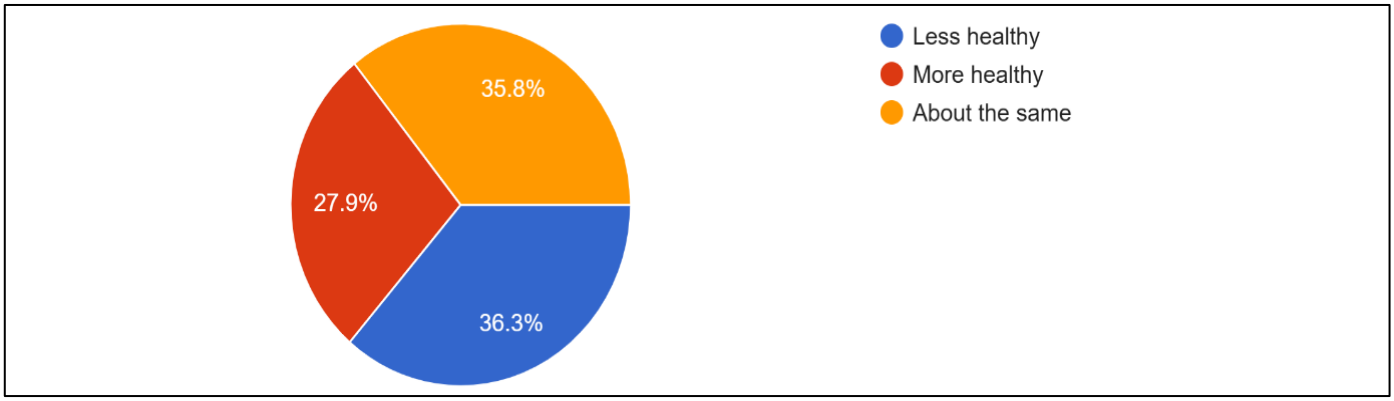

Fig 31: Ordering from Food Delivery Apps Compare to Home-Cooked Meals in Terms of Nutrition

The chart shows that 36.3% of respondents believe food delivery meals are less healthy than home-cooked meals. About 27.9% think they are more healthy, while 35.8% believe they are about the same. This suggests mixed opinions, but a significant portion views delivery food as less nutritious.

➢ *Have you Experienced any of the Following Health Issues that Might be Linked to using Food Delivery Apps Frequently?*

- Weight gain
- High blood pressure
- High cholesterol
- Digestive problems
- None of the above

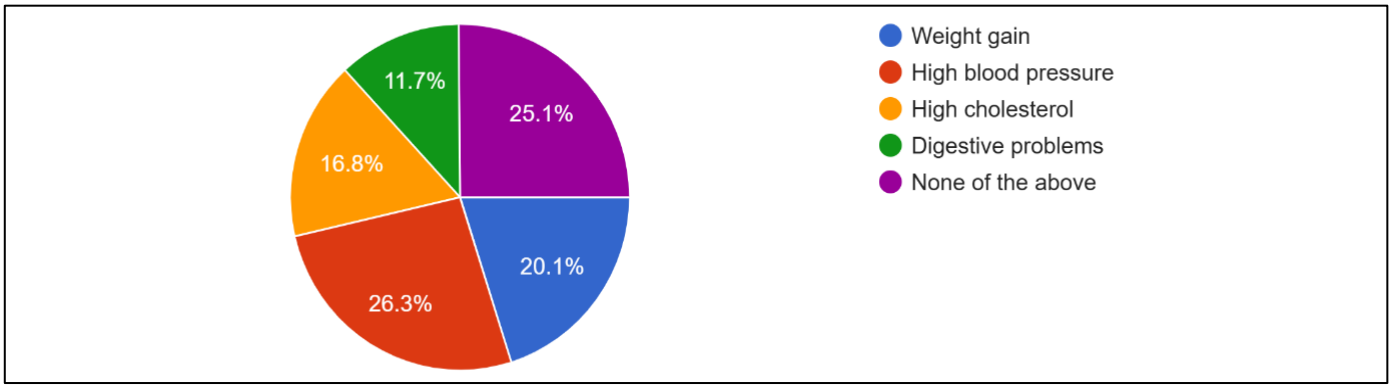

Fig 32: Health Issues

The chart indicates that 26.3% of respondents reported high blood pressure, while 20.1% experienced weight gain. High cholesterol (16.8%) and digestive problems (11.7%) were also noted. However, 25.1% reported no health issues related to food delivery app usage.

➢ *Do you Feel that using Food Delivery apps has Affected your Physical Activity Levels?*

- Yes, I am less active
- No, no effect
- Yes, I am more active

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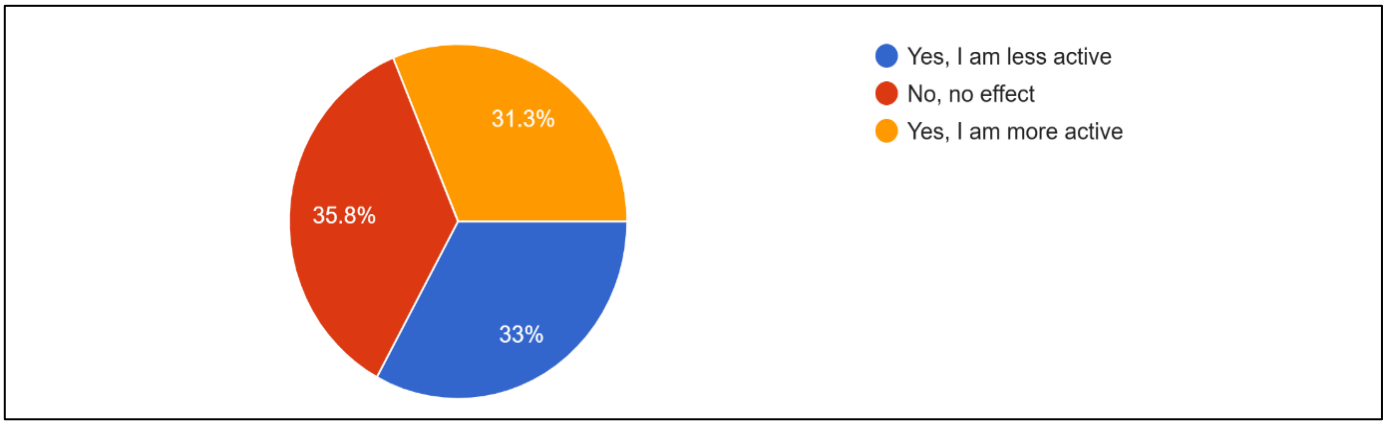

Fig 33: Affected your Physical Activity Levels

The chart shows that 33% of respondents feel less active due to food delivery app usage. Meanwhile, 35.8% report no effect on their physical activity levels. Around 31.3% believe they have become more active. The responses are fairly balanced, with a slight lean toward no impact.

➢ *Do you Think Food Delivery Apps Make it Harder to Maintain a Healthy Diet?*

- Yes
- No
- Sometimes

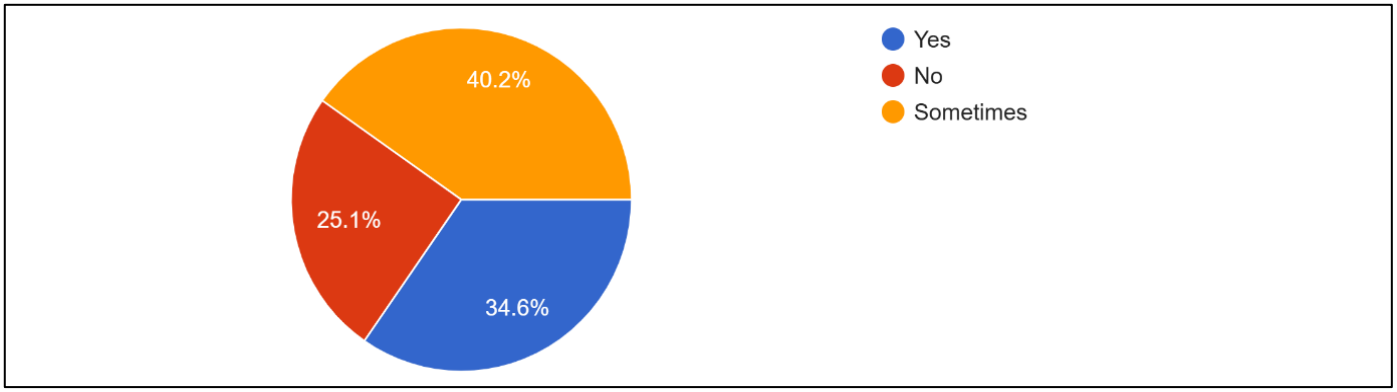

Fig 34: Maintain a Healthy Diet

The survey reveals mixed views on food delivery apps and healthy eating. While 40.2% say the apps sometimes make it hard to eat healthily, 34.6% believe they generally do. This suggests that easy access and variety may lead to unhealthy choices. Meanwhile, 25.1% see no impact, likely due to mindful eating. Overall, the findings highlight that while food delivery apps can be a challenge, self-discipline is key to maintaining a healthy diet.

➢ *How Often do you use Food Delivery Apps to Order Healthy Options?*

- Frequently
- Sometimes
- Rarely
- Never

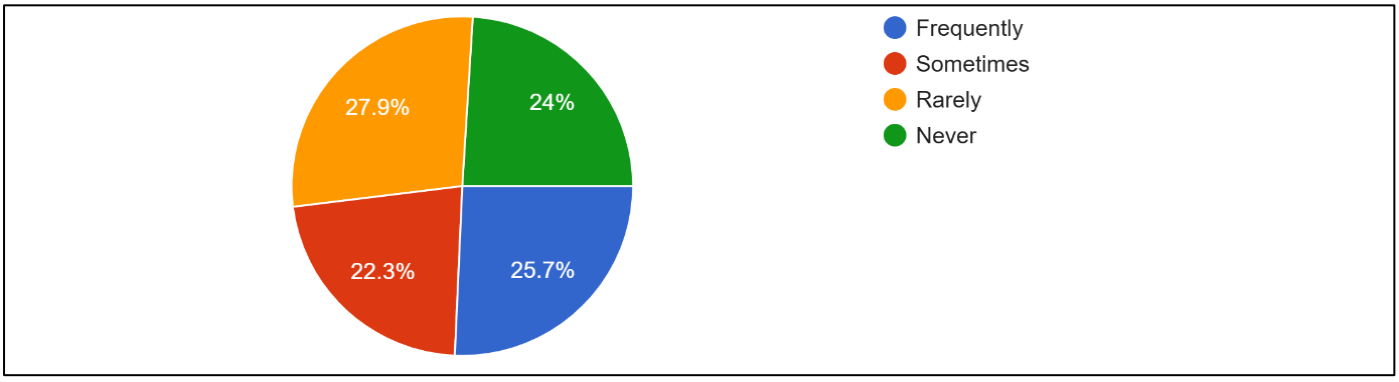

Fig 35: Use of Food Delivery Apps to Order Healthy Options

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The survey shows varying habits in ordering healthy meals via food delivery apps. While 25.7% frequently choose healthy options and 22.3% do so sometimes, a larger share—27.9%—rarely orders healthy meals, and 24% never do. This suggests that while some prioritize nutrition, many struggle to make healthy choices through food delivery services.

E. Section 5: Social Impact

➢ *Do you Feel that Food Delivery Apps Have Reduced Your Frequency of Dining Out?*

- Yes
- No
- Sometimes

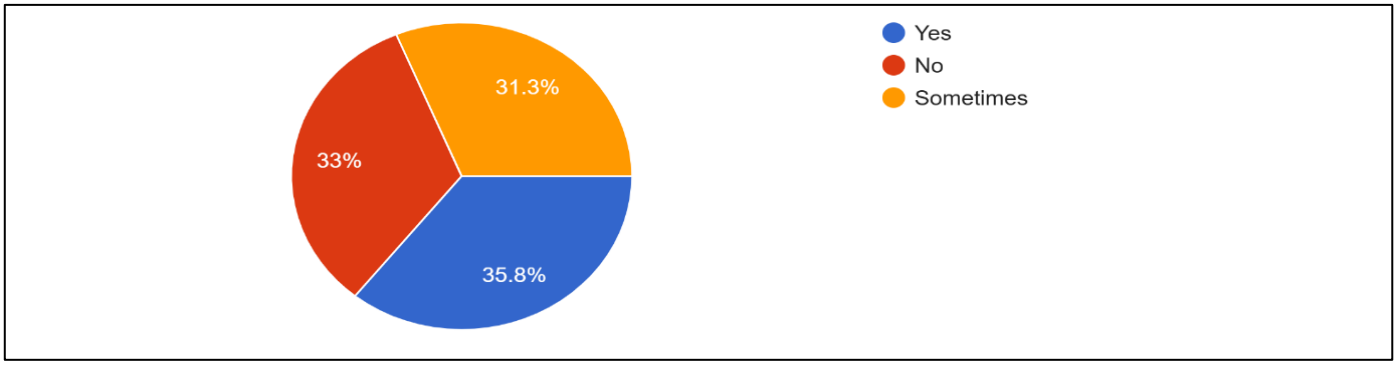

Fig 36: Do you Feel that Food Delivery Apps Reduced Your Frequency of Dining Out

The survey shows that food delivery apps influence dining habits, with 35.8% saying they eat out less and 31.3% noting occasional impact. However, 33% report no change, indicating that while some prefer delivery, many still enjoy dining out.

➢ *How has Food Delivery Affected your Social Life (e.g., Eating out with Friends, Family Meals)?*

- I eat out less often with friends and family
- No change
- I prefer ordering in when with friends/family

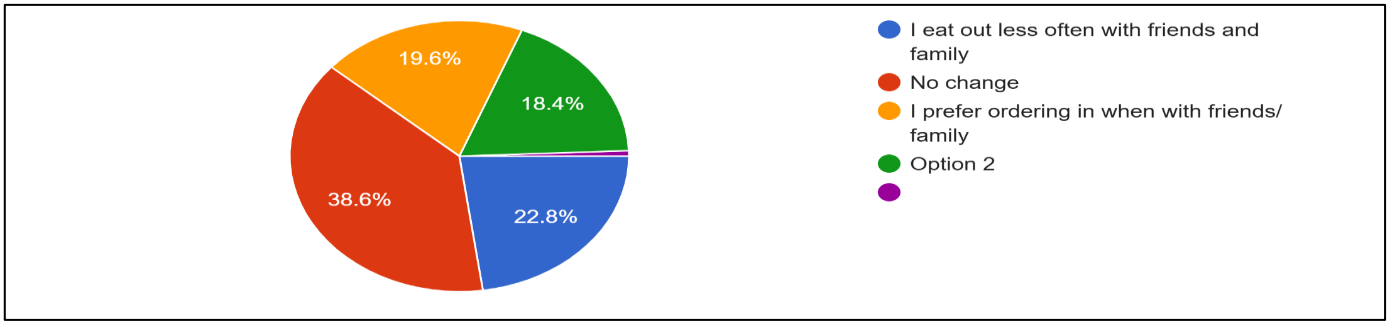

Fig 37: Affected your Social Life

The study explores how food delivery apps affect social dining. While 22.8% still eat out as often, 19.6% prefer dining together, and 38.6% report no change. With 18.4% unclear, the findings suggest that despite some shifts, many maintain their usual dining habits.

➢ *Do you think Food Delivery Apps Make People More Socially Isolated?*

- Yes
- No
- Not sure

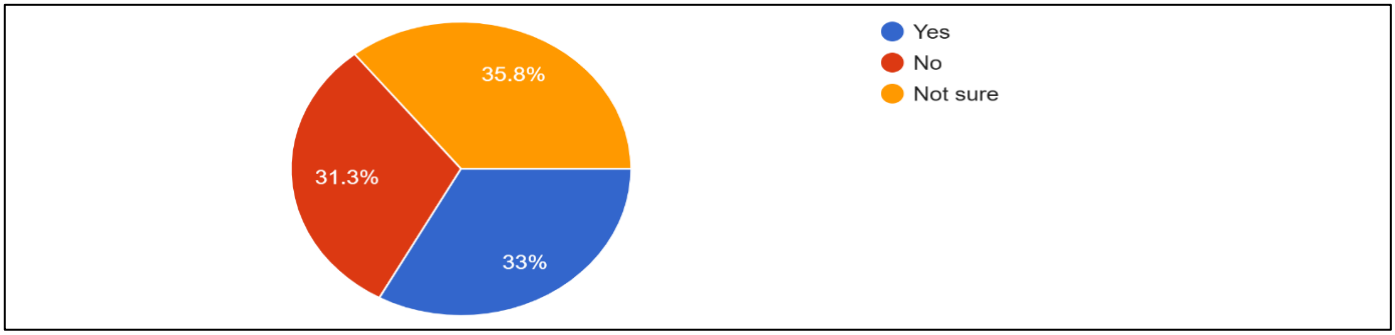

Fig 38: People More Socially Isolated

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The survey examines food delivery apps' impact on social interaction. While 33% believe they contribute to isolation, 31.3% disagree, and 35.8% remain undecided. The results highlight divided opinions on their social effects.

➢ *Has the Availability of Food Delivery Apps Affected Family Meals or Home-Cooked Food Traditions in your Household?*

- We eat together less frequently
- No change
- We order food more often as a family
- We cook less together

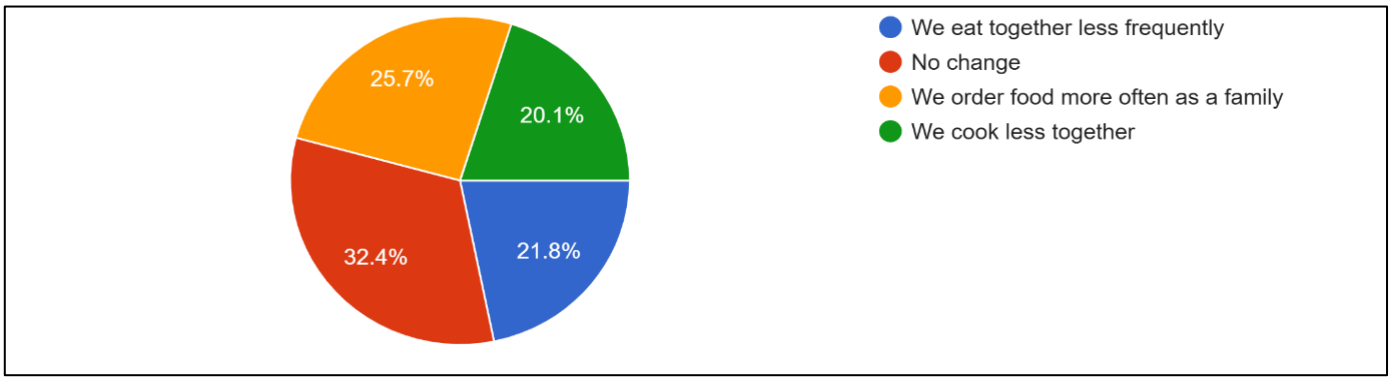

Fig 39: Food Delivery Apps Affected Family Meals or Home-Cooked Food Traditions in your Household

The survey explores the impact of food delivery apps on family meals and home cooking. While 21.8% eat together less and 20.1% cook less, 25.7% order food as a family more often, and 32.4% see no change. This suggests that, despite some shifts, most families maintain their dining habits.

➢ *Do you Think the Rise of Food Delivery Apps has Affected Local Restaurants in your Area?*

- Yes, negatively impacted local restaurants
- Yes, positively impacted local restaurants
- No noticeable change

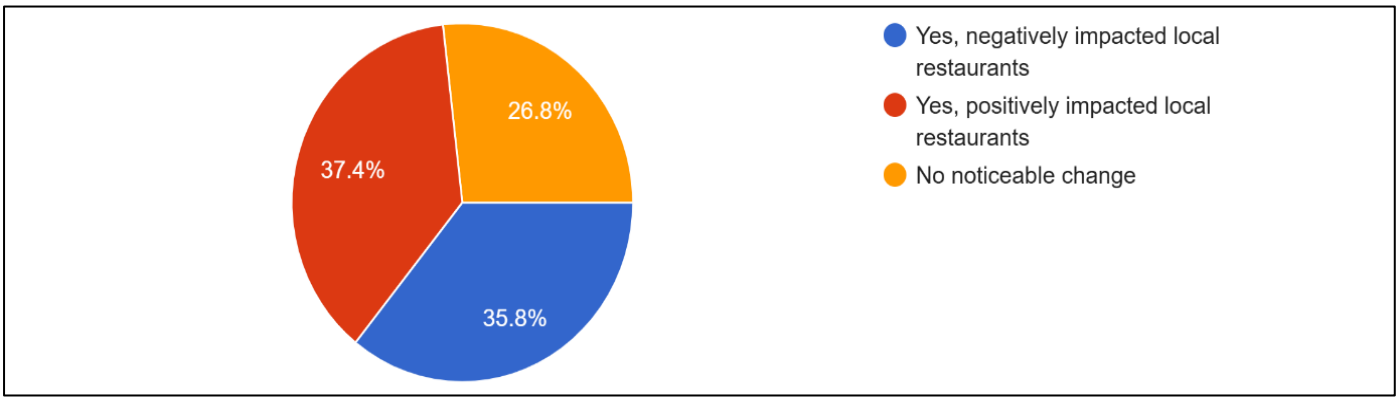

Fig 40: Rise of Food Delivery Apps has Affected Local Restaurants in your Area

The following survey discusses the effects of food delivery apps on local restaurants. In fact, approximately 35.8% of respondents feel the apps have negatively affected restaurants while 37.4% think they have positively impacted them. While* 26.8% don't see a significant change. These results show contrasting views and indicate that some restaurants may have had a hard time with delivery services while some may have seen an uptick in business.

➢ *How Often do you Order Food to Share with Friends or Family Via Delivery Apps?*

- Frequently
- Sometimes
- Rarely
- Never

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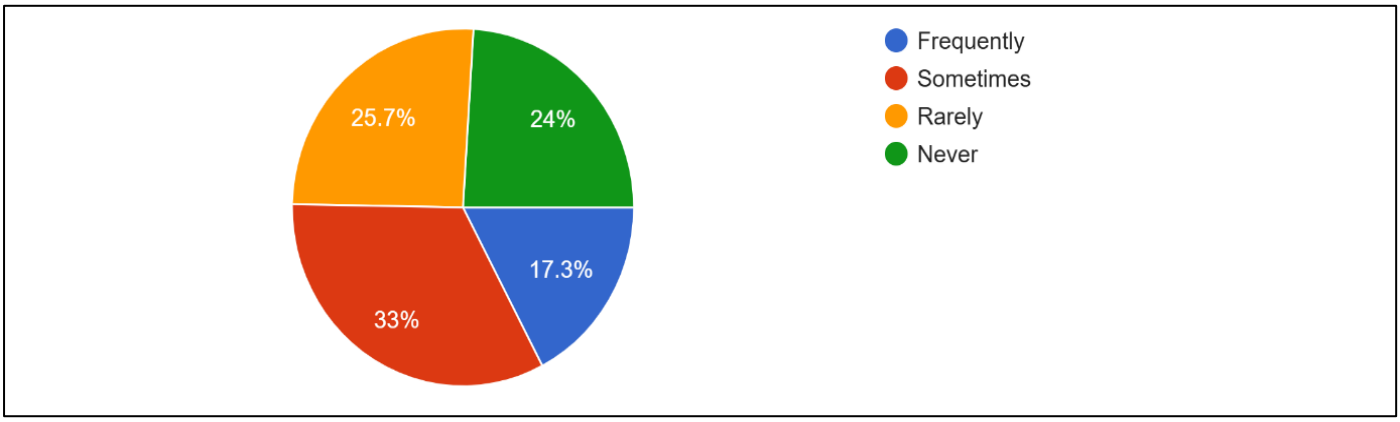

Fig 41: How Often do you Order Food to Share with Friends or Family Via Delivery Apps

The survey examines how often people use food delivery apps to share meals with friends or family. It finds that 17.3% do so frequently, 33% sometimes, 25.7% rarely, and 24% never. This suggests that while some enjoy the convenience, many still prefer other options for shared meals.

F. Section 6: Consumer Preferences

➢ *Do you Think Food Delivery Apps Offer Enough Healthy Options?*

- Yes
- No
- Sometimes

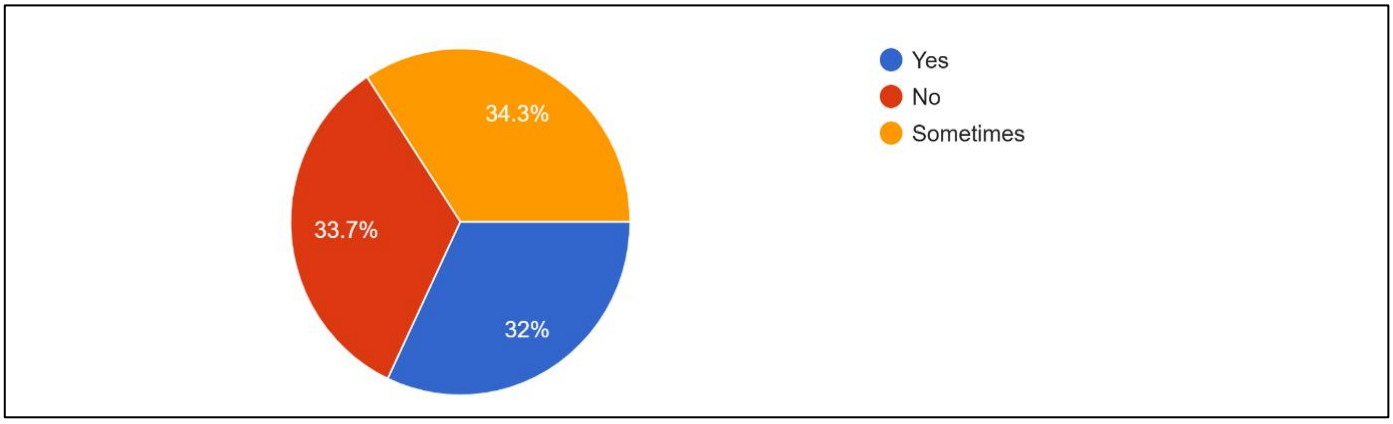

Fig 42: Do you Think Food Delivery Apps Offer Enough Healthy Options

The survey explores whether food delivery apps offer enough healthy options. Responses are nearly evenly split, with 32% saying yes, 33.7% saying no, and 34.3% believing healthy options are available only sometimes. This suggests that while some healthier meals are offered, there is room for improvement in nutritional variety.

➢ *Would you be more Likely to Use Food Delivery Apps if They Offered Clearer Nutritional Information?*

- Yes
- No
- Maybe

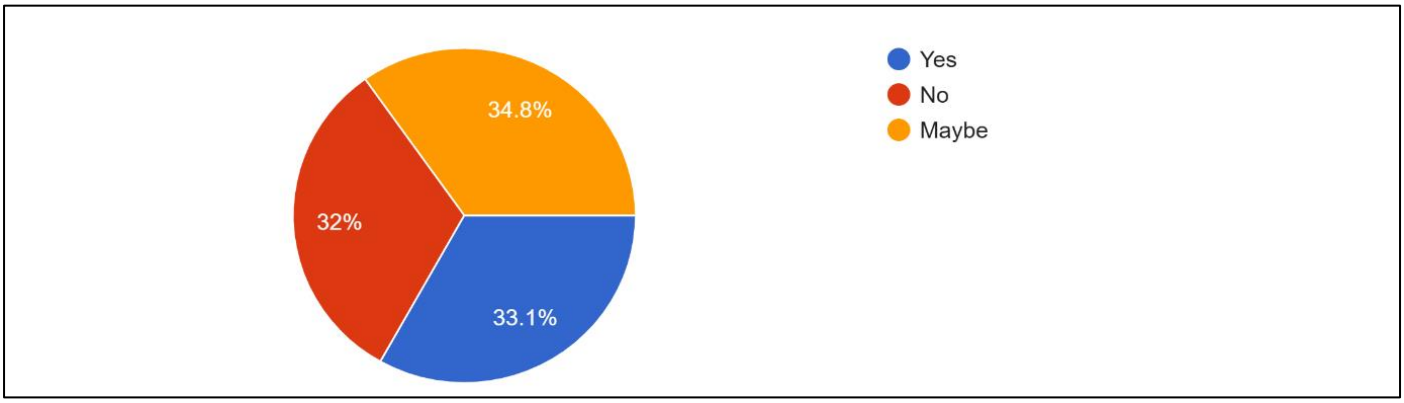

Fig 43: Would you be more Likely to Use Food Delivery Apps if They Offered Clearer Nutritional Information

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The survey shows divided opinions on the impact of clearer nutritional information in food delivery apps. While 33.1% would use them more if nutrition data were provided, 32% say it wouldn't affect their choice, and 34.8% are unsure. This suggests that while some value health awareness, others prioritize convenience or other factors.

➢ *Do you Think the Pricing on Food Delivery Apps is Fair Compared to Dining Out?*

- Yes, it's reasonable
- No, it's overpriced
- No difference

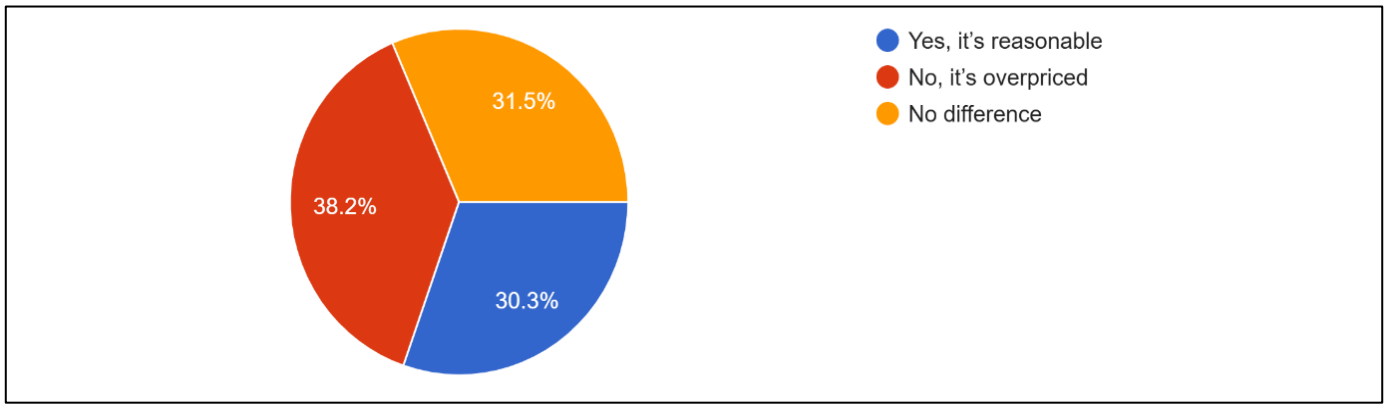

Fig 44: The Pricing on Food Delivery Apps is Fair Compared to Dining Out

The survey reveals mixed opinions on food delivery app pricing. While 38.2% find it overpriced, 30.3% see it as reasonable, and 31.5% notice no difference from dining out. This suggests a challenge for food delivery services in balancing convenience with fair pricing.

➢ *What Additional Services would Make You use Food Delivery Apps More Often?*

- Subscription discounts
- More healthy options
- Faster delivery times
- More restaurant choices
- Sustainable packaging

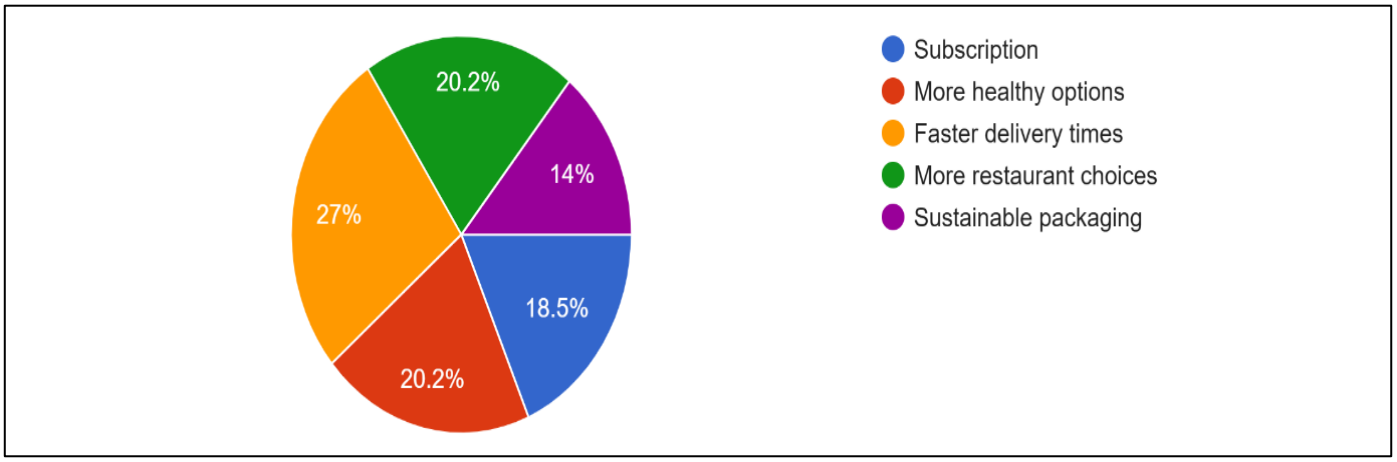

Fig 45: What Additional Services would Make You use Food Delivery Apps More Often

The chart shows that faster delivery times (27%) are the most desired service for using food delivery apps more often. More restaurant choices and healthy options (20.2% each) are also popular. Subscriptions (18.5%) appeal to some users, while sustainable packaging (14%) is the least prioritized.

➢ *What is the Biggest Factor that Influences your Choice of Food Delivery App?*

- Speed of delivery
- Availability of discounts
- Variety of food options
- Ease of use
- Customer reviews

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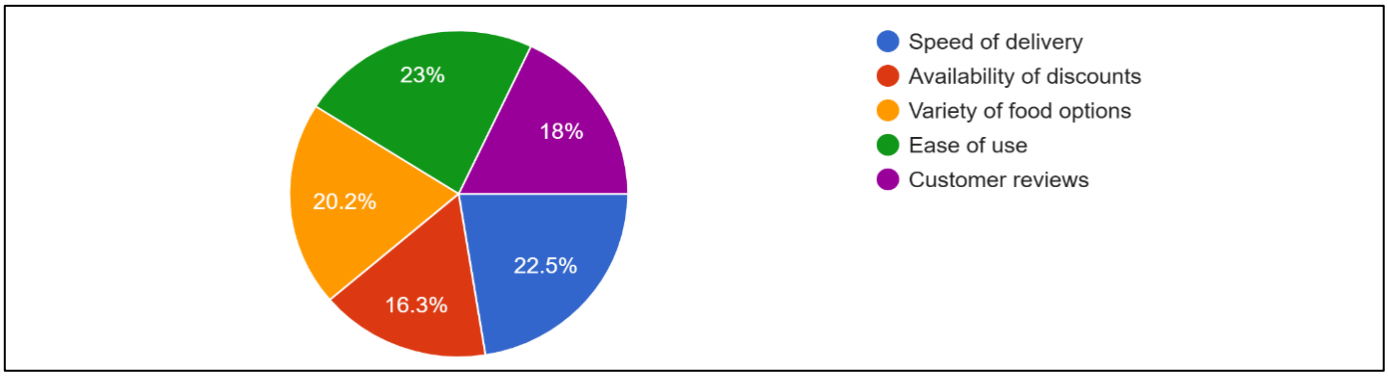

Fig 46: What is the Biggest Factor that Influences your Choice of Food Delivery App

The chart indicates that ease of use (23%) is the biggest factor influencing food delivery app choices. Speed of delivery (22.5%) and a variety of food options (20.2%) also hold significant importance. Customer reviews (18%) and availability of discounts (16.3%) are less influential but still notable considerations.

➢ *Have you Ever Stopped Using a Food Delivery App Due to a Bad Experience?*

- Yes
- No

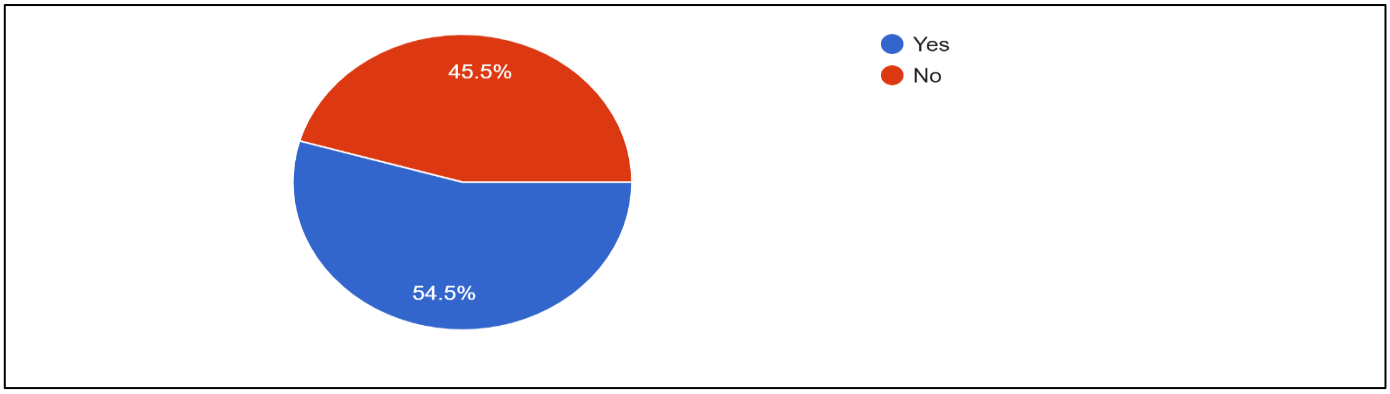

Fig 47: Have you Ever Stopped Using a Food Delivery App Due to a Bad Experience

In the chart, 54.5% of respondents reported stopping the use of a food delivery app due to a bad experience, indicating the importance of service quality and reliability.

➢ *Do you Prefer Ordering from Local Restaurants or Large Chain Restaurants?*

- Local restaurants
- Large chains
- No preference

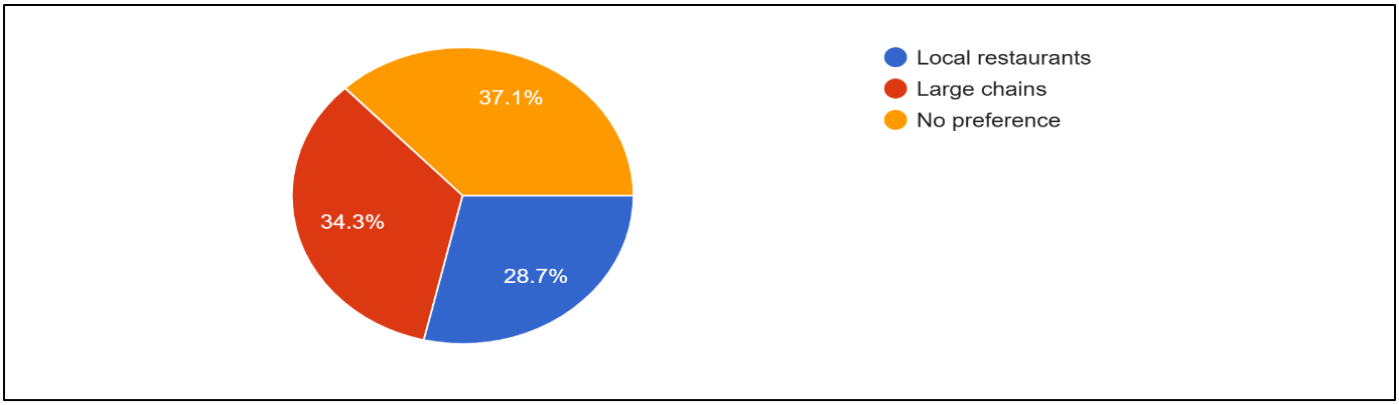

Fig 48: Do you Prefer Ordering from Local Restaurants or Large Chain Restaurants

The chart shows that preferences for restaurant types are fairly distributed, with 37.1% having no preference, while 34.3% prefer large chains and 28.7% prefer local restaurants. This suggests that while brand recognition matters, a significant portion is open to exploring diverse options.

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➢ *Do you Consider the Environmental Impact of Food Packaging when Ordering?*

- Yes, always
- Sometimes
- Rarely
- Never

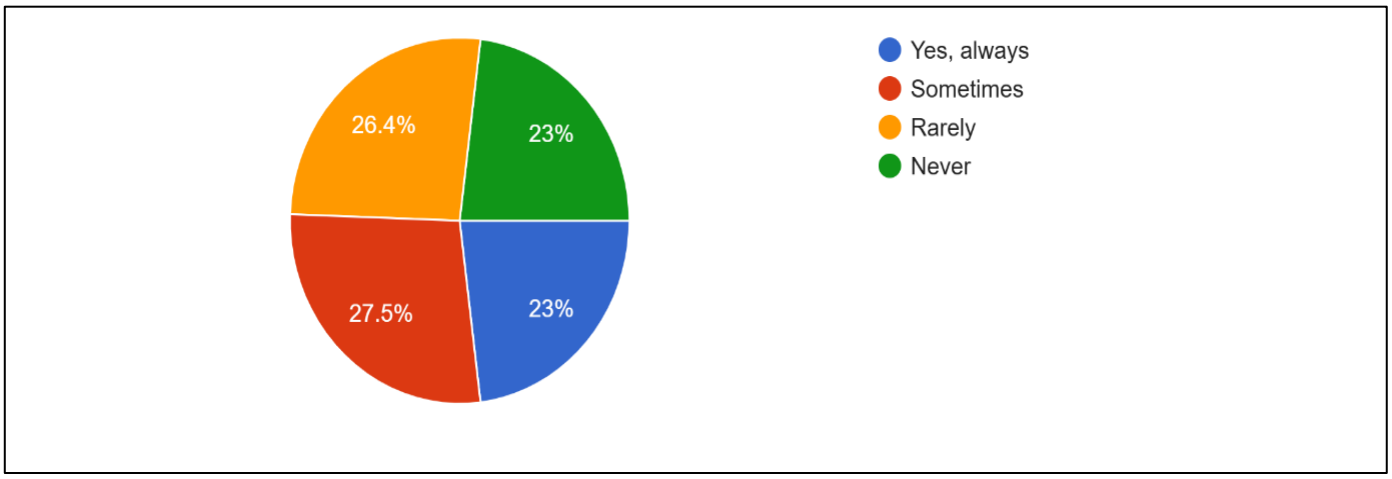

Fig 49: Do you Consider the Environmental Impact of Food Packaging when Ordering

The chart shows that 23% of respondents always consider the environmental impact of food packaging when ordering, while 27.5% sometimes do. On the other hand, 26.4% rarely think about it, and 23% never consider it. This indicates that opinions are fairly divided, with a notable portion of users showing concern for sustainability.

➢ *Would you Like to See More Eco-Friendly Packaging Options Offered by Food Delivery Apps?*

- Yes
- No
- Indifferent

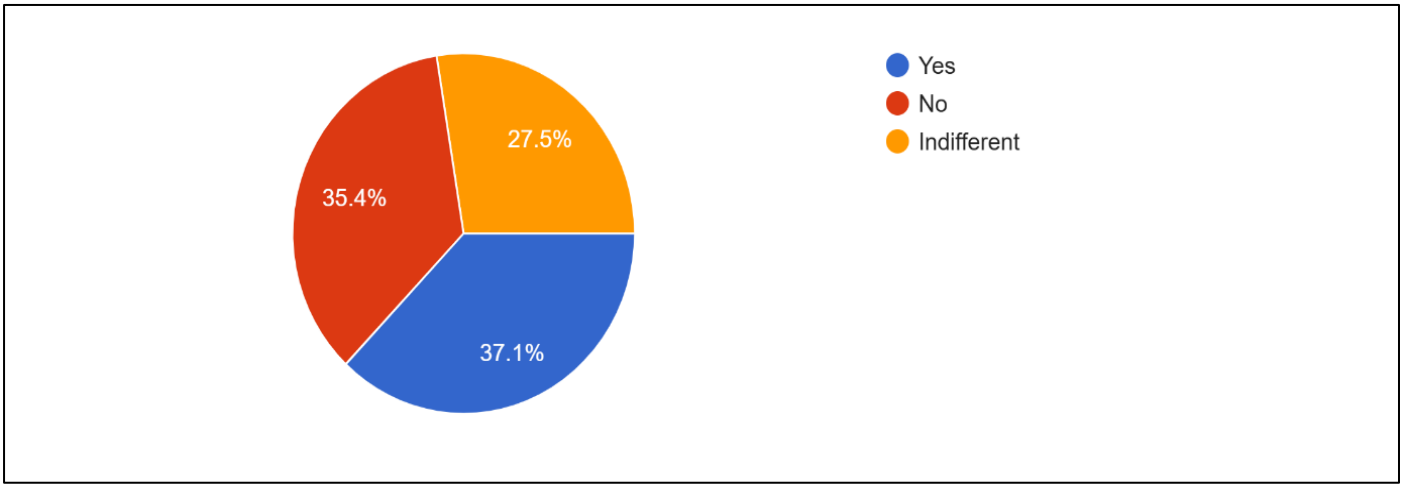

Fig 50: Would you Like to See More Eco-Friendly Packaging Options Offered by Food Delivery Apps

The chart shows that 37.1% of respondents would like to see more eco-friendly packaging options offered by food delivery apps. Meanwhile, 35.4% are not interested in additional eco-friendly options, and 27.5% are indifferent. This indicates a moderate demand for sustainable packaging solutions, but also a significant portion of users who are either uninterested or neutral.

➢ *How Often do you Compare Prices Between Different Food Delivery Apps before Placing an Order?*

- Always
- Often
- Sometimes
- Rarely
- Never

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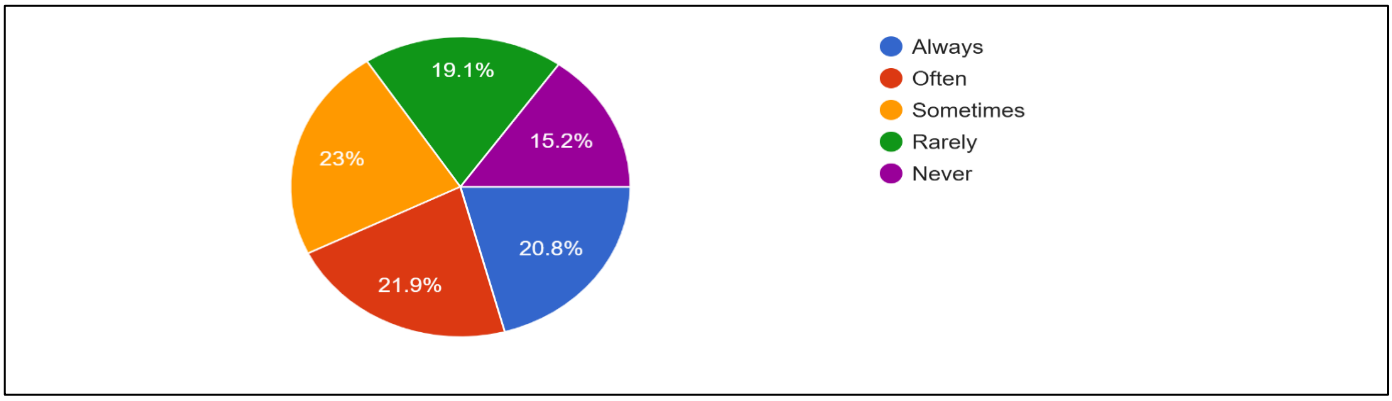

Fig 51: How Often do you Compare Prices Between Different Food Delivery Apps before Placing an Order

The chart shows that 20.8% of respondents always compare prices between different food delivery apps before placing an order, while 21.9% do so often. Additionally, 23% sometimes compare prices, 19.1% rarely compare, and 15.2% never compare. This suggests that while a significant portion of users are price-conscious, a notable number are indifferent or loyal to specific apps.

➢ *Do you Check Calorie or Nutrition Information when Ordering Food Online?*

- Always
- Often
- Sometimes
- Rarely
- Never

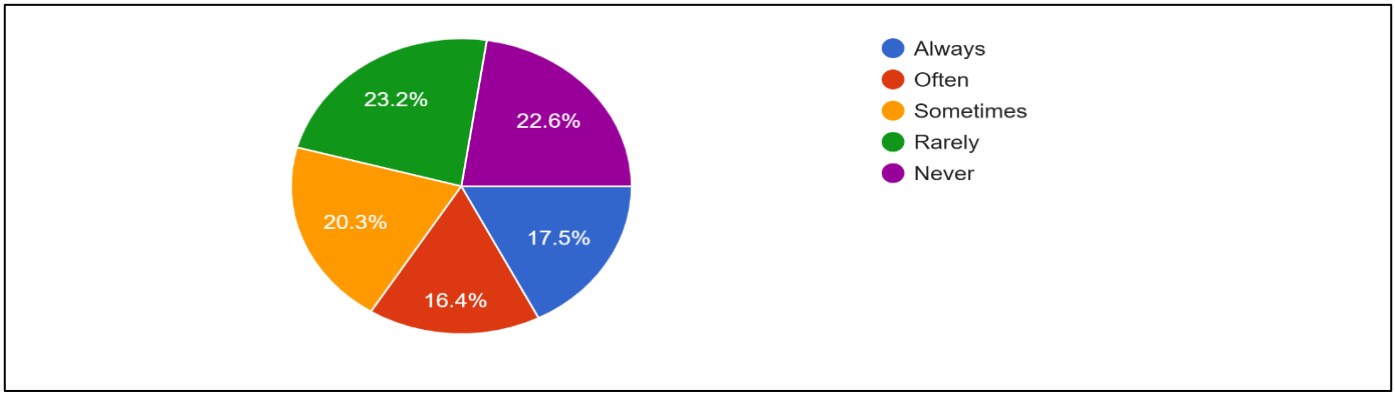

Fig 52: Do you Check Calorie or Nutrition Information when Ordering Food Online

This chart indicates that 17.5% of respondents always check calorie or nutrition information when ordering food online, while 16.4% do so often. Meanwhile, 20.3% sometimes check, 23.2% rarely check, and 22.6% never check. The data suggests that a significant number of users are not highly concerned with nutritional details when ordering food online.

➢ *Which Factor Influences your Food Choice the Most When Ordering from a Delivery App?*

- Taste and cravings
- Health benefits
- Price and discounts
- Availability of food options
- Brand loyalty

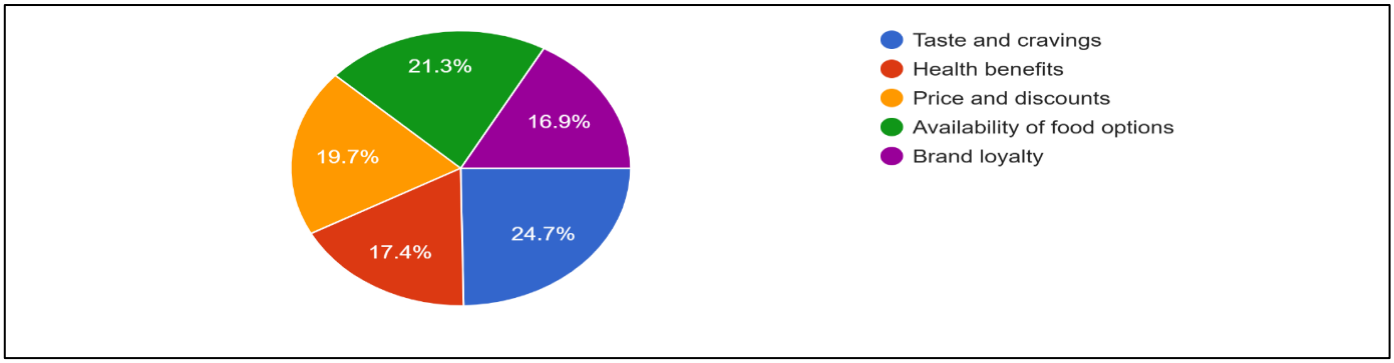

Fig 53: Which Factor Influences your Food Choice the Most When Ordering from a Delivery App

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This chart shows that 24.7% of respondents are primarily influenced by taste and cravings when ordering from a delivery app. Availability of food options is the next major factor at 21.3%, followed by price and discounts at 19.7%. Health benefits influence 17.4% of users, while 16.9% are driven by brand loyalty. Taste remains the most significant factor in decision-making.

➢ *Do you Prefer Ordering Single Meals or Combo Meals from food delivery Apps?*

- Always single meals
- Mostly single meals
- Sometimes combos
- Mostly combo meals
- Always combo meals

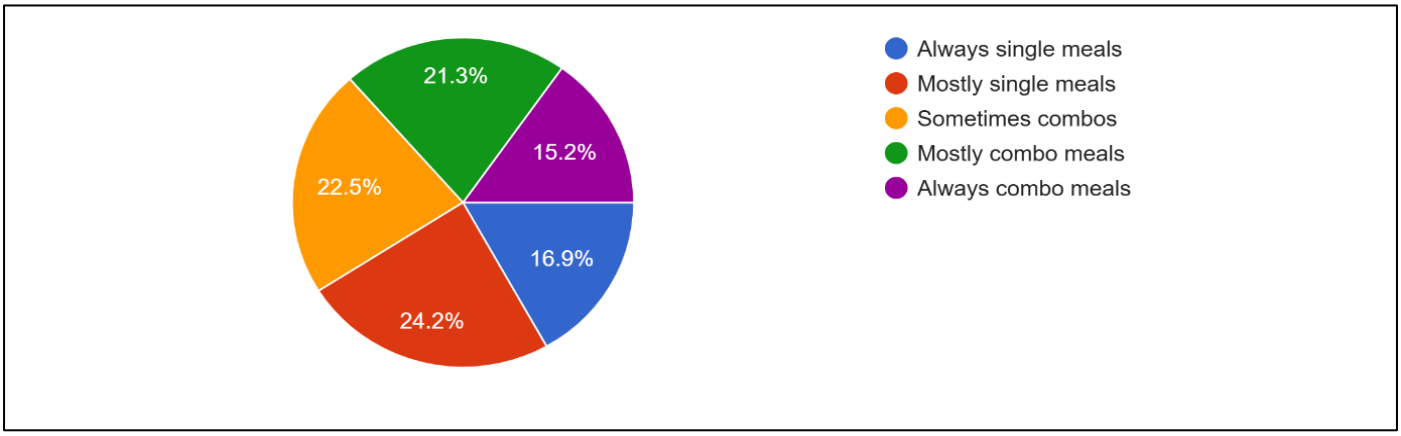

Fig 54: Do you Prefer Ordering Single Meals or Combo Meals from food delivery Apps

This chart indicates that 24.2% of respondents mostly prefer single meals when ordering from food delivery apps, while 22.5% sometimes opt for combo meals. Around 21.3% mostly prefer combo meals, 16.9% always choose single meals, and 15.2% consistently go for combo meals. Preferences are relatively balanced, with a slight leaning toward single meals.

➢ *Do you Tend to Order More Food than you can Eat when using a Delivery App?*

- Always
- Often
- Sometimes
- Rarely
- Never

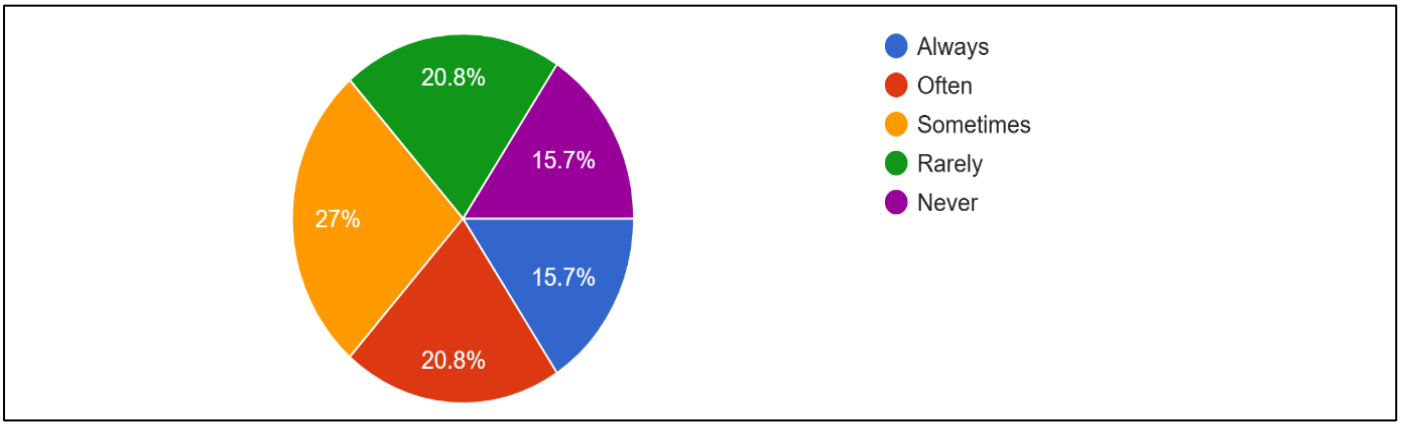

Fig 55: Do you Tend to Order More Food than you can Eat when using a Delivery App

This chart shows that 27% of respondents sometimes order more food than they can eat using a delivery app. About 20.8% often and 15.7% always tend to overorder. On the other hand, 20.8% rarely overorder, and 15.7% never do. The responses suggest a significant portion of users occasionally struggle with portion control when ordering food online.

V. SUGGESTIONS

A. *Effects on Eating Habits*

- Research on the influence of food delivery services on dietary practices, such as a growing preference for fast food over healthier meals.
- Motivate these platforms to offer nutritional services and call measures for healthier meal options.

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B. The Outcomes of Convenience on Health

- Look at the relationship between the use of food delivery services and obesity, diabetes, heart disease, and other health complications.
- Make recommendations centered on portion limits and healthy meal suggestions.

C. AI's Contribution to Food Suggestions

- Find out the results of algorithms' recommendations on consumption and their impact on health as opposed to profits.
- Propose AI strategies that do not simply provide calorie and cost loaded food choices, but promote a healthier diet.

D. Socio-Psychological Factors

- Look into how food delivery as a convenience affects the social sphere, such as lowered communal eating or lonerism.
- Propose that the food delivery service includes functionalities focusing on self-regulation of eating and social participation.

E. Environmental and Sustainability Issues

- Review the influence of food delivery on waste production in terms of food packaging as well carbon footprint.
- Suggest greener alternatives for packaging and rewards for environmentally friendly business practices.

VI. CONCLUSION

This study aimed to examine the multifaceted effects and social impact of food delivery apps on eating habits and health. The findings revealed a complex picture, highlighting both the convenience and potential drawbacks associated with the increased accessibility of food through these platforms.

Firstly, the convenience offered by food delivery apps has undeniably altered eating behaviors. The ease of ordering and the wide variety of options available have led to increased frequency of ordering, particularly among younger demographics and urban populations. This has contributed to a shift towards consuming more restaurant and fast food meals, which are often higher in calories, unhealthy fats, and sodium.

Secondly, the study found a correlation between the use of food delivery apps and potential negative impacts on health. The increased consumption of less healthy food choices, coupled with sedentary lifestyles, raises concerns about the rising prevalence of obesity and related health issues. The survey data, as illustrated in the pie chart for question 22, indicates that a significant portion of respondents believe these apps encourage overeating through large portions and deals.

However, it is crucial to acknowledge that food delivery apps also present opportunities. They can facilitate access to diverse cuisines and, if used mindfully, can support healthier eating habits. The key lies in promoting informed choices and encouraging moderation. Future research should focus on developing strategies to mitigate the negative impacts and leverage the positive aspects of these platforms.

Ultimately, the social impact of food delivery apps on eating habits and health is a double-edged sword. While they offer unparalleled convenience and variety, they also necessitate a conscious effort to maintain healthy dietary practices. Education and awareness campaigns are essential to empower consumers to make informed decisions and navigate the food delivery landscape responsibly. The findings of this research underscore the need for a balanced approach, where technology serves as a tool for convenience without compromising health and well-being.

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