Sudoku Bliss: Cities That Take the Longest Lunches

Main Takeaways

» Dallas, TX, Houston, TX, and Atlanta, GA, residents take the longest lunch breaks on average.

» San Antonio, TX, Nashville, TN, and Detroit, MI, residents take the shortest lunch breaks on average.

» The average American takes about 33 minutes for lunch each day.

» Atlanta, GA, Dallas, TX, and Houston, TX, residents lead the nation in turning lunch into leisure.

» 1 in 3 Americans regularly play a game on their lunch breaks.

» Of those who nap on their lunch break, nearly 1 in 5 Americans admit they have fallen asleep and missed returning to work on time.

» 86% of Americans say their employer encourages them to take a lunch break, but only 2 in 5 say it's a paid break.

» 1 in 3 Americans wish they could make their lunch break longer.

Where People Take the Longest and Shortest Lunch Breaks

Rank	City	Average minutes
1	Dallas, TX	38.33
2	Houston, TX	37.55
3	Atlanta, GA	36.98
4	New York City, NY	36.39
5	Philadelphia, PA	35.98
6	Orlando, FL	35.81
7	Columbus, OH	35.68
8	Oklahoma City, OK	35.58
9	Baltimore, MD	35.32
10	Washington, D.C.	34.92
11	Sacramento, CA	34.78
12	Austin, TX	34.41
13	San Jose, CA	34.17
14	Memphis, TN	33.72

15	Tampa, FL	33.36
16	Albuquerque, NM	33.10
17	San Diego, CA	33.00
18	Los Angeles, CA	32.92
19	Cleveland, OH	32.46
20	Miami, FL	31.87
21	Charlotte, NC	31.84
22	Las Vegas, NV	31.59
23	Denver, CO	31.55
24	Milwaukee, WI	31.39
25	Portland, OR	30.99
26	New Orleans, LA	30.93
27	Chicago, IL	30.79
28	Kansas City, MO	30.69
29	Louisville, KY	30.63
30	San Francisco, CA	30.57
31	Phoenix, AZ	30.47
32	Boston, MA	30.35
33	Pittsburgh, PA	30.24
34	Indianapolis, IN	30.23
35	Seattle, WA	30.05
36	Jacksonville, FL	29.82
37	Minneapolis, MN	29.75
38	Detroit, MI	28.95
39	Nashville, TN	28.80
40	San Antonio, TX	26.41

Cities That Master the Art of the Long Lunch

Rank	City	Lunch Leisure Score
1	Atlanta, GA	98.29
2	Dallas, TX	98.17
3	Houston, TX	98.00
4	Baltimore, MD	96.67
5	Sacramento, CA	96.39
6	Philadelphia, PA	95.69
7	Columbus, OH	95.58
8	San Diego, CA	94.86
9	Memphis, TN	94.40
10	New York City, NY	94.37
11	Tampa, FL	93.39
12	San Jose, CA	93.13
13	Austin, TX	93.09
14	Washington, D.C.	92.75
15	Orlando, FL	91.92
16	Albuquerque, NM	91.84

17	Cleveland, OH	91.43
18	Las Vegas, NV	90.22
19	Boston, MA	89.96
20	Oklahoma City, OK	89.92
21	Los Angeles, CA	89.73
22	Portland, OR	89.12
23	Denver, CO	88.96
24	Miami, FL	88.14
25	Chicago, IL	88.00
26	Indianapolis, IN	86.72
27	Phoenix, AZ	86.33
28	San Francisco, CA	86.20
29	Charlotte, NC	86.12
30	Kansas City, MO	84.90
31	New Orleans, LA	84.77
32	Minneapolis, MN	84.48
33	Louisville, KY	84.32
34	Jacksonville, FL	83.65
35	Milwaukee, WI	83.61
36	Pittsburgh, PA	83.36
37	Detroit, MI	83.14
38	Seattle, WA	83.10
39	Nashville, TN	81.81
40	San Antonio, TX	79.11

Industries Taking the Longest and Shortest Lunch Breaks

Rank	Industry	Average minutes
1	Government	38.16
2	Finance and insurance	37.83
3	Professional services	36.97
4	Telecommunications	36.65
5	Engineering	34.90
6	Transportation	34.84
7	Science and research	34.00
8	Media, entertainment and creative arts	33.75
9	Technology and information	33.19
10	Education and training	32.99
11	Manufacturing	32.49
12	Healthcare	30.92
13	Retail	30.83
14	Hospitality and tourism	30.57
14	Nonprofit	30.57
16	Construction	29.78
17	Shipping and warehousing	28.52

18	Energy, utilities and environment	27.38
19	Food services	25.12

What We Want to Change About Our Lunch Breaks

Rank	Industry	% who say it
1	Make it longer	31.40%
2	Be able to disconnect from work completely	21.89%
3	Nothing	16.49%
4	Have more flexibility on when I take it	15.06%
4	Have a quieter or more relaxing environment	14.02%
6	Be able to spend it with coworkers	1.14%