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Roasted meats among most popular comfort foods: survey

By [Ann Bagel Storck](#) on 8/10/2009

Regardless of their age, consumers gravitate to roasted meats when it comes to comfort food meals, according to a new report from the Center for Culinary Development and Packaged Facts, *Marketing Daily* reported.



The national online survey of 3,700 respondents found that although sweets are the top comfort food choice across age groups, entrees including meats were the No. 2 choice.

Many of the survey's findings did vary by age group:

- "Classic" comfort foods such as braised meats and casseroles are especially popular among Baby Boomers.
- Generation X, generally considered those born from the mid-1960s through the late 1970s, associates fast food, especially hamburgers and burritos, with comfort foods.
- Generation Y, those born from the early 1980s through the mid-1990s, includes more healthful foods among its favorite comfort foods.