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## **T.G.I. FRIDAY'S® RESTAURANTS RELEASES 2008 'FOOD-RELATED RESOLUTIONS' SURVEY RESULTS**

### *'Eat Smaller Portions' Among Top Three Resolutions*

**December 19, 2007 Carrollton, Texas** – According to a recent survey<sup>1</sup> conducted by Harris Interactive® on behalf of T.G.I. Friday's® restaurants, fifty-six percent of U.S. adults plan to make food-related New Year's resolutions for 2008 and seventy-one percent feel having a variety of smaller portion entrées when dining out would make it easier to keep those resolutions.

"The survey results make it clear smaller portions can help Americans keep their resolutions," said Mike Archer, president and chief operating officer of T.G.I. Friday's USA. "T.G.I. Friday's Right Portion, Right Price menu addresses this holistically and provides big, bold flavors in a variety of portion sizes all day, every day."

The top three food-related 2008 New Year's resolutions among those who plan to make them are eat more vegetables (51%), eat more fruits (49%) and eat smaller portions (47%).

In a separate survey<sup>2</sup> conducted by Harris Interactive on behalf of T.G.I. Friday's, eighty two percent of U.S. adults find it challenging to watch how much they eat when dining out. In addition, eighty-two percent would prefer to dine at a restaurant that offered entrées in various portion sizes.

"We're fanatical about bringing the best tasting food and drink to our guests and they are telling us loud and clear that they want choices," continued Archer. "T.G.I. Friday's was the first casual dining chain to take a broad position on portion sizes and it's a leadership position we won't relinquish."

<sup>1</sup>[About the Survey](#)

Harris Interactive conducted this online survey on behalf of T.G.I. Friday's between December 10 and December 12, 2007 among 2,082 adults ages 18+, of whom, 1,245 plan to make food-related New Year's resolutions for 2008. This online survey is not based on a probability sample and therefore no theoretical estimates of sampling error can be calculated. For complete methodology, including weighting variables, please contact Derek Farley, DFPR, for T.G.I. Friday's.

#### 2>About the Survey

Harris Interactive conducted this online survey on behalf of T.G.I. Friday's between October 23 and October 25, 2007 among 2,692 adults ages 18+. This online survey is not based on a probability sample and therefore no theoretical estimates of sampling error can be calculated. For complete methodology, including weighting variables, please contact Derek Farley, DFPR, for T.G.I. Friday's.

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Carlson Restaurants Worldwide Inc., the parent company of TGI Friday's Inc. and Pick Up Stix, is a privately held company owned by Minneapolis-based Carlson, a world leader in the hospitality, travel and marketing industries. As of December 2007, Carlson Restaurants Worldwide owns, operates, franchises or licenses more than 1,000 restaurants in 58 countries. For more information on the brands, visit [www.fridays.com](http://www.fridays.com) and [www.pickupstix.com](http://www.pickupstix.com).