

Here are America's biggest fast food lovers

By CNBC's Katie Little Posted 22 April 2015

Fast food is king in these cities

Some cities take America's love of fast food to a new level.

The average person who visited a quick-service restaurant went 14.8 times per month during the last quarter, according to food service consumer research firm Sandelman. That's roughly every other day.

In the top 10 markets where people ate the most fast food, visits averaged 19 times per person per month, according to Sandelman.

"Many of them are large media markets, so the density of options is greater than in small markets," Sandelman President Bev Cain said in a phone interview. "Many of these markets' consumers live fast-paced lives where the inherent value of quick service and fast casual align with their needs."

The survey's respondents ranged from age 16 to 64 and reported at least one past monthly visit to a quick-service restaurant.

10. (Tie) Charlotte, N.C., Oklahoma City.

Average Both Charlotte and Oklahoma City diners when to fast food or fast casual restaurants 16.2 times per month. The Queen City did not make the top 10 during the first quarter last year. Oklahoma City's ranking did not change.

8. (Tie) Los Angeles, Macon, Ga.

Average monthly frequency in Los Angeles (pictured here) and in Macon, Georgia, clocked in at 16.3 times. In the year-ago period, Macon fared even higher in the rankings, tying for 4th place.

One of the most interesting takeaways for Cain was the size of some of the markets. Even in places with a wide variety of restaurants, people are still opting to chow down on fast food.

"As the economy improves, the [quick service restaurant] category remains strong in these large markets," she said.

6. (Tie) Washington, D.C., and Atlanta

Known more for its politics than fast food, Washington, D.C., had a strong showing in first-quarter fast food visits. Average quick-service restaurant frequency came in at 16.4 in D.C. and

Atlanta. Neither market made the top 10 in the year-ago period. In fact, D.C. vaulted from the 58th spot last year.

5. San Francisco

Respondents in this tech hub reported going 16.7 times per month. San Francisco jumped from 47th last year.

4. Dallas

Everything might not be bigger in Texas, but some markets' fast food appetites sure are. Dallas residents reported visiting these restaurants an average of 16.8 times per month. Last year, the market ate there even more and earned the top spot.

3. Greensboro, N.C.

Rounding out the top three is the second North Carolina city to make the list, Greensboro. Here the average for the fast food consumer was 17 times per month.

2. Houston

Houston residents increased their reliance on fast food for a quick bite to eat this year by 1.5 visits. On average, diners visited 17.9 times per month in the first quarter.

1. Miami

Looking for the biggest lovers of fast food? Look no further than Miami, where the average fast-food restaurant patron went a whopping 19 times per month—yes, 19! It was No. 2 last year.