



The Importance of Family Meals

It may seem like a challenge to bring the family together at mealtime with everyone's hectic schedule. Make the effort and plan the time because family meals are very important and beneficial.



With regular family meals kids are...

more likely to:

- eat fruits, vegetables, and grains
- try new foods
- do better in school

and **less likely to:**

- snack on unhealthy foods
- smoke and drink alcohol
- consume soda and fried foods
- develop an eating disorder



Family meals bring everyone together. Here are some tips:

- Try having a set mealtime so everyone can be there on time.
- Turn off the TV.
- Engage each person in conversation about their day.
- Get kids involved in meal preparation to increase interest.
- Make family meals a priority, set an expectation for all to attend.
- A family meal can be breakfast, lunch, or dinner.
- Try to make your table pretty. Add candles or flowers.
- Make simpler meals that do not take a long time to prepare or clean up. This will give you time to eat together.



Eating together might not be easy at first, but with time, it will become a habit that will help you, your child, and the rest of the family stay healthier!

To schedule an appointment with a Registered Dietitian, please call MGH Ambulatory Nutrition Services at 617-726-2779