

Healthy families have meals together

Families are often busy. But it is important to get together. Gathering for meals is a great way to promote family time. It can also help everyone to eat more healthy foods. Parents can set good examples for kids, and everyone can try new healthy dishes. Everyone can also get involved in planning and cooking. Read on for more ideas on making meal time family time.



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Quick facts on family meals:

1 Research shows that families who eat together eat healthier foods, including more fruits, vegetables and whole grains. They also eat foods that are rich in calcium, a nutrient that is important for everyone.



2 Parents can help kids make healthy choices by allowing kids to choose a meal, side dish or new vegetable they would like to try.

3 Families should try to plan ahead and make meals that are easy to prepare when they are busy. Frozen vegetables are a good choice. They are easy to store and prepare. They also stay fresh for a long time.

4 It is smart to get kids involved in preparing meals. Safe and age-appropriate tasks can be setting the table, measuring ingredients and sampling final dishes.

5 You can get free healthy, family-friendly recipes online. The U.S. Department of Agriculture has many ideas. Visit ChooseMyPlate.gov or www.whatscooking.fns.usda.gov.



>> For more information on healthy meals, visit www.dnrc.nih.gov