

Eat More Family Meals

Family Meals Are Important For Good Health

- Research shows that children who eat with their family make better health choices
- Regular family meals help kids have better nutrition and do better in school
- It's a time to interact with family after a hectic work or school day
- Make family meals a stress free time

What Your Family Can Do

- Make family meals a top priority
- Ask the whole family to help plan, cook and clean up the meal
- Create weekly menus and post it on your refrigerator
- Create a grocery list from your weekly menu
- Include a variety of food groups with each meal
- Make your plate look like a rainbow of colors
- Make twice as much food and freeze it for those hectic days

For More Information

- www.kidshealth.org/parent
- www.choosemyplate.gov
- www.mealsmatter.org
- www.family.go.com
- www.organizedhome.com
- www.healthychildren.org
- www.thisweekfordinner.com



Quick Tips

- Involve the whole family
- Plan a weekly menu
- Include mealtime favorites along with new foods
- When eating out remember these helpful tips:
 - Choose broiled, baked, steamed, roasted, and grilled foods
 - Choose healthy sides like a salad, low-fat yogurt, baked potato, or fruit
 - Share meals or take half of your food home
 - Avoid sugary drinks such as soda or juice
 - Skip the mayo and full fat salad dressing or choose light mayo or dressing
 - Ask for condiments, like salad dressing, to be served on the side
 - Downsize instead of super-size at fast food restaurants

Information provided in this sheet was adapted from American Academy of Pediatrics, www.webmd.com, and www.kidshealth.org.



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM

Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will eat with my family (most nights of the week goal)
- I will help my Mom or Dad in planning or preparing 3 meals per week
- I will help plan the grocery list for the family
- I will help plan for a variety of foods from all the food groups to be eaten at each meal



Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Contact Us

Center for Healthy Weight and Nutrition
700 Children's Drive | Columbus, Ohio 43205
Phone: (614) 722-4824 | Fax: (614) 722-3099
NationwideChildrens.org/Healthy-Weight



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM