

# 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](http://www.kidshealth.org/parent)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.mealsmatter.org](http://www.mealsmatter.org)
- [www.family.go.com](http://www.family.go.com)
- [www.organizedhome.com](http://www.organizedhome.com)
- [www.healthychildren.org](http://www.healthychildren.org)
- [www.thisweekfordinner.com](http://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](http://www.webmd.com), and [www.kidshealth.org](http://www.kidshealth.org).*



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*When your child needs a hospital, everything matters.<sup>SM</sup>*

**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



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

**Contact Us**

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[NationwideChildrens.org/Healthy-Weight](http://NationwideChildrens.org/Healthy-Weight)



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